



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 Helplines

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

Parentline Plus 24 hour helpline for parents 0808 800 2222
www.parentlineplus.org.uk

Find your local Children Centres
www.hertschildrenscentres.org.uk/

Find your local Extended Schools Coordinator
www.hertsextendedschools.org.uk/

This leaflet last amended 7.12.10 by Parenting and Information Officer
District Partnership Team Dacorum Herts County Council 01442 453839



Parenting Courses and Support in Dacorum Spring Term 2011

Free Confidential Impartial



Free universal courses open to All parents in the district

COURSES

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

HANDLING ANGER IN YOUR 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 1st, 8th, 15th 22nd, 29th March & 5th April 2011 9.15-11.15 am |
| Brookwood School, Shenley Road, Hemel Hempstead HP2 7QH | | Nicola Fisher Parent Support Worker 01442 426727 or 07538 600323 |
| Child age range | 0-19 years | Crèche available if booked in advance |

PARENTING 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. AND we will take care of the kids. Watford Football Club will be running activities including sports, arts and crafts and computer activities for children in reception class and above. There will also be a crèche for younger children. Lunch will be included. Bookings for the crèche and Watford Football Club must be made in advance | | Saturday 12th and 26th March 2011 10 am–2 pm |
| Hobblets Manor Junior School Adeyfield Road Hemel Hempstead HP2 5JS | | Nicola Fisher Parent Support Worker 01442 426727 or 07538600323 |
| Child age range | 0-19 years | Crèche available |

Comments from Parents

I feel calmer when dealing with difficult situations and I try to understand more. Empathy it's difficult sometimes but the course has given me the tools I need to correct bad habits.
(The Parenting Puzzle)

I praise more and have new strategies for rewarding good behaviour, great time for being able to speak with others.
(Raising Kids in 21st Century)

I feel more confident to try new things and more in control of my life, calmer, shout less etc. **(Understanding Teens, The Gross Stuff and the ground Rules)**

"Finding so many other nice people—friends! In a similar situation/ going through the same thing **(Parents Apart)**

"Attending this course made me look at myself as a parent, listening to other parents and sharing ideas was comforting" **(123 Magic)**

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. | | Tuesday 8th March 2011 9.10-10.20 am |
| Tudor Primary School Redwood Drive Hemel Hempstead HP3 9ER | | Jan Nethercoat 07534 213640 |
| Child age range | 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. | | Tuesday 15th March 2011 9.10-10.20 am |
| Tudor Primary School Redwood Drive Hemel Hempstead HP3 9ER | | Jan Nethercoat 07534 213640 |
| Child age range | 5-11 years | |



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. | | Friday 11th March 2011 for 10 weeks. 9.30-11.30 am |
| Venue to be confirmed | | Mary on 01442 269 804 or Mary@worldshapers.org.uk |
| Child age range | Under 5s | |

WORKING WITH YOUR CHILD WITH AUTISM

| Who is it for? | | Time and Date |
|--|------------|--|
| A free five week course for parents who have a child, of any age, with autism (run by the autism advisory service) The aim of the course is to give you as parents - an understanding of your child's behaviour - some practical strategies for you to try - how to work effectively with professionals - to leave with something practical to work with at home. | | Wednesday 2nd, 9th, 16th , 23rd and 30th March 2011 1-3 pm |
| Haywood Grove School St Agnells Lane Hemel Hempstead HP2 7BG | | Nicola Fisher Parent Support Worker 01442 426727 or 07538 600323 |
| Child age range | 0-19 years | No Crèche |

WHAT A DAD CAN DO

| Who is it for? | | Time and Date |
|--|-----------|--|
| This six session programme is an opportunity for Dads to explore what children look for in a Dad. It looks at managing behaviour, taking charge and keeping children safe and the differences in how Dads father and how Mums mother. It also looks at issues relating to co-parenting for Dads who don't live with their children | | Thursday 3rd, 10th, 17th February, 3rd, 10th 17th March 2011 7-9 pm |
| Windmill Children Centre Broadfield Road Hemel Hempstead HP2 4BX | | Windmill Children Centre 01442 426303 |
| Child age range | Under 10s | |

