

A Parent's Wish

*I hope my child looks
back on today
And sees a parent who
had time to play.*

*There will be years for
cleaning and cooking,
But children grow up
when you're not
looking.*

*Tomorrow I'll do all the
chores you can mention
But today, my baby
needs time and
attention.*

*So settle down
cobwebs; dust go to
sleep,
I'm cuddling my baby,
and babies don't keep.*

Anonymous

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**COURSES AND GROUPS
FOR
PARENTS/CARERS
IN
WATFORD
SUMMER TERM
2010**

**FREE
CONFIDENTIAL
IMPARTIAL**

Parenting a child is not always straightforward and there are times when being a parent can feel really tough.

This is a brief guide to some of the parenting support available in the Watford District.

These courses offer you an opportunity to meet other parents, share experiences and ideas and help to support you in building on your skills in bringing up your children.

Places are limited so to avoid disappointment book early using the contact details shown for the course you are interested in.

Alternatively call your local Children's Centre Manager or Extended Schools Co-ordinator to see what else they have on offer

0-5 Years

◆ Getting Through The Day

To build your confidence in dealing with everyday routines - e.g. bedtimes, mealtimes, setting boundaries

Dates: Tuesdays 4th May for 4 weeks

Time: 09:30 - 11.30

Venue: CentrePoint Community Centre
Raphael Drive, Watford
WD24 4GY

Contact: Sandra Helbrough on 07735 325205

UseFUL Contacts...

Family Information Service

0300 123 4052 Mon-Fri 08:30-16:30

Advice and information on services for families

Parentline Plus

0808 800 2222 24hour helpline for parents

www.parentlineplus.org.uk

Frank

0800 77 66 00 free confidential 24/7 helpline for parents and teens. Advice on drugs and alcohol

Hertfordshire Domestic Violence / Abuse Helpline

0808 8088 088

"It has helped me to deal with my child's difficult behaviour more effectively..."

"Small changes make a big difference..."

CHILDREN'S CENTRES...

◆ **Beechfield Children's Centre**
01923 482862

◆ **Berrygrove Children's Centre**
01923 674463 / 484312

◆ **Leavesden Children's Centre**
01923 484360

◆ **Littlebury Children's Centre**
01923 243564

◆ **Sunshine Children's Centre**
01923 482842

◆ **Westfield Children's Centre**
01923 800003

0-5 Years

◆ **Surviving the Summer Holidays
for Parents of Children 3—6 years**

**An informal group to discuss ideas and help you prepare
and plan a fun and happy summer break**

Dates: Tuesdays 8th June 2010 for 4 weeks

Time: 12.45 - 14.45

Venue: Leavesden Childrens Centre
High Road, Leavesden WD25 7QZ

Contact: Leavesden Childrens Centre
01923 484360

◆ **Getting Through The Day**

**To build your confidence in dealing with everyday
routines - e.g. bedtimes, mealtimes, setting boundaries**

Dates: Tuesdays 22nd June for 4 weeks

Time: 13.00—15.00

Venue: Berrygrove Children's Centre
Cow Lane, Watford

Contact: Berrygrove Childrens Centre on 01923 484312

◆ **Starting School Workshop**

**A 2 hour workshop to help parents explore
Transition to nursery school**

Dates: tbc

Time: tbc

Venue: Littlebury Childrens Centre, Mildred Avenue
Watford WD18 7DY

Contact: Littlebury Children's Centre on 01923 243564

“The course surpassed my expectations - it helped me to
deal with things I didn't realise were about anger...”

“This course has really helped me to look at all the
good things I do as a parent...”

5-11 Years

◆ 123 Magic

Learn strategies to reinforce your child's positive behaviour

Dates: tbc

Time: tbc

Venue: tbc

Contact: Hazel Pegler on 07876 543491
Or Susan Bugden on 07920 234058

◆ 123 Magic

Help parents explore techniques to improve confidence in supporting your child and managing behaviours

Dates: June 2010

Venue and Time : tbc

Contact: Maureen Miller on 07922222712
Or Susan Bugden on 07920234058

◆ Transitions workshop

A 2hour workshop to explore the transition from primary to secondary school

Date: Weds 18 May 2010

Time: 19:00 - 21:00

Venue: Cassiobury JM School,
Bellmont Wood Avenue, Watford WD17 3PD

Contact: Hazel Pegler on 07876 543491
Or Maureen Miller on 07922222712

EXTENDED SCHOOLS...

