








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

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.

Helping children to overcome anxious thoughts and worries <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> • 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 1 Fully booked	Wednesday 28 th September 2022 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Anxiety 2 Fully booked	Thursday 13 th October 2022 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Anxiety 5 9 spaces	Wednesday 19 th October 2022 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Anxiety 3 3 spaces	Wednesday 2 nd November 2022 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Anxiety 4 5 spaces	Monday 21 st November 2022 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Managing Behaviour in a Positive Way <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> • 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 		
MB 19 Fully Booked	Tuesday 27 th September 2022 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
MB 20 Fully booked	Friday 14 th October 2022 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
MB 21 1 space	Thursday 20 th October 2022 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Parenting pre-teen and early-teens in a Positive Way (New course) <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> • 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 		
Teens 1 2 spaces	Monday 26 th September 2022 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Teens 2 1 space	Tuesday 18 th October 2022 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Reducing Sibling Rivalry <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> • Encouraging a more harmonious sibling relationship • Learn / revisit techniques for children to cope with being a sibling • Boosting children's emotional literacy 		

Sibling A 2 spaces	Thursday 6 th October 2022 @ Bracknell Open Learning Centre	6.30 – 8.30
Single Parent, Separated and Blended families – supporting children to cope with different family dynamics (New course) A 2-hour session looking at <ul style="list-style-type: none"> Different family dynamics and how they can work Parental conflict resolutions Being the best parent that you can be for your child 		
Family 1 Fully booked	Wednesday 21 st September 2022 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Family 2 8 spaces	Monday 10 th October 2022 @ Bracknell Open Learning Centre	9.30 - 11.30 am
Supporting Children to get a Healthy Night's Sleep A 2-hour session looking at <ul style="list-style-type: none"> The different sleep issues facing our families Tips on how to get a good night's sleep. Help children develop good sleeping habits 		
Sleep 11 14 spaces	Monday 17 th October 2022 @ Bracknell Open Learning Centre	9.30 - 11.30 am
Sleep 12 12 spaces	Thursday 17 th November 2022 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Supporting a smooth transition to secondary school (YR 5/6 parents) A 1 ½ hour session looking at <ul style="list-style-type: none"> What the transition involves The positives and concerns of transitioning to a new setting Boosting your child's ability to have a smooth transition 		
		Contact me to add name to the waiting list for future sessions