

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 or
Contact **Jan Garwood** (see below) for a paper copy,



Compass

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



Parent Support Berkhamsted Spring 2011



INTERNET SAFETY SESSIONS

Sessions are for all Parents:

6.30pm - 8.30pm

Mon 21st March at Greenway First School, Crossways, HP4 3NH
or

Tues 3rd May at Ashlyns Upper School, Chesham Rd, HP4 3AH

To book a place on either of these workshops, contact
Jan Garwood 0779 1800 496

psw.berkhamsted@hertsextendedschools.org.uk

More details are on a flyer being sent to all parents and can be
found on Compass Website:

www.hertsextendedschools.org.uk/berkhamsted

Understanding your Teenager!

Understanding
Children's Behaviour
Responding in a way that helps.



Pre -Teen Girls
Links between self esteem and body image
Boosting Confidence

Pre-Teen Boys
How do feelings link to behaviour?

EDUCATIONAL PSYCHOLOGIST

Do you feel that you would benefit from an informal discussion about any concerns you may have about your child's development? Lisa Olcot, Educational Psychologist, is offering 30 minute sessions on the following dates.

1 - 3pm at Kings Road Church

On Wed 16th Feb and Wed 6th April.

To book a 30 min appointment please call Sandra Jenkins on
0777 3304 638

Understanding Children's Behaviour 5 - 10yrs

Look at links between feelings, needs and behaviour.
Learn how to respond to children in a way that helps.

7 - 9pm Mon 4th April

at

Berkhamsted Youth Centre, (BASH)
Lagley Meadow, Douglas Gardens, Berkhamsted HP4 3PE

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

Jan Garwood

Parent Support Worker

0779 1800 496

psw.berkhamsted@hertsexterndedschools.org.uk

Understanding your Pre Teen Girl 9 -12 yrs

For parents of pre-teens to help understand:

- The developmental stages of a pre-teen.
- What self esteem is and why it's important.
- How to recognise and learn how to build self esteem in our girls.
- The link between self esteem and body image.
- How to boost confidence and develop responsibility.

7 - 9pm Wed 2nd March

at

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

Understanding your Pre-Teen Boy 9 -12yrs

For Parents of Pre-Teens to help understand:

- The developmental stages (physical & emotional).
- How feelings link to behaviour.
- How to boost confidence and develop responsibility and self esteem.
- How to handle common teenage problems.

7 - 9pm Tues 8th March

at

Thomas Coram Middle School, Swing Gate Lane,
Berkhamsted, HP4 2RP

Understanding Teenagers 11 year olds +

For Parents to understand:

- The developmental stages of a teenager.
- The link between feelings & behaviour.
- How to boost confidence, self esteem and develop responsibility.
- How to handle common teenage problems.

7pm - 9pm Tues 15th Feb

at

Thomas Coram Middle School, Swing Gate Lane,
Berkhamsted, HP4 2RP

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

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