

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Child Health Clinic</p> <p>9:00am to 11:00am</p> <p>Drop in</p> <p>Child Health Clinic Drop-in at Amersham Family Centre</p>	<p>Talking Teens (Virtual)</p> <p>11am to 1pm</p> <p>23 April to 21 May</p> <p>Booking required. Details on next page Talking Teens Parenting Programme (Online)</p>			<p>Messy Play</p> <p>9:30am to 10:30am</p> <p>Drop in Messy Play at Amersham Family Centre</p>
<p>How to Build Confidence and Self-esteem (Virtual)</p> <p>6pm to 7pm</p> <p>15 April</p> <p>Closing date to book is 1 April Booking required Details on next page How To Build Confidence and Self-Esteem</p>	<p>How to Move up to Secondary School (Virtual)</p> <p>6pm to 7pm.</p> <p>16 April</p> <p>Closing date to book is 1 April Booking required Details on next page How to Move Up to Secondary School Course for Year 6s</p>			<p>Little Talkers</p> <p>1:30pm to 2:3pm</p> <p>14 June to 12 July</p> <p>Booking required Details on next page Little Talkers</p>
<p>Keeping Your Child in Mind (Virtual)</p> <p>6pm to 8pm</p> <p>8 April to 29 April</p> <p>Booking required Details on next page Keeping Your Child in Mind</p>			<p>Talking Teens (Virtual)</p> <p>6pm to 8pm</p> <p>20 June to 18 July</p> <p>Booking required Details on next page Talking Teens</p>	



Session/ Activity Overview and Further Details

Messy Play

Get messy and have fun using various tactile materials and equipment to promote children's creativity and development. No need to book.

Child Health Clinic

Child Health Drop-ins are run by the health visiting service in a variety of venues. They provide an opportunity for you to turn up and talk to staff and other parents. You can discuss and review your child's growth and development as well as gathering information on health promotion topics to support you in your parenting journey. No need to book

Youth Course

How to Build Confidence and Self-esteem

Want to feel better about yourself? Want to feel more confident around other people? If you're in school year 7 or above and live in Bucks, then our interactive, 5-week course could be for you.

How to Move up to Secondary School –

Want to feel better about yourself? Want to feel more confident around other people? If you're in school year 7 or above and live in Bucks, then our interactive, 5-week course could be for you.

To book call 01296 383293 or email earlyhelpduty@buckinghamshire.gov.uk

Keeping Your Child In Mind

In this 4-week programme, we work with parents/carers with different parenting styles, challenges or breakdowns in their relationships. It aims to help parents/carers understand how relationships impact children and how you can support your child to reduce this impact. Places must be booked before the course

To book call 01296 383293 or email earlyhelpduty@buckinghamshire.gov.uk

Little Talkers

A targeted session open to families of children aged from 18 months to 3 and half years where there is a concern around speech, language, and communication development.

To book call 01296 383293 or email earlyhelpduty@buckinghamshire.gov.uk

Talking Teens

Talking Teens is our 5-week programme exploring the relationships with your teens including communication, negotiating, decision-making and strategies to reduce conflict. It helps you understand your teenager's feelings and behaviour and gives you strategies to improve your relationship. The programme is also suitable if your teenager has SEND.

To book call 01296 383293 or email earlyhelpduty@buckinghamshire.gov.uk



Parenting Courses

Buckinghamshire's Family Support Service run a variety of parenting programmes for a range of ages. From toddlers to teens they can give you advice, support and confidence to meet your child's needs and reduce anxiety, stress and arguments at home.

[Free parenting programmes and resources | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

Family Learning Courses

Buckinghamshire Family Learning team run a variety of free courses for parents and carers of children across Buckinghamshire: online courses (five to six weeks) workshops (two hours)
We design our courses to help parents understand how they can best support their children throughout their early years and at school.

[Family learning courses in Buckinghamshire | Family Information Service](https://www.buckinghamshire.gov.uk)

Youth Space

Activities, events, training and support for 11 to 19-year-olds.
[Youthspace | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

Family Centre Plus

Mapledean Family Centre Plus, Newtown Family Centre Plus, Southcourt Family Centre Plus

As a Family Centre Plus young people, parents and families can drop in to talk to us anytime between 9am and 5pm, Monday to Friday.

[Family centres | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

