

Free Confidential Impartial

Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

New Hertfordshire one stop parenting directory for parents

www.hertsdirect.org/parentingsupport



Parenting Courses and Support in Dacorum Summer Term 2016









FREE courses open to parents in Dacorum

This leaflet last amended 22.3.16 by Jan Nethercoat, Administrator,
PoDS (Partnership of Dacorum Schools)

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If you would like to be added to the email distribution list for future issues, please
contact Jan on the details above

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DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Dacorum

www.dacorumdspl.org.uk

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25. **Tel: Dacorum DSPL 07525 917125**

Courses & Workshops

2-5's

**Three Villages, Galley Hill, Heath Lane,
(incl. Berrygrove and Beechfield)
Children's Centre areas**

Understanding Behaviour in your child with additional needs.

What does it cover?	Time and Date
<p>This course is open to parents of children aged 2-5 with additional needs. The child does not need to have a diagnosis but does need to have a recognised additional need. We will help parents to:</p> <ul style="list-style-type: none"> • Improve communication and co-operation • Understand their child's behaviour. • Find strategies that really work. • Manage anger effectively. • Motivate, encourage and support their child. • Manage the different needs within the family. 	<p>Wednesdays 20th & 27th April, 4th, 11th, 18th & 25th May</p> <p>7.00 - 9.00 pm.</p> <p><i>Priority given to families supported by Three Villages Children's Centre, Heath Lane Children's Centre, Galley Hill Children's Centre, Beechfield Children's Centre and Berrygrove Children's Centre.</i></p>
<p>Three Villages Children's Centre. Coniston Road, Kings Langley. WD4 8DF</p> <p>Child Age range: 2-5</p>	<p>Please call or text 01442 396518 / 07512 709556 or email: info@supportinglinks.co.uk</p>



Parent Support Group

**Every Wednesday
10.30 am to 12 noon
(Term time only)
@ The Lodge, Woodfield School**



**Contact: vanessa.gregory@woodfield.herts.sch.uk
Tel: 01442 253476 www.woodfield.herts.sch.uk**

Whether your child is at mainstream or a special school, you are welcome to meet other parents, talk to professionals, or simply drop in for a coffee and meet new friends who also have a child with special educational needs.

Courses & Workshops

Kings Langley, Nash Mills, Sarratt, Chipperfield,
Bovingdon & Bedmond

Understanding and Managing Teenagers

What does it cover?	Time and Date
<p>This 4 week course will explore a range of strategies and ideas that will help parents understand how to make sense of the physical and emotional changes that go on throughout the teenage years, what teenagers need and how parents can respond.</p> 	<p>Wednesdays - 4 weeks 27th April to 18th May inclusive</p> <p>7.00 - 9.00 pm</p> <p>Places on this course will be prioritised to parents of children within the Kings Langley Partnership of Schools.</p>
<p>Kings Langley Secondary School, Love Lane, Kings Langley</p> 	<p>To book contact Kings Langley Schools Partnership Team 01923 271744</p>

Transition to Secondary School

Wednesday 22nd June 7.00-8.00 pm

During this information evening you will have the opportunity to meet other parents, discuss your concerns and worries, share the worries and concerns of your child and learn some useful tips and techniques that will help you have a positive start to this new journey in you and your child's life.

- How to boost confidence, self esteem and develop responsibility
- Setting age appropriate expectations
- Helping to develop your child's resilience and character
- How to improve the parent/teen relationship
- Keeping communication open with your child - talking and listening



Location: Kings Langley Secondary School, Love Lane, Kings Langley.
**To book a place please contact Kings Langley Schools Partnership Team
01923 271744**

Places on this course will be prioritised to parents of children within the Kings Langley Partnership of Schools.

COURSES & WORKSHOPS

Warners End, Gadebridge, Chaulden & Hemel Central

Choices & Consequences (Deadline to book is 27th April 2016)

Date: Wednesday 4th May 2016

Time: 9.30am – 11.30am

What's it all about? This area is from The Parenting Puzzle which is a toolkit of useful ideas to help you enjoy family life. This session will help you and your children to learn to make choices and to discover what happens as a result of the choices they make – what the consequences are.

Autism Support – 1:1 Advice Sessions (Deadline to book is 4th May 2016)

Date: Wednesday 11th May 2016

Time 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jo Whitlock, Specialist Teacher for Autism will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis.

