

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.


Kind Regards, DSPL 8 Team

### Potential Kids—November Activities

Booking Link: [www.potentialkids.org/activities](http://www.potentialkids.org/activities)

# NOVEMBER

**BOOKINGS:**  
[www.potentialkids.org.uk/activities](http://www.potentialkids.org.uk/activities)









**POTENTIAL KIDS**

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


Date		Sessions	Time	Location
1st	Tue	Teens 12+	16.30-18.30	PK Hub
3rd	Thu	Trampolining	16.45-18.00	Gosling
3rd	Thu	STEAM Home Education	10.00-12.00	PK Garden
3rd	Thu	STEAM Home Education	12.00-14.00	PK Garden
4th	Fri	Minecraft On-line	18.30-19.30	On-line
5th	Sat	Free Family Football Drop In	16.00-17.00	Birchwood Leisure Center
8th	Tue	SOS-SEN Walk-In Advice Center	10.00-12.00	PK Hub
10th	Thu	STEAM Home Education	10.00-12.00	PK Garden
10th	Thu	STEAM Home Education	12.00-14.00	PK Garden
17th	Thu	Trampolining	16.45-18.00	Gosling
17th	Thu	STEAM Home Education	10.00-12.00	PK Garden
17th	Thu	STEAM Home Education	12.00-14.00	PK Garden
18th	Fri	Youth Group 16+	20.00-22.00	PK Hub
18th	Fri	Community Connect Drop In Coffee/Chat	11.00-13.00	PK Garden
19th	Sat	Youth Group 13+	12.00-14.00	PK Hub
20th	Sun	Minecraft Face to Face	11.00-13.00	PK Hub
24th	Thu	STEAM Home Education	10.00-12.00	PK Garden
25th	Fri	Minecraft On-line	18.30-19.30	On-line
25th	Fri	Community Connect Drop In Coffee/Chat	11.00-13.00	PK Garden
25th	Fri	Christmas Wreath Parent Workshop	19.30-22.00	PK Hub

**Contact us for further information on any of our activities**  
[info@potentialkids.org](mailto:info@potentialkids.org)



Learning opportunities for everyone through our inclusive programmes



Did you know that you could gain work experience or do your Duke of Edinburgh Award with PK?



Always Connecting with our Community and the most vulnerable




**PK Hub & Garden**  
1:1 & Small Group Education provider




Approved center to deliver nationally Accredited qualifications

**SUNDAY**  
Horse Riding and Groundworks Care Sessions



**Danescroft Stables**

**FRIDAY**  
Home Education Sessions available on Friday's



**PK Garden**

Therapeutic Gardening Sessions available



## Supporting Your Child's Emotional Wellbeing Workshops

23rd November 2022 booking link: <https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166654581339>

For further workshops visits: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

## Supporting Your Child's Emotional Wellbeing



### Who is this workshop for?

Parents of children aged 5-11 wanting to learn information and strategies on how to support their child's emotional wellbeing and support their child to emotionally regulate.

### What will be covered?

- What are emotions and why do we have them?
- The Fight, Flight and Freeze Response
- Recognising, Labelling and Normalising Emotions
- General Emotional Regulation Strategies
- Specific Emotional Regulation Tips for Anger, Anxiety and Feelings of Sadness
- Additional resources



### What will I learn?

- How our brains are linked with emotion and how thoughts, feelings and behaviours interact
- Strategies to support your child to recognise, label and regulate emotions and maintain general wellbeing
- How to support your child to effectively problem solve and manage their thoughts

## Dates

**All workshops are via MS Teams**



Wednesday 22<sup>nd</sup> September 2021

10am – 12pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166653979539>



Tuesday 19<sup>th</sup> October 2021

6pm – 8pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166654352665>



Tuesday 23<sup>rd</sup> November 2021

10am – 12pm

<https://www.eventbrite.co.uk/e/supporting-your-childs-emotional-wellbeing-and-ability-to-self-regulate-tickets-166654581339>

