

## 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.

### Hertfordshire one stop parenting directory for parents:

[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)



InspireAll



# Online Parenting Courses and Support in Dacorum Spring Term 2021





FREE courses open to parents in Dacorum

This leaflet last amended 08.12.2020 by Ashley Fabray, Administrator,  
PoDS (Partnership of Dacorum Schools)

Email: [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) M: 07525 917125

If you would like to be added to the email distribution list for future issues, please contact Ashley on the details above.

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# Courses & Workshops

## DSPL Dacorum

### DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and Facebook page, via the following the links:

Website— <http://www.dacorumdspl.org.uk/>

Eventbrite— <https://dspl8.eventbrite.co.uk/>

Facebook: <https://www.facebook.com/dspldacorum>

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*

**Dacorum**

[www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25. Tel: Dacorum DSPL 07525 917125 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



**Herts Local Offer** - information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

[www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)



**ADD-vance**  
The ADD-vance ADHD and Autism Trust

[www.add-vance.org](http://www.add-vance.org)

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

**Information and Support** Professionals and families can reach ADD-vance for information or support via: Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times. For more information

# Courses & Workshops

## DSPL Dacorum



Fully Funded by  
Hertfordshire DSPL 8

### RAISE RESILIENCE

Helping Children Thrive In The New Normal

#### A six-session course with worksheets

The coronavirus means we are all facing continued uncertainty. Now as we move in and out of lockdown, you want to support your children in the best possible way. You, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents, help their children cope with uncertainty to thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

“ Really good sessions with great practical strategies that can really help for both adults and children as well as personally.

Every Wednesday at 10:30am  
Starting 13th Jan through to 24th Feb  
With one week break for half term

LEARN MORE & SIGN-UP >

<https://bounceforward.com/raise-resilience-dacorum-parents/>

## Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are offering free online courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

**\*Please note\*** some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



# Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central  
Kings Langley & Villages



Kings Langley Partnership of Schools  
Working Together to Prepare our Children for the Challenges of Tomorrow



## Virtual 1:1 Advice Sessions January – April 2021 Booking is essential

Due to the current circumstances your Family Support Team have arranged the following sessions to be given via telephone or zoom

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 / 01442 278793 or email: christie.gadesfs@kls.herts.sch.uk

### Autism Support – 1:1 Advice Sessions

Date: Tuesday 19<sup>th</sup> January 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

### Debt Management – 1:1 Advice Sessions

Date: Thursday 28<sup>th</sup> January 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

### Housing 1:1 Advice Sessions

Dates: Wednesday 3<sup>rd</sup> February 2021

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

### Debt Management – 1:1 Advice Sessions

Date: Thursday 4<sup>th</sup> March 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

# Online Courses & Workshops

## Dacorum

We are delighted to announce our new programme of

**FREE ONLINE Workshops for Parents/Carers**

Running from January to March 2021 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

'I feel so much better prepared for what lies ahead'

'I have some great new ideas to try at home'

THE SEND JOURNEY WORKSHOPS
Identifying ADHD and/or Autism in your Child
Caring for your Neurodiverse Child (and Yourself!)
Working in Partnership with School to Support your Neurodiverse Child
Applying for an EHCP for your Neurodiverse Child
Preparing for an EHCP Annual Review for your Neurodiverse Child
Supporting Siblings
Support for Dads
Managing the transition to Primary School
Managing the transition to Secondary School
Preparing Neurodiverse Young People for Adulthood (14+)
Preparing Neurodiverse Young People for Adulthood (16+)
Preparing Neurodiverse Young People for Adulthood (18+)

PSYCHO-EDUCATION WORKSHOPS
Understanding ADHD
Understanding Autism
Understanding Pathological Demand Avoidance (PDA)
Understanding Sensory Differences
Understanding ADHD in Girls
Understanding Autism in Girls
Understanding Challenging Behaviour
Understanding Anxiety
Understanding Teens with ADHD/Autism

'I finally understand my child!'

