

There are a variety of  
**Parenting Courses and Support Sessions**  
available in

**Dacorum - including Berkhamsted and Tring**  
supporting parents with children from 0-19  
and those with children who have special needs.  
These include workshops, longer courses and drop in  
sessions.

There are daytime, evening and weekend sessions.  
If you would like to see the full range please see the  
Compass Website

[www.hertsextendedschools.org.uk/berkhamsted](http://www.hertsextendedschools.org.uk/berkhamsted) or  
Contact **Jan Garwood** (see below) for a paper copy,  
emailed copy or for more information.

This information will also be sent to all schools.

If you would like an informal chat about any  
parenting issues, worries or concerns or need help  
to find further information please contact:

**Jan Garwood**

**Parent Support Worker**

**0779 1800 496**

[psw.berkhamsted@hertsextendedschools.org.uk](mailto:psw.berkhamsted@hertsextendedschools.org.uk)

Look out for **coffee** and chat sessions in your  
school and

**IT Safety Sessions**



# Compass

Leading the way to Extended Schools in Berkhamsted,  
Northchurch, Little Gaddesden and Potten End



## Parent Support Berkhamsted



**Communicating with your Teenager!**

**Understanding  
Children's Behaviour**  
responding in a way that helps.



**Parenting Apart?**  
Understanding the impact on the children when  
parents live apart and ways to support them.

**Managing Behaviour** for parents whose  
child has a diagnosed **Special Need**

### **Communicating with Teens 11+**

Delivered by **Families in Focus - 4 week course**

- Tips and Techniques for Effective Communication
- Handling Conflicts and Negotiating
- Risk Taking Behaviours
- Managing the Changing Relationship from Child to Adult

**7-9pm Wed 5,12,19,26 May**

Berkhamsted Youth Centre Lagley Meadow, Douglas Gardens, Berk HP4 3PE

To book a place on any of these courses please contact:

**Jan Garwood**

**Parent Support Worker**

**0779 1800 496**

[psw.berkhamsted@hertsexterndedschools.org.uk](mailto:psw.berkhamsted@hertsexterndedschools.org.uk)

### **Understanding Children's Behaviour 4-10yrs**

**Count Down to Time Out - Families in Focus 6 wk course**

- Solutions to encourage Positive Behaviour
- Strategies to Manage Challenging Behaviours
- Appropriate Expectations: Ages and Stages
- Sibling Rivalry
- Routines
- Parenting with Confidence and taking Care of Yourself

**7-9 pm Tues 4,11,18,25 May,8 and 15 June**

Bridgewater Middle School HP4 1ES

### **123 Magic for Children with Additional Needs**

Age range 4 -12

Delivered by **Families in Focus - 4 week course**

- Exploring the challenges of parenting a child with additional needs
  - Solutions to encourage Positive Behaviour
  - Strategies to Manage Challenging Behaviours
  - Appropriate Expectations: individual action plan
  - Routines and Boundaries
  - Parenting with Confidence and Taking Care of Yourself
- Children must have a diagnosed additional need such as:  
ADHD, Autism, Global Delay etc.

**Tues 27 April, 4,11 and 18 May**

**6.30 - 9.30pm**

Berkhamsted Civic Centre HP4 3HB

### **Parents Apart - all Ages**

Delivered by **Families in Focus - 4 week course**

**Helping children caught in the middle**

- Understanding the impact of partnership breakdown on our children
- Tools and Ideas to support children through separation and changing families
- Strategies for co-parenting successfully
- Listening to sensitive feelings in our children

**7-9pm**

**Thurs 10,17,24 June and 1 July**

Berkhamsted Youth Centre Lagley Meadow, Douglas Gardens, Berk HP4 3PE