



# 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, 29<sup>th</sup> September 2026, 10-11am**

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

**Thursday, 19<sup>th</sup> 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, 13<sup>th</sup> 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, 20<sup>th</sup> 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](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://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, 5<sup>th</sup> November 2026, 10-11am** <https://tinyurl.com/32y6ayhd>

**Tuesday, 1<sup>st</sup> 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, 9<sup>th</sup> 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, 26<sup>th</sup> 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, 3<sup>rd</sup> December 2026, 7-8pm** <https://tinyurl.com/35pbj3df>