



Kings Langley
Secondary



Bedmond
Primary



Bovingdon
Primary Academy



Kings Langley
Primary



Nash Mills
Church of England
Primary



Sarratt
Church of England
Primary



St Pauls Chipperfield
Church of England
Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow



Top Tips for Discipline

Children need clear boundaries to feel secure. By disciplining them from an early age and being consistent with discipline we provide them with the opportunity of understanding our values as well as what is expected of them within the family, school and wider community

- ◆ Listening is the greatest gift we can give a child.
- ◆ Set out to help, not punish.
- ◆ As they get older, trust your children to find their own solutions.
- ◆ Listen and negotiate when appropriate.
- ◆ Praise positive behaviour and give plenty of positive attention.
- ◆ Criticise the behaviour not the child.
- ◆ Mean what you say. Be firm when no absolutely means no.
- ◆ Choose your battles and concentrate on the more important issues like safety.
- ◆ Look after yourself so you are no overreacting due to stress.
- ◆ Treat your child with respect and they will learn to do the same.
- ◆ Use humour when at all possible.
- ◆ Don't be afraid to ask for help when you need it.



Information on Specialist Support

Family Information Service—Information, advice & support on the services available to families in Herts. Available Mon-Fri 8.30-16.30 Tel. 01438 737502/01923 471502
Email: Younginherts@hertscc.gov.uk WWW.hertsdirect.org/younginherts

Family Lives Formerly known as Parentline plus, provide confidential, impartial advice and support line for parents, open 24x7 Tel. 0808 800 2222 text 0800 7836783 Email: parentsupport@familylives.org.uk
WWW.familylives.org.uk

Home Start Trained volunteers offer support, friendship and practical help to families with 1 child under 5 yrs Open Mon- Fri Tel. 0800 686368. WWW.home-start.org.uk

Strengthening Families, Strengthening Communities For children age 8-13 yrs where there are concerns about antisocial behaviour. Contact Emma Allen, Parenting Pathfinder Manager
Tel. 07992 555909/07876 475211

Relate Counselling for people experiencing relationship difficulties, open office hours. Tel. 0845 4561310

Children, Schools and Families Call Centre Concerns about a child at risk open 24x7 tel.01438 737500

Frank Free and confidential helpline for advice on drugs open 24x7 tel. 0800 776600 Email: frank@talktofrank.com WWW.talktofrank.com

The Parent Partnership Team Information & support around special educational needs. Contact Helena Marks, Parent Partnership Officer for St Albans & Dacorum. Tel. 01442 217143

Disability, Pregnancy & Parenthood International Offers information & support to disabled people during pregnancy and as parents. Open office hours. Tel.0800 0184730.

Mencap Works to gain support, education, housing, jobs & recreational opportunities for people with learning difficulties. Tel. 01662 678422

ADD-Vance Supporting parents and carers of children with Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder. Tel. 01727 833963

SNAP A leading Organisation that offers holiday play schemes to young people aged 3-19yrs with varying learning disabilities. Tel. 07979 612363

National Autistic Society Leading charity to support children and adults with autism. 020 7833 2299
www.nas.org.uk

Dacorum First Credit Union A savings & lending co-operative. Tel. 01442 400232

Benefits Enquiry Line All enquiries about entitlements. Tel. 0800 882200

Jobcentre Plus Want to make a claim? Want to find a job? Www.jobcentreplus.gov.uk

Free School Meals Are you receiving income support. You may be entitled to Free School Meals. For more information or to apply visit www.hertsdirect.org/freeschoolmeals

Citizens Advice Bureau Free, Independent, impartial advice & information. Tel. 01442 213368

Youth Connexions—The Information, advice, guidance and support services for all 13 to 19 year olds in England. Email: enquiries@connexions.hertscc.gov.uk

HertsSpeak—Support for families affected by alcohol misuse. Got more information contact 01438 312055 or 07918 641535 or email simone@coretrust.org

The Sunflower Centre—Advice, information and support for victims of domestic abuse, race and hate crime. Services are free and confidential. Contact: 01923 215180

Turning Point Leading health and social care organisation providing support for people affected by drug and alcohol misuse, mental health issues and those with learning disabilities.

Women's Aid—Help and support for women living with domestic violence. www.womensaid.org.uk

Young Minds— Help and support for children with mental health issues 0808 802 5544

NHS Direct—For health advice and reassurances 24 hours a day. 0845 4647 www.nhsdirect.nhs.uk

Community Mental Health Team Care advice and support for adults who have issues with mental health problems. Www.mind.org.uk Tel: 0300 123 3393

CAMHS Child and Adolescent Mental Health Service—Support service for young people with mental health concerns. See your local GP for a referral.