WARNERS END, GADEBRIDGE, CHAULDEN & HEMEL CENTRAL

UNDERSTANDING TEENS

| Who is it for? | Time and Date |
|---|---|
| This course will help you understand a teenager's world and provide ideas around handling common teenage problems, including communication, conflict and what to say about sex and sexuality. | Wednesday 12th, 19th and 26th January, 2nd, 9th and 16th February 2011 7-9 pm |
| The Cavendish School Warners End Road Hemel Hempstead HP1 3DW | Jackie Amos Parent Support Worker 07535 544343 j.amos@cavendish.herts.sch.uk |
| Child age range | Over 10s |

SUPPORTING CHILDREN THROUGH LOSS

| Who is it for? | |
|--|-----------|
| COMING SOON: This will be a 3 week course to provide parents with the skills to look after themselves and their children through experiences of change such as bereavement. Key Points: <ul style="list-style-type: none"> to increase understanding of the process of change and loss to look at how children react to loss to help parents develop skills to support children through change and loss <p>To express an interest: Jackie Amos, Parent Support Worker 07535 544343 j.amos@cavendish.herts.sch.uk</p> | |
| Child age range | Under 12s |

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. | Wednesday 19th, 26th, January, 2nd, 9th, 16th, February, 2nd, 9th, 16th, 23rd, 30th March 2011 7-9 pm |
| Heath Lane Children Centre Heath Lane, Hemel Hempstead HP1 1TT | Heath Lane Children Centre 01442 261043 |
| Child age range | Under 10s |

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. | Friday 28th January 2011 9.10-10.20 am |
| Lime Walk Primary School Lime Walk, Hemel Hempstead HP3 9LN | Jan Nethercoat 07534 213640 |
| Child age range | 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. | Friday 4th February 2011 9.10-10.20 am |
| Lime Walk Primary School Lime Walk Hemel Hempstead HP3 9LN | Jan Nethercoat 07534 213640 |
| Child age range | 5-11 years |

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 | Tuesday 1st March 2011 9.10-10.20 am |
| Tudor Primary School Redwood Drive Hemel Hempstead HP3 9ER | Jan Nethercoat 07534 213640 |
| Child age range | 5-11 years |

HIGHFIELD, ADEYFIELD, GROVEHILL AND WOODHALL FARM

SIBLING RIVALRY

| Who is it for? | | Time and Date |
|--|------------|--|
| Parents who want to support their children in forming better relationships, and tools to manage their behaviour. | | Daytime course details to be confirmed |
| The Heights Community Centre Jupiter Drive Hemel Hempstead HP2 5NU | | Windmill Children Centre 01442 426303 |
| Child age range | 0-12 years | Crèche available |

WARNERS END, GADEBRIDGE, CHAUDEN & HEMEL CENTRAL

UNDERSTANDING CHILDREN'S BEHAVIOUR

| Who is it for? | | Time and Date |
|---|----------|--|
| A workshop to help parents understand their children's behaviour. | | February 2011 |
| Venue to be confirmed | | Heath Lane Children Centre 01442 261043 |
| Child age range | Under 5s | Crèche available |

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. | | Friday 21st January 2011 9.10-10.20 am |
| Lime Walk Primary School Lime Walk, Hemel Hempstead HP3 9LN | | Jan Nethercoat 07534 213640 |
| Child age range | 5-11 years | |

BRINGING UP CHILDREN ON YOUR OWN

| Who is it for? | | Time and Date |
|---|---|--|
| This 4-week course is to help parents gain support around bringing up children as a lone parent | | March 2011 To be confirmed |
| Venue to be confirmed | | To express an interest contact Heath Lane Children Centre 01442 261043 |
| Child age range | Under 10s (priority given to under 5s) | Crèche available |

NEW BABY, NEW PARENT

| Who is it for? | | Time and Date |
|--|----------|--|
| This 3-week course gives parents an opportunity to share their feelings, needs and concerns as a new parent and find out how they can help their baby's development and enjoy building a relationship with their baby. | | End of February 2011 |
| Venue to be confirmed | | To express an interest contact Heath Lane Children Centre 01442 261043 |
| Child age range | New baby | Crèche available |

