

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.

If you would like to put your name on the waiting list for any of the sessions, please let me know on the above email address and I will let you know when additional sessions are confirmed.

Please only book onto the sessions if you are ***going to be able to attend*** to avoid other parents missing out on the opportunity to have a place

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 6	Monday 16 th January 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Anxiety 7	Wednesday 22 nd February 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm

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



MB24	Tuesday 24 th January 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
MB25	Tuesday 7 th February 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am

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



Sleep 13	Wednesday 25 th January 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Sleep 14	Monday 6 th February 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am

Parenting pre / early-teens in a Positive Way (aged 10 – 13)

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



Teens	Thursday 9th February 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
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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

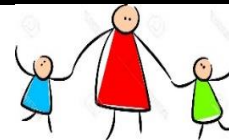


Sibling C	Thursday 26 th January 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Sibling D	Wednesday 15 th March 2023 @ Bracknell Open Learning Centre	6.30 – 8.30 pm

Single Parent, Separated and Blended families – supporting children to cope with different family dynamics

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



Families 3	Wednesday 11 th January 2023 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Families 4	Monday 27 th March 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am

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



Transition 1	Wednesday 3rd May 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Transition 2	Wednesday 17 th May 2023 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Great Hollands Course	Wednesday 24 th May 2023 @ Great Hollands (Great Hollands Parents ONLY)	9 – 11 am