SKILL-BUILDING WORKSHOPS
Tips and tools to build your child's self-esteem
Tips and tools to help your child manage sensory differences
Tips and tools to support communication with your child
Tips and tools to teach your child about emotions and self-regulation
Tips and tools to help your child deal with change (transition)
Tips and tools to support your child's learning (executive function)
Tips and tools to teach your child social skills
Tips and tools for managing anxiety
Tips and tools for managing anger
Tips and tools for positive behaviour
Tips and tools for toileting
Tips and tools for sleep
Tips and tools for supporting your child through puberty
Tips and tools for managing self-harm

### Wondering if you or your child has ADHD?



Please book in for a **QbCheck at ADD-vance.**

This online test measures the three core symptoms of ADHD. It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit [www.add-vance.org/adhd\\_service/qbcheck/](http://www.add-vance.org/adhd_service/qbcheck/) for more information or to arrange a booking.

### Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward email [coaching@add-vance.org](mailto:coaching@add-vance.org) to discuss the options and costs.

### Does your organisation need to learn more about neurodiversity?



We offer a range of workshops as well as **Bespoke Training and Consultancy** based on the latest research and best practice.

Whether you're looking for a brief seminar or a full-day of interactive learning email us at [training@add-vance.org](mailto:training@add-vance.org) to discuss your needs.

### Need help with your EHCP application or annual review?






Get in touch to arrange a consultation with **Bridget Livsey – EHCP Specialist Advisor.**

Email [coaching@add-vance.org](mailto:coaching@add-vance.org) for more information and costs.



## Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,  
Bennetts End, Corner Hall, Leverstock Green  
Berkhamsted, Tring & Villages



### SEND Surgery – Thurs 21<sup>st</sup> January 2021

Dacorum and Link Family Services are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) and choose a 30 minute session, providing details of the topic that you would like to cover.

The SEND Surgeries will be held with  
*Sam Leenders and Nicola Long, SEND School Family Workers*


Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed

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**Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a Link or DFS Partnership School:**

St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belswains, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk Little Gaddesden, Long Marston, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

More dates will be made available throughout the year



DSPL | Enhancing Mental  
Provision Locally  
Advancing quality outcomes  
Dacorum

## Online Courses & Workshops

Dacorum



Natural Flair Coaching Ltd  
Presents

### Natural Steps

## To Stronger, Safer Families

### A Protective Behaviours Approach to Emotional Wellbeing

### Now offered as an online course



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.  
**NOW AVAILABLE ONLINE**

**Funded by:**  
Hertfordshire County Council,  
Family Services Commissioning

Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

**Dates:** Day and evening courses available  
Mon 25<sup>th</sup> Jan to 8<sup>th</sup> March 7pm to 9pm  
or  
Thurs 28 Jan to 11<sup>th</sup> March 9.30am to 11.30am  
or  
Tues 2<sup>nd</sup> Feb to 18<sup>th</sup> March 9.30am to 11.30am  
or  
Weds 3<sup>rd</sup> Feb to 19<sup>th</sup> March 9.30am to 11.30am

**Venue:** Available on your smart phone or laptop device in the comfort of your own home

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

**Parents need to be referred onto this course or have a specific parenting need**

For more information or to book a space please call  
**01992 446 051**  
Email: [Bookings@natural-flair.co.uk](mailto:Bookings@natural-flair.co.uk)



Natural Flair  
Coaching Ltd

## Online Courses & Workshops

Dacorum



# The Secrets of Parenting Teens and Building Resilience

A FREE 6 week course for parents and carers of children aged 11+  
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**



### Topics covered include:

- ◆ Teen development and the teen brain
- ◆ Building resilience/self esteem
- ◆ Temperament and its effects on behaviour
- ◆ Dealing with challenging behaviour
- ◆ Improving communication and relationships
- ◆ What is anxiety and how it is displayed in young people
- ◆ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ◆ Tools for managing anxiety and conflict
- ◆ Setting boundaries and managing house rules/parenting styles and strategies
- ◆ The power of empathy in connecting with young people
- ◆ Tools for emotional health and wellbeing

### ONLINE SESSIONS

Date: Weds 27<sup>th</sup> Jan to 10<sup>th</sup> March  
Time: 19.00pm to 21.00pm

Date: Mon 1<sup>st</sup> Feb to 15<sup>th</sup> March  
Time: 19.00pm to 21.00pm

Date: Thurs 4<sup>th</sup> Feb to 18<sup>th</sup> March  
Time: 19.00pm to 21.00pm



To book contact:

