

Parent and Carer Support Online Courses Summer Term 2021



TALKING FAMILIES



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

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Tuesday 9.45-11.15am
20th, 27th April, 4th, 11th,
18th 25th May **Course 412**

Tuesday 8.00-9.30pm
20th, 27th April, 4th, 11th,
18th 25th May **Course 434**

Tuesday 9.45-11.15am
8th, 15th, 22nd, 29th June,
6th, 13th July **Course 435**

Tuesday 8.00-9.30pm
8th, 15th, 22nd, 29th June,
6th, 13th July **Course 436**

TALKING TEENS



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

- The Teen Brain: 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.

Thursday 7.45-9.15pm
22nd, 29th April, 6th, 13th,
20th, 27th May **Course 437**

Monday 7.45-9.15pm
7th, 14th, 21st, 28th Jun
5th, 12th July **Course 438**

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:



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

- 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.

Wednesday 7.45-9.15pm
21st, 28th April, 5th, 12th,
18th, 26th May **Course 439**

Wednesday 7.45-9.15pm
9th, 16th, 23rd, 30th June
7th, 14th July **Course 440**

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 different needs within your family.



Diagnosis
not
essential

Tuesday 8.00-9.30pm
20th, 27th April, 4th, 11th,
18th 25th May **Course 432**

Wednesday 9.45-11.15am
9th, 16th, 23rd, 30th June
7th, 14th July **Course 433**



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

