



BITESIZE WORKSHOPS

Answering common parenting questions in 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>



Eating

Tuesday 13th October 2026, 10-11am

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

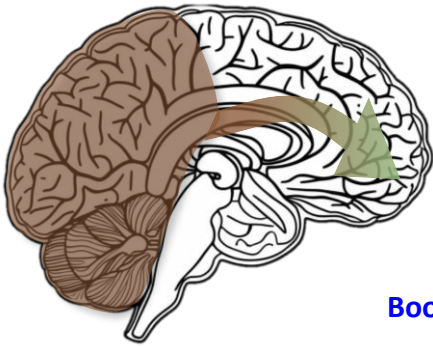


Book here:

<https://www.eventbrite.co.uk/e/how-do-i-get-my-child-to-eat-better-875-for-parents-carers-in-herts-registration-1989111177076>



Teenage Brain



Monday 9th November 2026, 7-8pm

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

How & why adolescent development affects teen behaviour and what you can do as a parent.

Book here:

<https://www.eventbrite.co.uk/e/what-is-going-on-in-my-teenagers-head-873-for-parents-carers-in-herts-registration-1989110165049>



Difficult Conversations

Thursday 26th November 2026, 7-8pm

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

How to have difficult conversations with your son or daughter about sex, drugs, social media & other tricky issues.



Book here:

<https://www.eventbrite.co.uk/e/how-do-i-talk-to-my-teenpreteen-about-874-for-parentscarers-in-herts-registration-1989110738765>

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



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