

# Virtual Programme of Support for Parents Oct - Dec 2020



Bracknell Forest

14.10.20 Ensure you're claiming all the money/benefits you should be for your child

Helen Harker, Community Outreach Worker, Citizens Advice Bracknell & District

21.10.20 How to manage your child's sleep routine when the clocks go forward

Dr. Lindsay Browning, Chartered Psychologist, Trouble Sleeping

28.10.20 HALF TERM interactive story time & craft activity

Giulia Gagliardi, Librarian, Bracknell Forest Library Service

04.11.20 Story massage with baby

Alison Sellers, Relax Kids coach

11.11.20 How to get your children to brush their teeth

Harneek Sangha, Hygienist, Crown Wood Dental Practice

18.11.20 Where to take the children this Christmas

Shona, Blogger, Berkshire Mummies

25.11.20 How to get your child ready to start school

Caroline Wincombe, Early Years Lead, Crown Wood Primary School, Greenshaw Learning Trust

02.12.20 The importance of Developing Self Compassion

Anne Marie Gawen, Wellbeing & Mental Health Trainer, Unlock Your Wellbeing, Wellbeing

09.12.20 Support for parents of children with additional needs

Tess Eagles, Business Development and Partnerships Manager, Parenting Special Children

16.12.20 Coping over Christmas

Val & Nicola, Home Start Coordinators. General chat about all things festive!

All sessions will be via Zoom. Start at 11am and last about 40 minutes. If you would like to register onto one or more of the sessions please go to our website

<https://homestartbracknellforest.org.uk/vsp/>

