



BITESIZE WORKSHOPS



Eventbrite page

Answering common parenting questions in short, practical, interactive online workshops
FREE to parents and carers living in Hertfordshire

How Do I Get My Child To Eat Better?

No matter how restrictive your child's diet is, there are things you can do to help



Thu 4th Dec 2025, 10-11am

<https://tinyurl.com/mhvjmfe8>

What Is Going On In My Teenager's Head?

How & why adolescent development affects teen behaviour



Thu 15th Jan 2026, 7-8pm

<https://tinyurl.com/37h2fm55>

Why Does My Child Give Up So Easily?

Build resilience in your child and encourage them to have a go, or keep trying



Mon 19th Jan 2026, 7-8pm

<https://tinyurl.com/44r7kuee>

How Do I Get My Child To Listen To Me?

Improve communication by encouraging your child to listen to you and talk to you



Thu 29th Jan 2026, 7-8pm

<https://tinyurl.com/2fb7yjwt>

How Can My Child Learn To Manage Their Feelings?

Teaching emotional regulation to young people



Mon 23rd Mar 2026, 10-11am

<https://tinyurl.com/2wa9ekfd>

How Do I Talk To My Teen/Preteen About...?

Having difficult conversations with your son or daughter about sex, drugs & social media



Wed 25th Mar 2026, 7-8pm

<https://tinyurl.com/2av34fbm>

Eventbrite: <https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>



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Funded by Hertfordshire County Council
for all parents & carers in Herts