*Vicky Knight (Course Manager)*  
Email: [bookings@natural-flair.co.uk](mailto:bookings@natural-flair.co.uk)

Places are limited - Please call NOW on 01992 446 051 to secure your place on this popular course



Natural Flair

## Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,  
Bennetts End, Corner Hall, Leverstock Green  
Berkhamsted, Tring & Villages

**SEND Friends**  
Support group for parent carers  
Tring & surrounding villages

**SEND Friends support group is currently on hold. However, please see the Facebook links below for useful information and support:**

**SEND Friends:**

<https://www.facebook.com/SENDfriendsTring>

**SEND Lockdown essentials**  
<https://www.facebook.com/groups/2639676579644227>

# Online Courses & Workshops

## Dacorum

### INFORMATION SHEET

# Parenting Programmes & Courses

Spring Term 2021  
DACORUM DISTRICT

	Session, Date & Time	Venue
MON	Family Toolkit - Mon 22 <sup>nd</sup> Feb – Mon 15 <sup>th</sup> March 2021 13.00-14.30	Virtual via Zoom
TUES		
WED	Family Toolkit - Wed 3 <sup>rd</sup> – Wed 24 <sup>th</sup> March 2021 19.00-21.00 Protective Behaviours Weds 27.1.2021 to 3.3.21 9.30 -11.00 excluding 6.1.2021 due to half term	Virtual via Zoom Virtual via Zoom
THU	Family Toolkit - Thurs 14 <sup>th</sup> – Thurs 4 <sup>th</sup> Feb 2021 10.00 – 11.30	Virtual via Zoom
FRI		
SAT	Family Toolkit - Sat 23 <sup>rd</sup> Jan – Sat 13 <sup>th</sup> Feb 2021 10.00 – 11.30	Virtual via Zoom

#### Protective Behaviours

A 5 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour, communicating with others, expressing feelings and making safe choices.

#### Little Learners

For families with children (10-18 months) who need a little extra support to reach their developmental milestones.

#### Early Talk

A six week course to develop ideas to promote a child's communication and language. Run in partnership with the speech and language team.

#### Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.

FAMILIES MUST BE REGISTERED TO ATTEND



Please follow the QR code to register a family.

0300 123 7572

For referrals: [www.hertsfamilycentres.org/professionals-area](http://www.hertsfamilycentres.org/professionals-area)



# Online Courses & Workshops

## Dacorum

### 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...

**Wednesday 7.45-9.15pm**  
6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Jan  
3<sup>rd</sup>, 10<sup>th</sup> Feb 2021

Course ID 419

**Wednesday 7.45-9.15pm**  
24<sup>th</sup> Feb, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>,  
24<sup>th</sup>, 31<sup>st</sup> Mar 2021

Course ID 420

### UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

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:

- 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 different needs within your family.



Diagnosis not essential

**Wednesdays 10-11.15am**  
6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Jan,  
3<sup>rd</sup>, 10<sup>th</sup> Feb 2021

Course ID 411

**Wednesday 8.00-9.15pm**  
24<sup>th</sup> Feb, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>,  
24<sup>th</sup>, 31<sup>st</sup> Mar 2021

Course ID 410



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

**Quoting the Course ID**

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



This course is provided free to parents by Hertfordshire County Council



### Parent and Carer Support Online Courses Spring Term 2021



**Tuesdays 8-9.15pm**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Jan  
2<sup>nd</sup>, 9<sup>th</sup> Feb 2021

**Course ID 414**

**Wednesdays 10-11.15am**  
6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Jan  
3<sup>rd</sup>, 10<sup>th</sup> Feb 2021

**Course ID 412**

**Wednesdays 10-11.15am**  
24<sup>th</sup> Feb, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>,  
24<sup>th</sup>, 31<sup>st</sup> Mar 2021

**Course ID 413**



**Tuesdays 7.45-9.15pm**  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Jan  
2<sup>nd</sup>, 9<sup>th</sup> Feb 2021

**Course ID 418**

**Thursdays 7.45-9.15pm**  
7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Jan  
4<sup>th</sup>, 11<sup>th</sup> Feb 2021

**Course ID 416**

**Mondays 7.45-9.15pm**  
22<sup>nd</sup> Feb, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>,  
22<sup>nd</sup>, 29<sup>th</sup> Mar 2021

