

Parent and Carer Support Online Courses 2020 Autumn Half-Term 2

TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future



Tuesdays 10-11.15am
3rd, 10th, 17th, 24th Nov
1st, 8th Dec 2020

Course ID 392

Wednesdays 10-11.15am
4th, 11th, 18th, 25th Nov
2nd, 9th Dec 2020

Course ID 391

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 8-9.15pm
2nd, 9th, 16th, 23rd, 30th
Nov 7th Dec 2020

Course ID 393

Thursdays 8-9.15pm
5th, 12th, 19th, 26th Nov
3rd, 10th Dec 2020

Course ID 395

Pre-booking essential
To check eligibility and
book a place, please
contact Supporting
Links on:

07512 709556

bookings@supportinglinks.co.uk

[Quoting the Course ID](#)

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be! Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,
Step-Dads,
Stay at home Dads,
Working Dads...

Tuesday 8-9.15pm
3rd, 10th, 17th, 24th Nov
1st, 8th Dec 2020
Course ID 397

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens
• and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.



Diagnosis
not
essential!

Monday 8-9.15pm
2nd, 9th, 16th, 23rd, 30th
Nov 7th Dec 2020
Course ID 387



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire
Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

This course is provided free to parents
by Hertfordshire County Council

