



**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.



### Local Support and Services Help lines

**Parenting and Information Officer for Dacorum** 01442 453839

**Family Information Service** 01438 737502 / 01923 471502  
Mon-Fri 8.30-4.30 Advice and information on services for families

**Frank** Free confidential helpline for parents and teens  
open 24/7 for advice on drugs and alcohol 0800 77 66 00

**Family Lives** 24 hour helpline for parents 0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

**Find your local Children Centres**  
[www.hertschildrenscentres.org.uk/](http://www.hertschildrenscentres.org.uk/)

**Find your local Extended Schools Coordinator**  
[www.hertsextendedschools.org.uk/](http://www.hertsextendedschools.org.uk/)

This leaflet last amended 28.3.11 by Parenting and Information Officer  
District Partnership Team Dacorum Herts County Council 01442 453839



## Parenting Courses and Support in Dacorum Summer Term 2011

**Free Confidential Impartial**



**Free universal courses open to All parents in the district**

## COURSES

### HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOOD-HALL FARM

#### THE PARENTING PUZZLE

Who is it for?		Time and Date
The Nurturing Programme is a 10 week course which helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests lots of ways to improve family life and manage the behaviour of children.		Tuesday 3rd, 10th, 17th, 24th May, 7th, 14th, 21st, 28th June, 5th, 12th July 2011 for 10 weeks excluding half term  9.30-11.30 am
Yew Tree School Fletchers Way Hemel Hempstead HP2 5QR		To express an interest contact Windmill Children Centre 01442 426303
<b>Child age range</b>	Under 5s will be prioritised	Crèche available at Highfield Community Centre. On the 10th May both the crèche and course will be at The Heights Community Centre

#### MANAGING CHALLENGING BEHAVIOURS FOR CHILDREN WITH ADDITIONAL NEEDS

Who is it for?		Time and Date
The 6 sessions will provide parents with techniques to manage challenging behaviours of children with additional needs.		Thursday 12th, 19th, 26th May, 9th, 16th and 23rd June 2011 6-8 pm
Adeyfield School Longlands Hemel Hempstead HP2 4DE		Nicola Fisher Parent Support Worker 01442 426727 or 07538 600323 email: <a href="mailto:psw.linkdacorum@hertsextedschools.org.uk">psw.linkdacorum@hertsextedschools.org.uk</a>
<b>Child age range</b>	5-12 years	

## LEVERSTOCK GREEN AND BENNETTS END

### PREVENTION IS BETTER THAN CURE!!

#### 'Wasn't like that in my day'

Who is it for?		Time and Date
Enables your children to understand their feelings in a safe and reassuring way that builds confidence		Thursday 5th May 2011 9.10-10.20 am
The Reddings Primary School Bennetts End Road Hemel Hempstead HP3 8DX		Jan Nethercoat 07534 213640
<b>Child age range</b>	5-11 years	

### PREVENTION IS BETTER THAN CURE!!

#### 'We all have the right to be safe'

Who is it for?		Time and Date
We teach our child about stranger danger but what about when a situation occurs. PBs looks at Early warning Signs and how to take risks safely.		Thursday 12th May 2011 9.10-10.20 am
The Reddings Primary School Bennetts End Road Hemel Hempstead HP3 8DX		Jan Nethercoat 07534 213640
<b>Child age range</b>	5-11 years	

### PREVENTION IS BETTER THAN CURE!!

#### 'Being a parent can be both rewarding and challenging'

Who is it for?		Time and Date
'There is nothing too small or so awful that we cannot talk about it'. By getting in touch with our feelings we can enable our children to seek appropriate support when they need it.		Thursday 19th May 2011 9.10-10.20 am
The Reddings Primary School Bennetts End Road Hemel Hempstead HP3 8DX		Jan Nethercoat 07534 213640
<b>Child age range</b>	5-11 years	