## Up On Downs End of Year Newsletter

Read the full newsletter via: <https://upondowns.com/index.php/our-newsletters/>



## *End of Year Newsletter*

### CALENDAR DATES

- Sat 12 Nov [Family Support Meeting](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 2.00-4.00pm
- Sun 4 Dec [Up on Downs Christmas Party](#)  
St George's Church, Common View,  
Letchworth SG6 1DA—3.00-5.00pm  
Book your **FREE tickets** now at [Eventbrite](#).
- 16-22 Dec [Treefest: St Saviour's Christmas Tree Festival](#)  
St Saviour's Church, 25 Sandpit Lane,  
St Albans AL1 4DF
- Fridays [Choices Youth Group](#)  
Hitchin Youth Trust, 111 Walsworth Rd,  
Hitchin SG4 9SP 6.15-8.00pm
- Mondays [Teen Fitness Group](#)  
With Tom and Emily Enoch, via Zoom at  
5.45pm
- Thursdays [Teen Social Communication Group](#)  
With Emily Enoch, via Zoom at 6.30pm
- Saturdays [Speech Development Group Meetings](#)  
With our Symbol trained practitioners at  
various locations on Saturday mornings



Up  
On Downs

*If you have any questions  
or  
suggestions please  
contact Sande, Jan or  
Eleanor at:*

[enquiries.nhdowns  
@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)

call:  
(01727) 420365

Or visit:  
[www.upondowns.co.uk](http://www.upondowns.co.uk)



## Supporting Links: Spring 2023 Term Parent Carer Courses and Workshops

Eventbrite Link: <https://www.eventbrite.co.uk/o/supporting-links-15053924960>

### Parent & Carer Courses Spring Term 2023



#### 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.



**Thursdays 8.00-9.30pm**  
5th Jan – 9th Feb  
**Online Course 553** zoom

**Thursdays 9.30-11.30am**  
23rd Feb – 30th Mar  
**St Albans Course 552**  
**Fleetville Family Centre**

#### TALKING TEENS

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

- The Teen Brain: 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.



**Thursdays 7.00-9.00pm**  
5th Jan – 9th Feb  
**Watford Course 556**  
**Beechfield Family Centre**

**Mondays 7.45-9.15pm**  
20th Feb – 27th Mar  
**Online Course 554** zoom

**Wednesdays 7.45-9.15pm**  
22nd Feb – 29th Mar  
**Online Course 555** zoom

**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**

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### Parent & Carer Support TALKING ASD & ADHD Online Workshops Spring Term 2023



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

#### STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

#### RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

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



Workshops are open to parents and carers living in Hertfordshire

Page 1 of 2

### 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:



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

- 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.

**Wednesdays 7.45-9.15pm**

4th Jan – 8th Feb  
**Online Course 557** zoom

**Tuesdays 7.45-9.15pm**

21st Feb – 28th Mar  
**Online Course 558** zoom

### TALKING 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 9.30-11.30am**

22nd Feb – 29th Mar

**8th Oxhey Course 550**

**8th Oxhey Family Centre**

**Thursdays 8.00-9.30pm**

23rd Feb – 30th Mar

**Online Course 551** zoom

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)

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by  
Hertfordshire County Council's Targeted Parenting Fund



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### THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

#### COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

#### TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

#### SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.



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

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**Monday 23rd January**

**7.30-9.30pm**

**Workshop 554 Pre-booking**

**essential via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarsers-in-herts-564-registration-457025805487>



**Monday 20th March**

**9.30-11.30am**

**Workshop 563 Pre-booking**

**essential via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parentscarsers-in-herts-563-registration-458747164117>



**Monday 27th February**

**9.30-11.30am**

**Workshop 565 Pre-booking**

**essential via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parentscarsers-in-herts-registration-457067209327>



**Tuesday 31st January**

**7.30-9.30pm**

**Workshop 566 Pre-booking**

**essential via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarsers-in-herts-566-registration-45872899787>



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## SPACE Hertfordshire—November & December Workshops & Activities

Eventbrite Booking Link: [spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



### NOVEMBER / DECEMBER WORKSHOPS AND COURSES

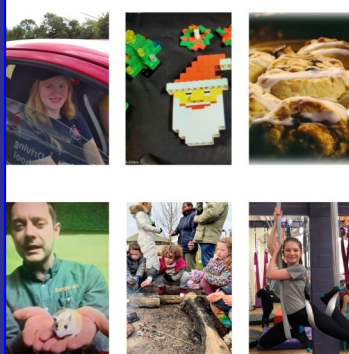
Therapeutic Thinking 'What Lies Beneath Behaviour'	Thursday 3rd Nov	10:00 - 12:00
Starting SPACE (2 weeks)	Friday 4th Nov	10:00 - 12:00
Raising Self Esteem	Wednesday 9th Nov	10:00 - 11:30
ASD and Tourettes Talk	Thursday 10th Nov	10:00 - 11:30
Navigating the SEND World	Thursday 10th Nov	19:00 - 21:00
Understanding ADHD	Friday 18th Nov	10:00 - 12:00
Puberty and Neurodiversity	Tuesday 22nd Nov	10:00 - 12:00
Talking SENSory (2 weeks)	Tuesday 22nd Nov	19:00 - 21:00
Navigating the SEND World	Friday 25th Nov	10:00 - 12:00
Navigating the SEND World - Post-16	Monday 28th Nov	10:00 - 12:00
Sleep	Thursday 1st Dec	19:00 - 21:00
Autism and Complex Needs	Monday 5th Dec	10:00 - 12:00
The EHCP Process - Submission to Finalisation	Thursday 8th Dec	19:00 - 21:00
Understanding and Supporting Emotional Regulation	Monday 12th Dec	18:30 - 20:00