**Course ID 417**

**Thursdays 7.45-9.15pm**  
25<sup>th</sup> Feb, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>,  
25<sup>th</sup> Mar, 1<sup>st</sup> Apr 2021

**Course ID 415**

## TALKING FAMILIES

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

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

## 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.

### 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



### January 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years <b>zoom</b> with Tracey and Georgie	Wednesday January 6th 9.30 - 11.30am	Time to share and catching up after the Christmas break
<b>zoom</b> with Siobhann	Thursday January 7th 7pm - 9pm	Becoming a professional parent
<b>zoom</b> with Francine and Lesley	Thursday January 7th 9.30 - 11.30am	Sleep Q&A for primary aged children
<b>zoom</b> with Francine and Lesley	Monday January 11th 7pm - 9pm	Giving your child a voice in school and in EHCP with Helena Marks-Dwyer, Independent SEND Advisor
<b>zoom</b> with Siobhann	Monday January 18th 9.30 - 11.30am	Becoming a professional parent
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday January 19th 7pm - 9pm	Building a community of shared experiences

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[@familiesinfocus.co.uk](https://www.familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.facebook.com/FiFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



### February 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes


Early Years <b>zoom</b> with Tracey and Georgie	Wednesday February 3rd 9.30 - 11.30am	Early Years support in Hertfordshire and how to access it
<b>zoom</b> with Francine and Lesley	Monday February 8th 7pm - 9pm	EHCP first steps with Helena Marks-Dwyer, Independent SEND Advisor
<b>zoom</b> with Francine and Lesley	Thursday February 11th 9.30 - 11.30am	How to give siblings of children with SEND emotional support
<b>zoom</b> with Siobhann	Thursday February 11th 7pm - 9pm	Understanding behaviours of children with SEND
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday February 16th 7pm - 9pm	Building a community of shared experiences
<b>zoom</b> with Siobhann	Monday February 22nd 9.30 - 11.30am	Understanding behaviours of children with SEND

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[@familiesinfocus.co.uk](https://www.familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.facebook.com/FiFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

# Online Courses & Workshops

## Dacorum



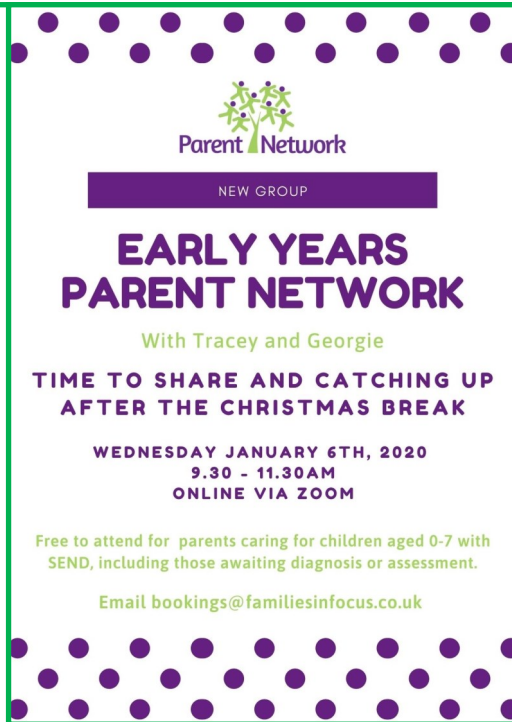
**Parent Network**  
March 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.  
If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years <b>zoom</b> with Tracey and Georgie	Wednesday March 3rd 9.30 - 11.30am	Basic introduction to the sensory world of a child
<b>zoom</b> with Francine and Lesley	Monday March 8th 7pm - 9pm	Sensory world of a child with Bev Hamilton, Ask Bev Consultancy
<b>zoom</b> with Siobhann	Thursday March 11th 7pm - 9pm	Managing behaviours of children with SEND
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday March 16th 7pm - 9pm	Building a community of shared experiences
<b>zoom</b> with Francine and Lesley	Thursday March 18th 9.30-11.30am	How to give siblings of children with SEND emotional support
<b>zoom</b> with Siobhann	Monday March 22nd 9.30 - 11.30am	Managing behaviours of children with SEND

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[@familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.twitter.com/FiFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



