Supporting Your Children Workshops

To book a space please email your name, school and contact number to

[Inge.Taylor@bracknell-forest.gov.uk](mailto:Inge.Taylor@bracknell-forest.gov.uk)

Courses are for adults supporting children **not** the children themselves

Each course is a **standalone 2-hour session**

Please be aware that spaces are offered on a first come first served basis

Courses are delivered face to face, and you will be asked to complete an enrolment form prior to the start of the session – your space will then be confirmed.

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| **Helping children to overcome anxious thoughts and worries**  ***A 2-hour session looking at***   * What happens when children become anxious * The impact that current events have had on children’s mental health * Techniques for helping children deal with their fears / worries | | |  |
| Anxiety 5  **5 spaces** | Wednesday 19th October 2022  *@ Bracknell Open Learning Centre* | | 9.30 – 11.30 am |
| Anxiety 3  **7 spaces** | Wednesday 2nd November 2022  *@ Bracknell Open Learning Centre* | | 6.30 – 8.30 pm |
| Anxiety 4  **14 spaces** | Monday 21st November 2022  *@ Bracknell Open Learning Centre* | | 9.30 – 11.30 am |
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| **Managing Behaviour in a Positive Way**  ***A 2-hour session looking at***   * Gain insight into your own parenting style / relationship with your child * Learn or revisit positive ways of managing behaviour * Strategies to deal with unacceptable behaviours | | | Image result for good behavior clip art |
| MB20  **2 spaces** | Friday 14th October 2022  *@ Bracknell Open Learning Centre* | | 9.30 – 11.30 am |
| MB 22  **6 spaces** | Thursday 3rd November 2022  *@ Bracknell Open Learning Centre* | | 6.30 – 8.30 pm |
| MB23  **19 spaces** | Monday 14th November 2022  *@ Bracknell Open Learning Centre* | | 9.30 – 11.30 am |
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| **Parenting pre / early-teens in a Positive Way (aged 10 – 13)**  ***(New course)***  ***A 2-hour session looking at***   * Gain insight into the impact of your parenting style (positive & negative) * Positive techniques for managing older children’s behaviour * Boosting your relationship and communication with your child | | |  |
|  | *Contact me to add name to the waiting list for future sessions* | |  |
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| **Reducing Sibling Rivalry**  ***A 2-hour session looking at***   * Encouraging a more harmonious sibling relationship * Learn / revisit techniques for children to cope with being a sibling * Boosting children's emotional literacy | | | See the source image |
|  | *Contact me to add name to the waiting list for future sessions* | |  |
|  |  | |  |
| **Single Parent, Separated and Blended families – supporting children to cope with different family dynamics *(New course)***  ***A 2-hour session looking at***   * Different family dynamics and how they can work * Parental conflict resolutions * Being the best parent that you can be for your child | | | **See the source image** |
|  | *Contact me to add name to the waiting list for future sessions* | |  |
|  |  | |  |
| **Supporting Children to get a Healthy Night’s Sleep**  ***A 2-hour session looking at***   * The different sleep issues facing our families * Tips on how to get a good night’s sleep. * Help children develop good sleeping habits | | No photo description available. | |
| Sleep 11  **10 spaces** | Monday 17th October 2022  *@ Bracknell Open Learning Centre* | | 9.30 - 11.30 am |
| Sleep 12  **10 spaces** | Thursday 17th November 2022  *@ Bracknell Open Learning Centre* | | 6.30 – 8.30 pm |
|  | *Contact me to add name to the waiting list for future sessions* | |  |
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| **Supporting a smooth transition to secondary school (YR 5/6 parents)**  ***A 1 ½ hour session looking at***   * What the transition involves * The positives and concerns of transitioning to a new setting * Boosting your child’s ability to have a smooth transition | | | **A close up of a sign  Description automatically generated** |
|  | *Contact me to add name to the waiting list for future sessions* | |  |