Please use the Eventbrite link below to reserve your place:

[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)

Limited Places Available

### DECEMBER ACTIVITIES



Fri 2nd	Online Childrens Art
Sat 3rd	Driving Experience
Sun 4th	Outdoor Play
Mon 5th	Junior Online Cooking
Mon 5th	Online Cooking Masterclass
Wed 7th	Online Lego Club
Sat 10th	Aerial Gymnastics
Wed 14th	Virtual Zoo
Fri 16th	Online Teen/Adult Art
Wed 28th	Christmas Show



[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)

All activities are subject to change,  
correct at time of printing

Looking forward to  
The Snowsmith  
Christmas Show



### Neurodiversity at Home: Supporting Emotional Regulation, Sensory Integration and Executive Functions

An exclusive conference for Herts parents and carers  
presented by the ADHD Foundation and SPACE Hertfordshire.

You will leave equipped with the  
principal strategies to:

- Build resilience and support your children and young people to better understand and regulate their emotions.
- Better support the sensory differences often experienced by our children.
- Understand more about executive functioning and support your children and young people at home with an emphasis on planning, organising and memory.

A day packed full of meeting other parent/carers, exploring best practice, and lots and lots of practical, actionable strategies for supporting our children and young people at home.

Emma Weaver, Deputy CEO and Colin Foley, Training Director of the  
ADHD Foundation Neurodiversity Charity



Friday 11th November 2022, 9:30-2:30pm  
Delta Marriott Hotel, Cheshunt  
£55 including refreshments and lunch

<https://space-conference.eventbrite.co.uk>



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



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

## Families In Focus Spring 2023 Term Courses

Booking via: [Bookings@familiesinfocus.co.uk](mailto:Bookings@familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

### A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesday mornings 9.30-11.30am  
January 10th, 17th, 24th, 31st  
February 7th, 21st, 28th  
March 7th, 14th, 21st

Only 12 free places available. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Wednesdays 6.30-8.30pm  
January 4th, 11th, 18th, 25th  
February 1st, 8th

Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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LOOKING FORWARD TOGETHER

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Funded by Hertfordshire County Council

Where: Otley Way Family Centre, Otley Way, Watford, WD19 7TB

When: Wednesday mornings 10am - 12pm  
January 4th, 11th, 18th, 25th  
February 1st, 8th

Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents

"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm  
January 9th, 16th, 23rd, 30th  
February 6th

Only 12 free places available. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)



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



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

## Families In Focus Spring 2023 Term Courses

Booking via: [Bookings@familiesinfocus.co.uk](mailto:Bookings@familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

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"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents



Funded by Hertfordshire  
County Council

Where: Online via Zoom

When: Thursday mornings 9.30-11.30am  
January 5th, 12th, 19th, 28th  
February 3rd, 10th

Only 12 free places available. Places must be booked by emailing  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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Families In Focus CIC  
LOOKING FORWARD TOGETHER

### 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 with trained and accredited Parent Facilitators, Siobhann and Tracey, this evidence-based course will help restore healthy sleep. This course covers:

- ✓ 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

"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!"



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

Where: Online via Zoom

When: Friday mornings 9.30-11.30am  
January 6th, 13th, 20th, 27th  
February 3rd, 10th

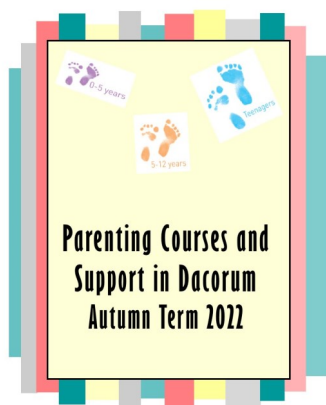
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## Parenting Courses and Support in Dacorum Autumn 2022



FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting  
Course Brochure via:

<http://www.dacorumdspl.org.uk/courses-for-parents-carers-and-professionals/>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>



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



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



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