

Online Targeted Parenting Courses Autumn Term 2020

For full details of each course and how to refer to providers please go to www.hertfordshire.gov.uk/parentingsupport or visit the providers links.

Provider	District	Name of course	Description	Dates & Times
HACRO	Watford	Caring Dads	Fathers will learn the damage their abusive behaviour has caused their children, learn child centred parenting approaches, how to relate to their children and the importance of a respectful approach to the children's mother	17 sessions of 2 hours starting in October dates TBC
ADD-vance add-vance.org	Broxbourne	Understanding ADHD and Autism	For parents/carers of children aged 5-14 with a diagnosis/ suspected diagnosis. Learning outcomes include : Understanding ADHD, autism and related conditions understanding and managing anxieties, how to set boundaries and positive behaviour, good self esteem, managing siblings and navigating the education system	Mon and Wed 14th Sept—19th Oct 10am—11am
	Stevenage			Mon and Wed 14th Sept—19th Oct 7.30pm—8.30pm
	Hertsmere			Thurs and Fri 18th Sept—23rd Oct 10am—11am
	North Herts			Mon and Wed 2nd Nov—7th Dec 1.30pm—2.30pm
	Watford			Thurs and Fri 5th Nov—11th Dec 10am—11am
Families Feeling Safe enquiries@familiesfeelingSAFE.co.uk	North Herts	Protective Behaviours for Dads and Male Carers	Strategies and ideas to help improve family life, including links between behaviour, thoughts and feelings, build on your child's strengths, improve communication and strategies to keep your family safe, and gain problem solving skills for life.	Tues 15th, 22nd, 29th Sept, 6th, 13th & 20th Oct 8pm—9pm
	Welwyn Hatfield			Thurs 12th, 19th, 26th Nov & 3rd, 10th & 17th Dec 8pm—9pm
	Three Rivers			Wed 11th, 18th, 25th Nov, 2nd, 9th 16th Dec 8pm—9pm
	Hertsmere	Protective Behaviours for Mums, Dads and Carers		Intro to ZOOM 10th Sept, then Thurs 17th, 24th Sept, 1st, 8th, 15th & 22nd October 8pm—9pm
Family Lives familylives.org.uk	East Herts	Getting on with your Pre-teen / Teenager	This group is particularly suited for parents and or carers of pre- teen/teenagers who may have FFA, CIN, CP or Youth justice Plan and are showing signs of risky behaviours online through social media. Attraction to or involvement in gangs Alcohol and drugs, early sex, self harming, crime and antisocial, aggressive and challenging behaviour	Mon 14th , 21st, 28th Sept, 5th, 12th & 19th Oct 1pm—3pm 13th, 20th, 27th Nov & 4th, 11th,18th Dec 9.30am—11.30am
	Welwyn Hatfield	Getting on with your Pre-teen / Teenager		Wed 7th, 14th, 21st Oct & 4th 11th, 18th Nov 7pm—9pm
	North Herts	Getting on with your Pre-teen / Teenager		12th,19th,26th Nov & 3rd,10th,17th Dec 7pm—9pm
Natural Flai natural-flair.com	North Herts and Stevenage	Natural Steps to Stronger, Safer Families	An interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.	Thurs 1st Oct—12th Nov 9.30am — 11.30am Thurs 8th Oct—19th Nov 7pm—9pm Tues 3rd Nov—8th Dec 9.30am — 11am



