

# Parent Support

Online Courses 2020

Autumn Half-Term 1

## 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**  
15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Sept 6<sup>th</sup>,  
13<sup>th</sup>, 20<sup>th</sup> Oct 2020

**Course ID 389**

**Thursdays 8-9.15pm**  
17<sup>th</sup>, 24<sup>th</sup> Sept 1<sup>st</sup>, 8<sup>th</sup>,  
15<sup>th</sup> 22<sup>nd</sup> Oct 2020

**Course ID 390**

## 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.



**Tuesdays 8-9.15pm**  
15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Sept 6<sup>th</sup>,  
13<sup>th</sup>, 20<sup>th</sup> Oct 2020

**Course ID 394**

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

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto: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...  
Dads...

**Wednesday 8-9.15pm**  
**16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Sept 7<sup>th</sup>,  
14<sup>th</sup>, 21 Oct 2020**  
**Course ID 396**

## 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**  
**14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Sept 5<sup>th</sup>,  
12<sup>th</sup>, 19<sup>th</sup> Oct 2020**  
**Course ID 388**

**Wednesday 10-11.15am**  
**16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Sept 7<sup>th</sup>,  
14<sup>th</sup>, 21 Oct 2020**  
**Course ID 386**



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](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

This course is provided free to parents  
by Hertfordshire County Council

