

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Health Reviews</b> Booked Appointments Only <a href="#">Health reviews</a>	<b>How to Move Up to Secondary School (Virtual)</b> 6pm to 7pm Starts 16 April Booking details on next page <a href="#">How to Move Up to Secondary School Course</a>	<b>Health Reviews</b> Booked Appointments Only <a href="#">Health reviews</a>	<b>Child Health Clinic</b> 9:30am to 11am Drop in <a href="#">Child Health Clinic Drop In</a>	
<b>How To Build Confidence and Self esteem for Young People (Virtual)</b> 6pm to 7pm Starts 15 April Booking details on the next page <a href="#">How To Build Confidence and Self-Esteem for Young People</a>	<b>Talking Teens Parenting Course (Virtual)</b> 11am to 1pm Starts 23 April Booking details on the next page <a href="#">Talking Teens</a>		<b>Messy Play and Explore</b> 9:30am to 11:30am Drop In <a href="#">Messy Play and Explore</a>	
			<b>Talking Teens Parenting Course (Virtual)</b> 6pm to 8pm Starts 20 June Booking details on the next page <a href="#">Talking Teens</a>	



### Session/activity overview and further details

#### Play and Explore

A session for families and carers with children aged 0 to 5 years  
(up to 10 years during school holidays)  
There will be a variety of activities including arts and crafts, games and outside play.  
No need to book

#### 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.  
Email to book: [earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)

#### 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

#### Health reviews

Health reviews are carried out by your health team. This will look at your child's development and health and ensure that your child is in good health. Invitation only

#### Youth Courses Virtual

**How to build Confidence and Self-esteem:**  
MS Teams starting Monday 15 April 2024 6pm to 7pm.

**How to move up to Secondary School:**  
MS Teams starting Tuesday 16 April 2024 6pm to 7pm.

To secure your place or want more information please email [earlyhelpduty@buckinghamshire.gov.uk](mailto: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-information-service)

### 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/family-learning)

### 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/youthspace)

### 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/familycentres)

