



BITESIZE WORKSHOPS

Short, practical, interactive **online** workshops
FREE to parents and carers living in Hertfordshire



Eventbrite: <https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>



Worries

Ages 2-19

Helping children deal with worries & anxious thoughts

Does your child seek constant reassurance? Do their worries stop them from trying? Practical strategies to support children who worry.



Tuesday, 29th September 2026, 10-11am

<https://tinyurl.com/43ajnwf>

Thursday, 19th November 2026, 7-8pm

<https://tinyurl.com/3zkp4fk6>



Eating

Ages 2-19



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.

Tuesday, 13th October 2026, 10-11am

<https://tinyurl.com/mr2hw6ph>



Behaviour

Ages 2-19

The 7 underlying causes of behaviour

Understand why your child behaves the way they do, and how you can respond as a parent.



Tuesday, 20th October 2026, 10-11am

<https://tinyurl.com/58r5es9r>

You will get the most from attending live, however, recordings will be available if you are unable to make it.

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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



Anger

Ages 2-19

Helping children manage their anger

Practical tools to help your child cope with their angry feelings and behaviours.



Thursday, 5th November 2026, 10-11am <https://tinyurl.com/32y6ayhd>

Tuesday, 1st December 2026, 7-8pm <https://tinyurl.com/6k2t2mwk>



Teenage Brain

Ages 11-19



What's going on in my teenager's head?

How & why adolescent development affects teenage behaviour.

Monday, 9th November 2026, 7-8pm <https://tinyurl.com/ytdnpysu>



Difficult Conversations

Ages 9-19

How do I talk to my child about...?

Talking to our young people about tricky issues like sex, drugs, going out & social media.



Thursday, 26th November 2026, 7-8pm <https://tinyurl.com/2vyz5wuf>



Parenting Styles

Ages 2-19



What kind of parent do you want to be?

Strict, soft, gentle, friendly, how do you want to parent? What effect does it have? What if your co-parent has a completely different approach?

Thursday, 3rd December 2026, 7-8pm <https://tinyurl.com/35pbj3df>