BERKHAMSTED

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 | | Friday 14th, 21st, 28th, January, 4th, 11th, 18th February, 4th, 11th 18th, 25th March 2011 9.15-11.15 am |
| St Mary's Primary School New Road North Church Berkhamsted HP4 3QZ | | Places will be allocated on a basis of need. To express an interest contact: Jo Chappell Little Feet Children's Centre 01442 384144 |
| Child age range | Under 5s | Crèche Provided for 0-5's |

TRING & VILLAGES

| PARENTING PRE-TEENS– STAY A STEP AHEAD | |
|---|---|
| Who is it for? | Time and Date |
| Developed by "The study of Adolescence" this 4 week course looks at listening and communication, parenting styles, problem solving and understanding teens. Good for parents who want to prepare for the teen years that lay ahead. | Thursday 16th, 24th, 31st March, 7th April 2011 7-9 pm |
| Orchard Children's Centre (Dundale School) Silk Mill Way, Tring, HP23 5DJ | Samantha Lindars Parent and Child Support Worker 07598 329823 |
| Child age range | 9-12 years |

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

| PARENTS WELL BEING | |
|--|--|
| Who is it for? | Time and Date |
| A six week course for parents and carers to give them the opportunity to see what they need (and don't) in order to achieve whilst looking after the family in a positive, caring way. A great opportunity to look at your schedule, book in some "me time". | Wednesday 12th, 19th, 26th January 2nd, 9th, 16th February 2011 9.30-10.30 am |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | Bernadette Mikelsons Parent Support Worker 07595 200658 |
| Child age range | 0-19 years Crèche available |

| PARENTS MATTER TOO | |
|---|--|
| Who is it for? | Time and Date |
| A New Year - time to review your life, look at what is standing in your way in order to make "positive changes". This is a self development course looking at goal setting, how we listen and ways to improve communication. Also, ways to build and strengthen relationships, choices resulting in lasting changes. Run in a supportive and warm atmosphere. | Tuesday 11th, 18th, 25th January, 1st, 8th, 15th February 2011 7.30-9.30 pm |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | Bernadette Mikelsons Parent Support Worker 07595 200658 |
| Child age range | 0-19 years |

| PARENTING ALONE | |
|---|--|
| Who is it for? | Time and Date |
| A workshop to learn skills when parenting on your own. A supportive and relaxed environment looking at a range of behaviours and situations which arise and how to approach and manage these independently. There will be an opportunity for questions as well. | Friday 21st January 2011 9.30-11.30 am |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | Bernadette Mikelsons 07595 200658/ Zoe Hier 01923 262640 |
| Child age range | 0-10 years Crèche available |

TRING & VILLAGES

| PARENTING A PRE TEEN– UNDERSTANDING BOYS | |
|---|---|
| Who is it for? | Time and Date |
| The workshops will focus on the differences between girls and boys—looking at body changes, image, and parents being a role model | Monday 31st January 2011 7-9 pm |
| Orchard Children's Centre (Dundale School) Silk Mill Way Tring, HP23 5DJ | Samantha Lindars Parent and Child Support Worker 07598 329823 |
| Child age range | School years 6/7 & 8 |

| PARENTING A PRE TEEN– UNDERSTANDING GIRLS | |
|--|---|
| Who is it for? | Time and Date |
| The workshops will focus on the differences between girls and boys— looking at body changes, image, and parents being a role model | Monday 24th January 2011 7-9 pm |
| Orchard Children's Centre (Dundale School) Silk Mill Way Tring, HP23 5DJ | Samantha Lindars Parent and Child Support Worker 07598 329823 |
| Child age range | School Yrs 5/6 & 7 |

UNDERSTANDING YOUR PRE TEEN BOY (TWEEN YEARS)

| | | |
|---|------------|--|
| Who is it for? | | Time and Date |
| 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. | | Tuesday 8 th March 2011 7-9 pm |
| Thomas Coram Middle School Swing Gate Lane Berkhamsted HP4 2RP | | Jan Garwood Parent Support Worker 07791 800496 |
| Child age range | 9-12 years | psw.berkhamsted@hertsexterndschoools.org.uk |



