

BITESIZE PARENTING

A Supporting Links workshop collection



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help



THU 16 Jan 2025 10-11am

<https://bit.ly/4i0OaSx>



WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour



THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>



WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour



MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>



WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying



WED 5 Feb 2025 12:30-1:30m

<https://bit.ly/4eleoGt>



MORE OVERLEAF —>

Follow on:



info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council
for all parents & carers in Herts



HOW DO I GET MY CHILD TO LISTEN TO ME?

Improve communication by encouraging your child to listen to you and talk to you



MON 10 Feb 2025 7-8pm

<https://bit.ly/4eJprPM>



HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

Teaching emotional regulation to young people



WED 26 Feb 2025 12:30-1:30pm

<https://bit.ly/4g12pFc>



WHY CAN'T MY CHILD MAKE GOOD DECISIONS?

Understand how children learn to make decisions and how to support them when it goes wrong



THU 6 Mar 2025 7-8pm

<https://bit.ly/4g1WjUT>



IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?

Using praise & criticism to encourage the behaviour you want to see.



MON 10 Mar 2025 1:30-2:30pm

<https://bit.ly/4hZAIUh>



HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Having difficult conversations with your son or daughter about sex, drugs & social media



THU 17 Mar 2025 7-8pm

<https://bit.ly/4hWM329>



WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding & improving communication between parents, children & siblings



THU 27 Mar 2025 10-11am

<https://bit.ly/3ALTzB3>



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