Raising Boys (Deadline to book is 11th May 2016)

Date: Wednesday 18th May 2016

Time: 7.00pm – 9.00pm

What's it all about? A workshop to help you gain a better understanding of your son and learn some tips and strategies for managing behaviour.

All the workshops are being held at:

Gade Community Room

Gade Schools Family Support, off of Chaulden Junior School

School Row, Hemel Hempstead, Herts, HP1 2JU.

To book please contact Emma Christie on 01442 278793 or email

e.christie@cavendish.herts.sch.uk.



Priority will be given to parents/carers of the Gade Schools Partnership

<http://www.gadeschoolsfamilysupport.co.uk/>

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

Giving Praise & Behaviours to Ignore (Deadline to book is 26th May 2016)

Date: Wednesday 8th June 2016

Time: 9.30am – 11.30am

What's it all about? This area is from The Parenting Puzzle which is a toolkit of useful ideas to help you enjoy family life. This session will help you understand why giving praise is so important for us and our children. Will also focus on children's behaviour and what to ignore.

Raising Girls (Deadline to book is 7th June 2016)

Date: Tuesday 14th June 2016

Time: 7.00pm – 9.00pm

What's it all about? This 2 hour workshop aims to give an overview of how to raise confident girls and to help parents with behaviour management, communication and support.

Raising Self-Esteem and Developing Confident Minds (Deadline to book is 20th June 2016)

Date: Monday 27th June 2016

Time: 7.00pm – 9.00pm

What's it all about? An opportunity to learn new skills about how to develop confident children and build self-esteem. Topics covered: Why self-esteem is so important, developing emotional security/resilience and tips on how to build a healthy self-esteem in children.

All the workshops are being held at:

Gade Community Room

Gade Schools Family Support, off of Chaulden Junior School

School Row, Hemel Hempstead, Herts, HP1 2JU.



To book please contact Emma Christie on 01442 278793 or email e.christie@cavendish.herts.sch.uk.

Priority will be given to parents/carers of the Gade Schools Partnership
<http://www.gadeschoolsfamilysupport.co.uk/>

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

0-5's

About Boys Course

What does it cover?	Time and Date
A programme for mothers aiming to give more understanding of their son's development and behaviour; a series of techniques to provide their sons with boundaries and discipline and more confidence in supporting their sons through difficulties they might encounter. Age range: At least one male in your care 0-5 years	Mondays - 4 weeks 22/06/16 to 13/07/16 Times: 9:30 - 11:30 Provider: Hemel Hempstead East Children's Centres Priority will be given to families living in Hemel Hempstead East
Windmill Children's Centre, Broadfield Road, Hemel Hempstead, HP2 4DW	01442 426 303 adminwcc.hhe@hertschildrenscentres.org.uk / facebook.com/hemelhempsteadeastcc

0-5's


My Baby's Brain

What does it cover?	Time and Date
A group for expectant parents and parents of young babies exploring new discoveries about the impact of the way a parent behaves around their baby in the first three years of life on baby's growing brain. This four week course gives parents information about babies learning and development, understanding of five ways they can help baby build a strong healthy brain for life and ideas for play, calm time, promoting speech and language and a healthy bond. Age range: For expectant parents and those with under 1s, babies who are not yet crawling are welcome in to join the group	Wednesdays 15/6/16 - 06/07/16 1:00 - 2.15 pm Provider: Hemel Hempstead East Children's Centres Priority will be given to families living in Hemel Hempstead East
Windmill Children's Centre, Broadfield Road, Hemel Hempstead, HP2 4DW	01442 426 303 adminwcc.hhe@hertschildrenscentres.org.uk / facebook.com/hemelhempsteadeastcc

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

0-5's My Baby's Brain

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Windmill Children's Centre, Broadfield Road, Hemel Hempstead, HP2 4DW	01442 426 303 adminwcc.hhe@hertschildrenscentres.org.uk / facebook.com/hemelhempsteadeastcc

0-5's The Family Toolkit

What does it cover?	Time and Date
The Family Toolkit is a series of four workshops to support anyone in a parenting role, with a focus on: understanding your child's needs, nurturing relationships in the home, understanding and managing behaviour and supporting your child's development Child Age range: At least one child 0-5 years	Mondays - 4 weeks 13/06/16 to 05/07/16  9.30 - 11.30 am Provider: Hemel Hempstead East Children's Centres Priority will be given to families living in Hemel Hempstead East
Venue tbc adminwcc.hhe@hertschildrenscentres.org.uk / facebook.com/hemelhempsteadeastcc	01442 426 303

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

Transition to Secondary School (Deadline to book is 29th June 2016)

Date: Wednesday 6th July 2016

Time: 9.30am - 2.30 pm

What's it all about? A day of helpful information and workshops to support you and your child through the transition period - more information to follow

All the workshops are being held at:

Gade Community Room

Gade Schools Family Support, off of Chaulden Junior School

School Row, Hemel Hempstead, Herts, HP1 2JU.