**Parent Network**  
NEW GROUP

**EARLY YEARS PARENT NETWORK**  
With Tracey and Georgie

**TIME TO SHARE AND CATCHING UP AFTER THE CHRISTMAS BREAK**

**WEDNESDAY JANUARY 6TH, 2020**  
9.30 - 11.30AM  
ONLINE VIA ZOOM

Free to attend for parents caring for children aged 0-7 with SEND, including those awaiting diagnosis or assessment.  
Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

# Online Courses & Workshops

## Dacorum



### UPCOMING ONLINE WORKSHOPS

SPACE is pleased to announce the following workshops will be available soon for booking. All bookings are managed on Eventbrite. To be eligible to attend parents/carers must:

1. Be Hertfordshire residents and have a child aged between 0 and 18.
2. A concern has been raised; that they are on the pathway for diagnosis or that they have a diagnosis. A formal diagnosis of ASD or ADHD is not needed for a parent to access this workshop. These workshops are funded by Hertfordshire County Council.

Workshop Titles	Dates	Times
Sensory Workshop	Monday 18 January 2021	19:00-21:00
Understanding ADHD	Friday 22 January 2021	11:00-12:00
Sleep Workshop	Wednesday 27 January 2021	10:00-12:00
Understanding ASD & ADHD	Tuesday 02 February 2021	19:00-21:00
Understanding ASD	Thursday 11 February 2021	10:00-11:00
Navigating the SEND World (Beginning the Journey)	Wednesday 24 February 2021	10:00-12:00
Autistic Girls	Thursday 25 February 2021	19:00-20:30
Anxiety Workshop	Friday 05 March 2021	11:00-12:00
Anger & Conflict	Monday 15 March 2021	10:00-11:30
Understanding ADHD	Tuesday 16 March 2021	10:00-11:00

**SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM +ADHD+ RELATED CONDITIONS**  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Please keep your eye on our facebook page <https://www.facebook.com/Spacehertfordshire/> and our closed group SPACE for further details including how to book



## Sleep solutions for all children

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.

A proven evidence-based, behavioural approach to help families get a better night's sleep

Together, in small interactive groups Lesley and Francine who are licensed sleep practitioners with a wealth of experience will help parents to restore healthy sleep. This course covers:

"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10.

Where: Online via Zoom

When: Thursdays 12pm - 2pm  
 February 2021: 25th  
 March 2021: 4th, 11th, 18th, 25th



Limited free places available. Places must be booked on Eventbrite via our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



## LET'S POP THE KETTLE ON

Zoom in for a chat with Vicky and Sharon

JOIN US ONLINE ON ZOOM FOR A CHAT, A GIGGLE AND A CUPPA

THE SECOND WEDNESDAY OF EACH MONTH

9.30 - 11.30 AM

JANUARY 13TH  
 FEBRUARY 10TH  
 MARCH 10TH

Free to attend for parents caring for a child or young person with SEND, including those awaiting diagnosis or assessment.

Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)





LAUNCHING IN JANUARY 2021

# TEENS PARENT NETWORK

With Finola and Karen

**BUILDING A COMMUNITY OF SHARED EXPERIENCES**

**TUESDAY JANUARY 19TH, 2021  
7-9PM  
ONLINE VIA ZOOM**

Free to attend for parents caring for teens aged 15+ with SEND, including those awaiting diagnosis or assessment.

Email bookings@familiesinfocus.co.uk



## Sleep solutions for children with ASD/ADHD

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten with ASD and/or ADHD or those awaiting assessment or diagnosis.

A proven evidence-based, behavioural approach to help families get a better night's sleep Together, in small interactive groups Lesley and Francine who are licensed sleep practitioners with a wealth of experience will help parents to restore healthy sleep. This course covers:

"It was good to meet other families like mine who had tried everything and nothing had worked and we were all exhausted. Lesley and Francine have a gentle holistic approach and the group was so supportive. I was able to put in small changes in small steps that really have worked - my child now sleeps through the night - AMAZING!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10 with a diagnosed condition and those awaiting diagnosis

Where: Online via Zoom

When: Mondays 9.30 - 11.30am  
February 2021: 22nd  
March 2021: 1st, 8th, 15th, 22nd



Limited free places available. Places must be booked on Eventbrite via our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)