## HIGHFIELD, ADEYFIELD, ST PAULS, GROVEHILL & WOOD-HALL FARM

### TRANSITION into school

Who is it for?	Time and Date
To help parents and their children cope with starting school for the first time	Wednesday 6th July 2011 7-9 pm
Windmill Children Centre Broadfield Road Hemel Hempstead HP2 4DW	Windmill Children Centre 01442 426303
<b>Child age range</b>	Under 5 years

### TRANSITION into school

Who is it for?	Time and Date
To help parents and their children cope with starting school for the first time	Thursday 14th July 2011 9.30-11.30 am
Heights Community Centre Jupiter Drive Hemel Hempstead HP2 5NU	Windmill Children Centre 01442 426303
<b>Child age range</b>	Under 5 years Crèche Available

### TRANSITION into preschool/nursery

Who is it for?	Time and Date
To help parents emotionally prepare a child for starting a setting	Wednesday 13th July 2011 1-3 pm
Windmill Children Centre Broadfield Road Hemel Hempstead HP2 4DW	Windmill Children Centre 01442 426303
<b>Child age range</b>	Under 5 years Crèche Available

## 'MY LIFE'

Who is it for?	Time and Date
A free course for female victims of domestic abuse. The course looks at consequences and effects of abuse, helping to overcome feelings of isolation, helping to overcome low self-esteem and understanding what abuse is and why women stay in abusive relationships.	Thursday 5th, 12th, 19th, 26th May, 9th, 16th, 23rd, 30th June, 7th, 14th, 21st July 2011  9.30-11.30 am
Hobletts Manor School Adeyfield Road Hemel Hempstead HP2 5JS	Nicola Fisher Parent Support Worker 01442 426727 or 07538 600323 <a href="mailto:psw.linkdacorum@hertsextondedschools.org.uk">psw.linkdacorum@hertsextondedschools.org.uk</a>
For any female who has experienced Domestic Abuse	Crèche available if booked in advance

## KINGS LANGLEY, CHIPPERFIELD, BOVINGDON, NASH MILLS, BEDMOND & SARRATT

### DADS PARENTING

Who is it for?	Time and Date
A course for Dad's working on strengthening the father/child relationship, gaining respect, engaging in open communication, setting boundaries, managing conflict and having FUN!	Wednesday 4th, 11th, 18th, 25th May 2011  7.30-9.30 pm
Kings Langley Extended Schools & Family Unit, Kings Langley Secondary School, Love Lane Kings Langley WD4 9HN	Bernadette Mikelsons Parent Support Worker 07595 200658
<b>Child age range</b>	0-19 years

### 123 MAGIC

<b>Who is it for?</b>	<b>Time and Date</b>	
To help parents manage and understand their children's Behaviour using the 123 Magic technique.	Monday 9th, 16th, 23rd May, 6th, 13th, 20th June 2011	
	9.30-11.30 am	
Kings Langley Extended Schools & Family Unit, Kings Langley Secondary School, Love Lane Kings Langley WD4 9HN	Bernadette Mikelsons Parent Support Worker 07595 200658	
<b>Child age range</b>	2-8 years	Crèche available

### PARENTING ALONE

<b>Who is it for?</b>	<b>Time and Date</b>	
A 5 week course looking at specific Issues which mainly arise from being a lone parent/carer, how to manage time, challenging behaviour, work together as a family and support each other.	Friday 13th, 20th, 27th May 10th & 17th June 2011	
	9.30-11.30 am	
Kings Langley Extended Schools & Family Unit, Kings Langley Secondary School, Love Lane Kings Langley WD4 9HN	Bernadette Mikelsons Parent Support Worker 07595 200658	
<b>Child age range</b>	5-14 years	Crèche available

### UNDERSTANDING CHILDREN'S BEHAVIOUR

<b>Who is it for?</b>	<b>Time and Date</b>	
In this course you will look at why children behave in certain ways, what they are telling you through their actions and attitudes, how to work with your child to reach a positive level of understanding.	A 5 week course dates to be confirmed. 2 hour Evening sessions in May	
Kings Langley Extended Schools & Family Unit, Kings Langley Secondary School, Love Lane Kings Langley WD4 9HN	Bernadette Mikelsons Parent Support Worker 07595 200658	
<b>Child age range</b>	9-18 years	

