

# Parent Support

**Online Courses  
Summer 2020**



## TALKING FAMILIES



Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

**Thursdays 8-9pm**

**14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> May,  
4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> June 2020**

**Course ID 378**

**Monday 2-3pm**

**1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>,  
29<sup>th</sup> June & 6<sup>th</sup> July 2020**

**Course ID 379**

## TALKING TEENS



Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

**Wednesdays 8-9pm**

**13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> May 3<sup>rd</sup>,  
10<sup>th</sup> & 17<sup>th</sup> June 2020**

**Course ID 381**

**Thursdays 10-11am**

**4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> June,  
2<sup>nd</sup> & 9<sup>th</sup> July 2020**

**Course ID 383**

**Pre-booking essential**  
**To check eligibility and**  
**book a place, please**  
**contact Supporting**  
**Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[Quoting the Course ID](#)**

# Parent Support

## Online Courses

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## TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be! Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,  
Step-Dads,  
Stay at  
home Dads,  
Working  
Dads...

**Tuesday 8-9pm**  
**12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May 2<sup>nd</sup>,**  
**9<sup>th</sup> & 16<sup>th</sup> June 2020**  
**Course ID 384**



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

**Courses are open to parents and carers**

**living in Hertfordshire**

**Pre-booking essential**

**To check eligibility and book a place, please contact  
Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

**Quoting the Course ID**