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

CYBER-BULLYING

| | | |
|--|-----------|---|
| Who is it for? | | Time and Date |
| What is "Cyber-bullying"? Bullying using mobile phones or the internet - particularly children and young people who are using technologies everyday. Those who experience this can feel isolated and frightened. Come and learn about the risks, how to recognise the signs, and ensure that it doesn't happen in the first place. | | Date to be confirmed 7.30-9.30 pm |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | | Bernadette Mikelsons Parent Support Worker 07595 200658 |
| Child age range | 9 years + | |

FEELING SAFE STANDING STRONG (PROTECTIVE BEHAVIOURS)

| | | |
|---|------------|--|
| Who is it for? | | Time and Date |
| How safe are you and your family? This course has a practical and down to earth approach to help keep ourselves and others feeling safe - emotionally and physically. It will give you practical ideas on how to manage a range of situations which parents and children come across in daily life, for example a network of people to call on in an emergency, when it's ok to enjoy an adventure and when it's better to say "no" | | Monday 7th, 14th, 28th February 7th, 14th, 21st, 28th March 2011 9.30-11.30 am |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | | Bernadette Mikelsons Parent Support Worker 07595 200658 |
| Child age range | 0-19 years | Crèche available |

BOYS DEVELOPMENT PROGRAMME

| | | |
|---|------------------|---|
| Who is it for? | | Time and Date |
| Ever wondered why the boys in your life can't multi-task? Why they tend to forget something even with a list? Come and find out why and how positive support and reinforcing of habits through the early years (circa 5-11 years) will give them a head start. For Mums/ Female Carers only | | Thursday 3rd, 10th, 17th, 24th, 30th March, 7th April 2011 7.30-9.30 pm |
| Extended Schools & Family Unit Kings Langley Secondary School Love Lane, Kings Langley WD4 9HN | | Bernadette Mikelsons Parent Support Worker 07595 200658 |
| Child age range | Circa 5-11 years | |



LEVERSTOCK GREEN AND BENNETTS END

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. | | Thursday 20th, 27th, January 3rd, 10th, 17th February, 3rd, 10th, 17th 24th, 31st March 2011 10 am-12 pm |
| New Life Pentecostal Church Lawn Lane Hemel Hempstead HP3 9JF | | Green Lane Children Centre 01442 265410 |
| Child age range | Under 10s | Crèche available if booked in advance |

SPEAK EASY about the birds and the bees

| Who is it for? | | Time and Date |
|---|--|--|
| Parents and carers who have attended the Speakeasy workshops say they feel more confident in: answering their children/young people's questions about growing up; body changes; sex and relationships - confidently and without embarrassment. Talking openly and honestly, finding opportunities to talk with their child/ young person to make informed and safe choices about sex and relationships. | | 4 free and fun sessions will be run after half term in March, either during the day or evening |
| To express an interest please contact Jan Nethercoat 07534 213640 | | |
| Child age range | | |

HEMEL HEMPSTEAD

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 Gill or Kate on 01992 555246 | |
| Child age range | 8-16 years |

WORKSHOPS

BERKHAMSTED

UNDERSTANDING TEENAGERS

| Who is it for? | | Time and Date |
|---|------------|--|
| For Parents of Children 11+ to understand: The developmental stages of a teenager. The link between feelings & behaviour. How to boost confidence, self esteem and develop responsibility. | | Tuesday 15 th February 2011 7-9 pm |
| Thomas Coram Middle School Swing Gate Lane Berkhamsted HP4 2RP | | Jan Garwood Parent Support Worker 07791 800496 |
| Child age range | 11 years + | psw.berkhamsted@hertsexte edschools.org.uk |

UNDERSTANDING YOUR PRE TEEN GIRL (TWEEN YEARS)

| Who is it for? | | Time and Date |
|--|------------|--|
| 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. | | Wednesday 2nd March 2011 7-9 pm |
| Berkhamsted Youth Centre Lagley Meadow, Douglas Gardens Berkhamsted HP4 3PE | | Jan Garwood Parent Support Worker 07791 800496 |
| Child age range | 9-12 years | psw.berkhamsted@hertsexte edschools.org.uk |