### WARNERS END, GADEBRIDGE, CHAULDEN & HEMEL CENTRAL

#### INTERNET SAFETY

<b>Who is it for?</b>	<b>Time and Date</b>	
This workshop covers all aspects of online safety issues and how to 'stay safe' online	Tuesday 24th May 2011	
What risks are posed to my child online? Who can I tell if I am worried? What can I do to protect my child?	7-9 pm	
Covers issues such as Cyber bullying, Social Networks, Chat rooms, Privacy Settings and gaming.		
George Street School George Street Hemel Hempstead HP2 5HJ	Jackie Amos Parent Support Worker 07535 544343	
<b>Child age range</b>	Under 10s	

#### INTERNET SAFETY

<b>Who is it for?</b>	<b>Time and Date</b>	
This workshop covers all aspects of online safety issues and how to 'stay safe' online	Tuesday 21st June 2011	
What risks are posed to my child online? Who can I tell if I am worried? What can I do to protect my child?	7-9 pm	
Covers issues such as Cyber bullying, Social Networks, Chat rooms, 'sexting', Privacy Settings, indecent images and grooming		
John F Kennedy School Hollybush Lane Hemel Hempstead HP1 2PH	Jackie Amos Parent Support Worker 07535 544343	
<b>Child age range</b>	Over 10s	

## BERKHAMSTED

### IT SAFETY AWARENESS FOR PARENTS

Who is it for ?	Time and Date
<p><u>For Parents to understand:</u> Why the Internet is so great. Different ways young people can connect online. <u>Internet safety-</u> looking at risks and strategies to reinforce internet safety. <u>Interactive session for parents: -</u> Discussing scenarios that children may encounter online and advice given. Exploring positive / negative behaviour on Social Networking Sites. Parents will receive a CD, leaflets and a fact sheet to take away.</p> <p><b>These sessions are run by Childnet International <a href="http://www.childnet.com">www.childnet.com</a></b></p>	<p>Tuesday 3rd May 2011</p> <p>6.30-8 pm</p>
<p>Ashlyns Upper School Chesham Road Berkhamsted HP4 3AH</p>	<p>Becki Jenkins 07791 800496 <a href="mailto:becki.berkhamsted@herts.extendedschools.org.uk">becki.berkhamsted@herts.extendedschools.org.uk</a></p>
<b>Child age range</b>	0-19

### KEEPING SAFE AND PROTECTING YOUNG MINDS

Who is it for ?	Time and Date
<p>A 2-hour workshop to alert parents to the dangers children face - risks of playing unsupervised inside and outside the home, what to do about bullying, how to protect young minds from pornography, safe use of the internet .</p>	<p>Monday 23rd May 2011</p> <p>7-9 pm</p>
<p>Berkhamsted Youth Centre Lagley Meadow, Douglas Gardens Berkhamsted HP4 3PE</p>	<p>Becki Jenkins 07791 800496 <a href="mailto:becki.berkhamsted@herts.extendedschools.org.uk">becki.berkhamsted@herts.extendedschools.org.uk</a></p>
<b>Child age range</b>	8-13 Years

## THE PARENTING PUZZLE

Who is it for?	Time and Date
<p>The Nurturing Programme is a 10 week course which helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests lots of ways to improve family life and manage the behaviour of children.</p>	<p>Wednesday 11th, 18th, 25th May, 8th, 15th, 22nd, 29th June, 6th, 13th, 20th July 2011</p> <p>7 – 9 pm</p>
<p>Chorleywood Library, Lower Road, Chorleywood WD3 5LB</p>	<p>The Lanes Children Centre 01923 262640</p>
<b>Child age range</b>	0-5 years