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Family Lives familylives.org.uk	Dacorum	Bringing up Confident Children for parents of children with ADHD	Help your child reach their full potential including, understanding behaviour, manage feelings and outbursts, learning new parenting strategies and supporting siblings	Mon 12th, 19th, 26th Oct, 2nd, 9th & 16th Nov 1pm—3pm
				Mon 9th, 16th, 23rd, 30th Nov & 7th, 14th Dec 12.30pm—2.30pm
	Welwyn Hatfield	Bringing Up Confident Children for parents of children with SEN	For parents/carers of children with any SEND. Build understanding how to manage feelings and behaviours and strategies to build self esteem and confidence for all the family	Thurs 1st, 8th, 15th, 22nd, 29th Oct & 5th Nov 1pm—3pm
				Thurs 15 & 22 Oct & 5, 12, 19 & 26 Nov & 3, 10 Dec 2020 12.30pm—2.30pm
Families in Focus familiesinfo-cus.co.uk	Hatfield	Handling Anger in Your Child with SEND (5—11yrs)	Evidence based anger management strategies for parents and children. Step by step approach, techniques to calm down tantrums and meltdowns. Creative ways to help children express anger safely, active listening skills and how to build good parent/child relationships	Tues 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec 9.30am—11.30am
	Hemel Hempstead	Handling Anger in Your Family (5-11yrs)		Tues 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec 12.30pm—2.30pm
Supporting Links supporting-links.co.uk	Dacorum	Understanding Behaviour in your child with additional needs	Understand your child's behavior and sensory needs. Find strategies that work, understand conflict, manage anger, emotional reactions and family needs. Motivate, encourage and support your child., build relationships with professionals.	Various dates (Sept—Nov) —TBC
	North Herts			Various dates (Sept—Nov) —TBC
	Watford			Various dates (Sept—Nov) —TBC
	East Herts	Talking Families	Parents/carers of children 0-12. Managing and encouraging positive behaviour, building your child's self esteem,	Various dates (Sept—Nov) days - TBC
	Stevenage			Various dates (Sept—Nov) eves - TBC
	Three Rivers			Various dates (Sept—Nov) days - TBC
	North Herts	Talking Teens	Parents/carers of teens, covering the teen brain, recognising physical, emotional and behaviour changes, learning good communication skills, negotiate conflict, understand risky behavior around drugs, alcohol and gang culture.	Tues 15th, 22nd, 29th Sept, 6th, 13th, 20th Oct 8pm—9.15pm
	Hertsmere			Various dates (Sept—Nov) —TBC
	Dacorum	Talking Dads	Dads/male carers of children 0-19, increase parenting confidence, improving relationships, listening and communication skills	Wed 16th, 23rd, 30th Sept, 7th, 14th, 21st Oct 8pm—9.15pm
	Watford			Various dates (Sept—Nov) —TBC



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Natural Flair bookings@natural-flair.co.uk	North Herts and Stevenage	The Secrets of Parenting Teens/Pre-Teens and building resilience	<p>The Secrets of Parenting Teens/Pre-Teens and Building Resilience is a 6 week, 12 hour programme specifically adapted to run as a live (virtual) interactive programme via Zoom, aimed at parents and carers of 10-19 year olds.</p> <p>Topics include;</p> <table border="1"> <tr> <td>•Building resilience self esteem</td> <td>•Tools for managing anxiety and conflict</td> </tr> <tr> <td>•Teen development and development of teen brain</td> <td>•Looking at wellbeing and anxiety of teens and the impact on the wider family</td> </tr> <tr> <td>•Temperament and effects on behaviour</td> <td>• Setting boundaries and managing house rules/parenting styles and strategies</td> </tr> <tr> <td>•What is anxiety and how it presents in young people</td> <td>•The power of empathy in connecting with young people</td> </tr> <tr> <td>•Tools for emotional health and wellbeing</td> <td></td> </tr> </table>	•Building resilience self esteem	•Tools for managing anxiety and conflict	•Teen development and development of teen brain	•Looking at wellbeing and anxiety of teens and the impact on the wider family	•Temperament and effects on behaviour	• Setting boundaries and managing house rules/parenting styles and strategies	•What is anxiety and how it presents in young people	•The power of empathy in connecting with young people	•Tools for emotional health and wellbeing		<p>Wed 28th Oct, 4th, 11th, 18th, 25th Nov & 2nd Dec 7pm—9pm</p> <p>Tues 3rd, 10th, 17th, 24th Nov & 1st, 8th Dec 7pm—9pm</p> <p>Please contact 01992 446051 or email to book or for more information</p>
•Building resilience self esteem	•Tools for managing anxiety and conflict													
•Teen development and development of teen brain	•Looking at wellbeing and anxiety of teens and the impact on the wider family													
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•What is anxiety and how it presents in young people	•The power of empathy in connecting with young people													
•Tools for emotional health and wellbeing														
Bounce Forward	Online	Raise Resilience for parents (with children in yrs 7 & 9)	During the sessions, parents will consider, reflect on and learn skills to develop emotional resilience by exploring their own responses to setbacks and challenges that can occur in their everyday lives.	<p>Wed 6pm—8pm for 6 weeks</p> <p>Date TBC</p> <p>https://bounceforward.com/raise-resilience</p>										
Supporting Links supporting-links.co.uk	Online	Understanding Behaviour in your child with additional needs	<p>A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:</p> <ul style="list-style-type: none"> •Understand your child's behaviour. •Find strategies that really work. •Understand conflict : why it happens and how to handle it. •Manage anger effectively. •Motivate, encourage and support your child. •Manage the different needs within your family. 	<p>Mon 14th, 21st, 28th Sept, 5th, 12th, 19th Oct 8pm—9.15pm</p> <p>Wed 16th, 23rd, 30th Sept, 7th, 14th, 21st Oct 10am—11.15am</p>										

Support also available from

Hertfordshire Practical Parenting Programme

Support helpline and web information - <https://www.hertfordshireppp.co.uk/covid-19/>

Safer Places—<https://www.saferplaces.co.uk/>

Support information and helpline. Online Triple R courses available - referrals from professionals via website

