

Parent and Carer Support Online Courses Autumn 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.

Tuesdays 8.00-9.30pm
14th Sept – 19th Oct
Course 451

Wednesdays 9.45-11.15am
15th Sept – 20th Oct
Course 450

Mondays 8.00-9.30pm
1st Nov – 6th Dec
Course 452

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.

Thursdays 7.45-9.15pm
16th Sept – 21st Oct
Course 453

We are running a further Talking Teens programme in person, in Welwyn.
Call or email for details!

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.

Wednesdays 7.45-9.15pm

15th Sept – 20th Oct

Course 455

Tuesdays 7.45-9.15pm

2nd Nov – 7th Dec

Course 456

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis
not
essential

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.

Tuesdays 9.45-11.15am

14th Sept – 19th Oct

Course 447

Tuesdays 8.00-9.30pm

2nd Nov – 7th Dec

Course 448

Wednesdays 9.45-11.15am

3rd Nov – 8th Dec

Course 449



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

These courses are provided free to parents by
Hertfordshire County Council