## WARNERS END, GADEBRIDGE, CHAULDEN & HEMEL CENTRAL

### BOYS DEVELOPMENT PROGRAMME

Who is it for?	Time and Date
<p>This course is only for mothers who have at least one boy under the age of 5. Do you want to understand why boys do what they do, how to use effective discipline methods, what motivates boys and preparing them for school. Then this course is for you?</p>	<p>Tuesday 5th, 12th, 19th, 26th May 2011</p> <p>9.15-11.15 am</p>
<p>Venue to be confirmed</p>	<p>To register an interest contact Galley Hill Children Centre 01442 426753</p>
<b>Child age range</b>	0-5 years

## THE PARENTING PUZZLE

### Coming Soon to Galley Hill Children Centre

<p>The Nurturing Programme is a 10 week course which helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests lots of ways to improve family life and manage the behaviour of children.</p>	
<p>Register your interest with Galley Hill Children Centre on 01442 426753</p>	
<b>Child age range</b>	0-5 years

## TRING & VILLAGES

### MANAGING CONFLICT IN TEENS

Who is it for?	Time and Date
The two sessions will look at how best to tackle areas of conflict between parents and teens, as well as helping with communication.	Wednesday 11th & 18th May 2011  7-9 pm
Orchard Children Centre Dundale School Silk Mill Way Tring HP23 5DJ	Samantha Lindars Parent and Child Support Worker 07598 329823
<b>Child age range</b>	13 –16 years

## LEVERSTOCK GREEN AND BENNETTS END

### PARENTS APART

Who is it for?	Time and Date
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.	Tuesday 10th, 17th, 24th May, 7th, 14th, 21st June 2011  Time to be agreed
Hobbs Hill Wood School Peascroft Road, Hemel Hempstead, HP3 8ER	Jan Nethercoat on 07534213640 Roger Sharpe on 07534213654
<b>Child age range</b>	0-19 years

### HANDLING ANGER IN THE FAMILY

Who is it for?	Time and Date
Is your family tired of you losing your temper? Is your child angry at home? Are you stressed by conflict in your family? This is a 6 weeks course which will help you to explore, understand and manage anger and conflict in either yourself or your family.	Tuesday 10th, 17th, 24th May, 7th, 14th, 21st June 2011  Time to be agreed
Hobbs Hill Wood School Peascroft Road, Hemel Hempstead, HP3 8ER	Jan Nethercoat on 07534213640 Roger Sharpe on 07534213654
<b>Child age range</b>	0-19 years

## STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

### Who is it for?

A 13 week course for parents with concerns about their child's anti-social behaviours. The course is designed to strengthen parenting skills, prevent and manage behaviour problems.

To express an interest please contact the Strengthening Families Team on 01992 555909

**Child age range** | 8-16 years

## WORKSHOPS

### KINGS LANGLEY, CHIPPERFIELD, BOVINGDON, NASH MILLS, BEDMOND & SARRATT

### ARE YOU LISTENING?

Who is it for?	Time and Date
This is a workshop to help parents/carers look at how communication has changed and how to develop active listening skills. Through these skills parents/carers will gain a greater understanding of themselves and their children along with a range of tips to help them along the way.	June 2011 (1 day workshop ) Dates and times to be confirmed
Kings Langley Extended Schools & Family Unit , Kings Langley Secondary School, Love Lane, Kings Langley , WD4 9HN	Bernadette Mikelsons 07595 200658
<b>Child age range</b>	0-19 years

### SIBLING RIVALRY

Who is it for?	Time and Date
Workshop for Parents/Carers who want to support their children in forming positive relationships, learn ways to manage a range of behaviours and how to work towards a positive living environment.	July 2011 (1 day workshop) Dates and times to be confirmed
Kings Langley Extended Schools & Family Unit , Kings Langley Secondary School, Love Lane, Kings Langley , WD4 9HN	Bernadette Mikelsons 07595 200658
<b>Child age range</b>	8-16 years