

# Parent and Carer Support Online Courses Spring Term 2022



## 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.



**Wednesdays 8.00-9.30pm**  
**5<sup>th</sup> Jan – 9<sup>th</sup> Feb**  
**Course 475**

**Tuesdays 9.45-11.15am**  
**22<sup>nd</sup> Feb – 29<sup>th</sup> Mar**  
**Course 476**

**Tuesdays 8.00-9.30pm**  
**22<sup>nd</sup> Feb – 29<sup>th</sup> Mar**  
**Course 477**

## 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.



**Wednesdays 7.45-9.15pm**  
**5<sup>th</sup> Jan – 9<sup>th</sup> Feb**  
**Course 478**

**Mondays 7.45-9.15pm**  
**21<sup>st</sup> Feb – 28<sup>th</sup> Mar**  
**Course 479**

### 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:



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.

**Thursdays 7.45-9.15pm**

**6<sup>th</sup> Jan – 10<sup>th</sup> Feb**

**Course 480**

**Wednesdays 7.45-9.15pm**

**23<sup>rd</sup> Feb – 30<sup>th</sup> Mar**

**Course 481**

# 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.

**Thursdays 8.00-9.30pm**

**6<sup>th</sup> Jan – 10<sup>th</sup> Feb**

**Course 473**

**Wednesdays 8.00-9.30pm**

**23<sup>rd</sup> Feb – 30<sup>th</sup> Mar**

**Course 474**



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)**

These courses are provided free to parents by  
Hertfordshire County Council

