Supporting Your Children Workshops

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

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
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| 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
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|  | *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* |  |
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| **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* |  |
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| **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
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| 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
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|  | *Contact me to add name to the waiting list for future sessions* |  |