



Dacorum Family Services
“Lite Bites” Workshop Offer
September 2020

Lite Bite Workshop Offer

These will currently be offered via Zoom/Microsoft Teams with a maximum of 8 participants.

Please contact your School Family Worker to book or for more information.

Money Advice for Parents and Carers

This is a practical Lite Bite which explores family budgeting

Parenting Your Child Online – Primary Aged Children

This Lite Bite aims to support parents to develop skills in managing technology and screen time

Confident Kids

This Lite Bite will support parents to develop skills and language to build on their child’s confidence, self esteem and emotional wellbeing

Developing Confident Teens

This Lite bite will support parents to develop skills and language to build on their teen’s confidence, self esteem and emotional wellbeing

Promoting Healthy Eating In Children

This practical course will explore how to encourage healthy eating within the home

Sleep

This Lite Bite will support parents to develop a healthy sleep regime with practical tips for even the most challenging sleepers

Routine And Boundaries

This Lite Bite will explore the benefits of routines and boundaries for your child. Practical techniques will be shared and explored

Moving On (Year 6)

This Lite Bite will explore ways to help best prepare your child for secondary school. Practical and helpful tips on issues such as communicating within secondary schools, the importance of good organisational skills and dealing with homework

Challenging Behaviours In Primary Aged Children

This Lite Bite aims to equip parents to support their children in overcoming their challenging behaviour

This is our core offer of Lite Bites - please speak to your School Family Worker if there are other topics you would like to see covered