◆ Schools Plus Consortium

**Maureen Miller
(ESCO)**

Contact:01923 231560

**Kelly Evans
(Parent/Child/Young Person Support Worker)**

Contact:07545 69010

Website: www.hertsexextendedschools.org/westwatford



◆ North Watford Extended Schools Consortium

**Germaine Matthews
(ESCO)**

Contact:01923 665864

**Hazel Pegler
(Family Support Worker)**

Contact:01923 665864

Website: www.hertsexextendedschools.org/northwatford



“Great to share ideas and experiences with other parents...”

“Wish the course could have been longer...”

Other Services...

◆ **Let's Talk - Educational Psychologist Drop In sessions**

Would you like to talk to an educational psychologist about your child? Shaun Clifford will be visiting on...

Dates : Fridays 23rd April, 21st May, 25th June

Time: 09:00 - 11:00

Venue: Berrygrove Children's Centre

Contact: Berrygrove Children's Centre on 01923 484312

◆ **Roshni Group - Support For Asian Mothers With Children With Additional Needs**

Asian mothers who have children with additional needs

Dates: Meet on a monthly basis

Venue: Westfield Children's Centre,
Tolpits Lane, Watford,
WD18 6NS

Contact: Mateen Nadeem on 07899 995838

◆ **WATSUP - Support group for Parents and Carers of Children with Additional Needs**

Parents who wish to meet other parents and carers of children with additional needs

Dates and Time: Contact Sue for dates and times

Venue: The Le Marie Centre, St Albans Road,
Watford (near Asda)

Contact: Sue on 01923 252316

5-11 Years

◆ **Bringing Up Confident Children**

Exploring ideas on how parents and children can get what they need without falling out

Dates:

Time: 13.00—15.00

Venue: Holyrood School,

Greenbank Road, Watford WD17 4FS

Contact: Hazel Pegler on 07876 543491 or

Maureen Miller on 07922222712

◆ **Cyber Safety Workshop**

Helps parents to find ways to ensure their children are using the Internet safely

Date: tbc

Time: 19:00 - 21:00

Venue: Nascot Wood Junior School

Nascot Wood Road, Watford WD17 4YS

Contact: Hazel Pegler on 07876 543491 or

Maureen Miller on 07922222712

◆ **Preparing for Teenage Years**

Explore the changes that parents may notice as their children move towards adolescence

Dates: 4th, 11th 18th May 2010

Time: 19.00—21.00

Venue: Cassiobury Infants School,

Bellmont Wood Avenue, WD17 3PE

Contact: Hazel Pegler on 07876 543491 or

Maureen Miller on 07922222712

“The group facilitators were really easy to talk to...”

“I really enjoyed meeting others and talking about how it really is...”

13-19 YeArS

- ◆ **ESCAPE programme**
- Coping with Teenagers

Strategies to help parents communicate with their teenagers and improve relationships

Dates: Wednesdays 5th May 2010 for 6 weeks

Time: 19.00—21.00

(no session in half term)

Venue: Stanborough Centre, St Albans Road, Garston

Contact: Susan Bugden 07920 234058

or Deborah Bettis 07920234117

- ◆ **Strengthening Families, Strengthening Communities**

13 week parenting programme aimed at preventing anti social behaviour and supporting parents

Dates and Time: Courses are run throughout Hertfordshire at different times

Contact: Emma Allen for Watford dates and times on 01992 555909

Other Services...

- ◆ **Up On Downs Group**

Who: Parents who wish to meet other parents/carers of children with Downs Syndrome

Dates: Meets monthly on the last Wednesday of every month

Time: 09:45 -11:45

Venue: Beechfield Children's Centre,
Gammons Lane, Watford,
WD24 5TY

Contact: Claire Tinsley on 01923 442230

- ◆ **RELATE Family Counsellors In Children's Centres**

Who: RELATE counsellors available in children's centres. Each family can access a one hour session free of charge but must have one child 0-5 years or be expecting a baby

Time and Venue:

Berrygrove Children's Centre: 01923 484312

"It has given me more confidence to parent my teenager..."