

Dacorum Rural Children's Centre and Dacorum Family Services



Parenting Puzzle

Sessions for parents of children aged 0 to 13 years.



During the 10 week programme we will look at lots of different topics including:

- * Understanding why children behave as they do
- * Recognising the feelings behind behaviour (ours and theirs)
- * Improving relationships and emotional well-being within families
- * Exploring different approaches to discipline
- * Finding ways to develop co-operation and self-discipline in our children
- * The importance of looking after ourselves too!

Venue: TBC—Local to Berkhamsted and Tring

Dates: Mondays for 10 Week course

Starts 16th January ends 27th March 2017 (no session 13th February)

Time: 7pm to 9pm

Booking: Advance booking is essential as places are limited. Please phone **01442 824407**
or **01442 863554**

Please note: As this is an evening course, no crèche will be available.

Hertfordshire Children's Centre programme

www.hertfordshire.gov.uk/childrenscentres



Orchard Children's Centre
Dundale Primary School, Silk Mill Way, Tring, HP23 5DJ ☎ 01442 824407
Little Hands and Little Feet Children's Centre
Lagley Hall, Douglas Gardens, Berkhamsted, HP4 3PE ☎ 01442 863554
The Lanes Children's Centre
St Pauls School, The Common, Chipperfield, WD4 9BS ☎ 01923 262640

Dacorum Family Services
c/o Hobbs Hill Wood School, Peascroft Road,
Hemel Hempstead, HP3 8ER ☎ 01442 401222
Sam Lindars—Tring ☎ 07598 329823
Lisa MacGovern—Berkhamsted ☎ 07780 114079



Dacorum Rural Children's Centre Group

Parenting Puzzle

Aimed at parents of children aged 2 to 6 years.



During the 10 week programme we will look at lots of different topics including:

- * Understanding why children behave as they do.
- * Recognising the feelings behind behaviour (ours and theirs).
- * Improving relationships and emotional well-being within families.
- * Exploring different approaches to discipline.
- * Finding ways to develop co-operation and self-discipline in our children.

Venue:

Orchard Children's Centre, Silk Mill Way, Tring. HP23 5DJ

Dates:

Mondays for 10 Week course

Starts 12th September, ends 21st November 2016 (no session 24th October)

Time:

9.30am to 11.30am

Booking:

Advance booking is essential as places are limited. Please phone 01442 824407
or 01442 863554

Crèche:

Limited crèche places are available. Please check at time of booking.