To book please contact Emma Christie on 01442 278793 or email



Priority will be given to parents/carers of the Gade Schools Partnership

<http://www.gadeschoolsfamilysupport.co.uk/>

Time Out for Dads

What does it cover?	Time and Date
This is an evidence-based programme written and developed by Positive Parenting that aims to enable dads and male carers to: Increase confidence in their parenting; Learn how to develop the dad/child relationship now and for the future; Improve listening and communication skills; Work out strategies for dealing with anger and conflict; Consider age appropriate expectations; Learn how to enforce boundaries. It will also give dads an opportunity to meet other dads and share experiences in a supportive and encouraging environment.	Time 7-9pm Date to be confirmed Venue to be confirmed (in Dacorum) To book onto the course please call 01442 396518. Call or text on 07512 709556 or email info@supportinglinks.co.uk
This course is open to all dads, step dads and male carers of children aged 0-19.	



NEW: Parent Network in partnership with Families in Focus CIC

Parent Network is uniquely inclusive, offering support to parents caring for children with any additional needs or disabilities. Parents can come to any Parent Network session in any area they wish and just turn up, no need to book on. Each session will include a chance for parents to meet families similar to their own with the added bonus of a learning focus from our award winning courses and wealth of personal and professional experience with themes such as understanding and managing challenging behaviours. All sessions will be delivered by Francine and Lesley who have extensive knowledge and over 20 years of experience in group training.

Hemel Hempstead South Hill Centre, Cemetery Hill, Hemel Hempstead HP1 1JF **9.30am to 12pm**

Monday 18th April – *Understanding all about anger in families*

Monday 9th May – *Strategies to manage anger in children with additional needs*

Monday 6th June – *Understanding challenging behaviours in children*

Monday 27th June – *Managing behaviours in children with additional needs*

Watford – Community Room in Asda Superstore St Albans Road Watford WD24 7RT **6.30pm to 9.00pm**

Monday 18th April – *Understanding all about anger in families*

Monday 9th May – *Strategies to manage anger in children with additional needs*

Monday 6th June – *Understanding challenging behaviours in children*

Monday 27th June – *Managing behaviours in children with additional needs*

T: 01442 219720 Text: 07867 510027

E: info@familiesinfocus.co.uk

www.familiesinfocus.co.uk




No need to book, just turn up

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

0-5's

Family Toolkit

What does it cover?	Time and Date
A course designed for parents of children aged 2 – 5 years old. Learn some new ideas about how to manage your child's behaviour and enjoy their early years. This is a great course to start learning some new techniques. Priority given to Heath Lane and Galley Hill Children's Centre areas	Wednesdays - 4 weeks 15, 22, 29 June and 6 July Time 10.00-12.00 pm Provider: Hemel West Children's Centre Child age range: 2-5 years
Gadebridge Community Centre, The Nokes, Rossgate, Gadebridge, Hemel Hempstead, HP1 3LF	To book please call: 01442 261 043 

Adeyfield, Highfield, Woodhall Farm & Grovehill

0-5's

The Nurturing Programme

What does it cover?	Time and Date
This 10 week course aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It builds on the skills parents have already and suggests lots of ways to improve family life and manage the behaviour of children, around four key themes: Self-awareness and self-esteem; Appropriate expectations; Positive discipline; Empathy.	Tuesdays - 10 weeks 26/4/16-5/7/16 9.30-11.30 am Provider: Hemel Hempstead East Children's Centres Priority will be given to families living in Hemel Hempstead East
Highfield Community Centre, Committee Room, Fletcher Way, Hemel Hempstead, HP2 5SB Child Age range: At least one child 0-5years	01442 426 303 adminwcc.hhe@hertschildrenscentres.org.uk / facebook.com/hemel Hempstead East cc