

## 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.

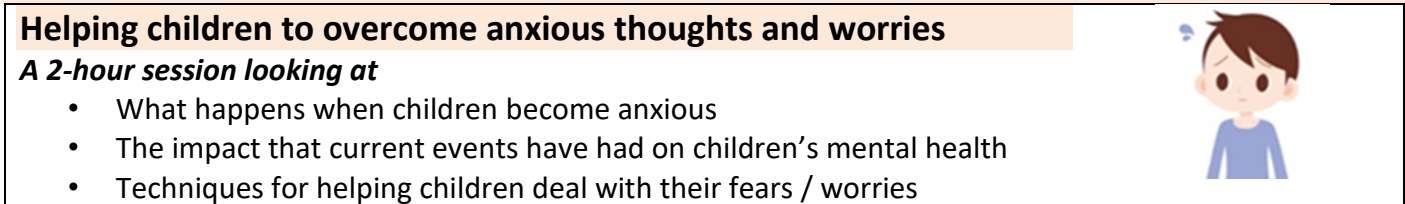
If you would like to put your name on the waiting list for any of the sessions, please let me know on the above email address and I will let you know when additional sessions are confirmed.

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
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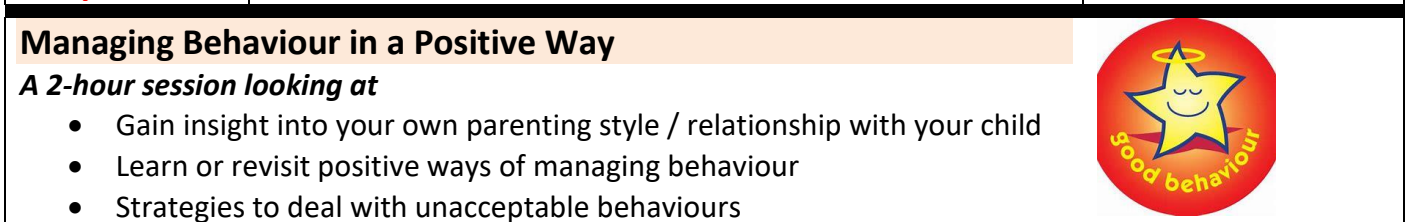


Anxiety 9 <b>11 spaces</b>	Monday 20 <sup>th</sup> March 2023 @ Bracknell Open Learning Centre	6.30 – 8.30
Anxiety 8 <b>14 spaces</b>	Tuesday 28 <sup>th</sup> March 2023 @ Bracknell Open Learning Centre	9.30 – 11.30
Anxiety 10 <b>16 spaces</b>	Monday 12 <sup>th</sup> June 2023 @ Bracknell Open Learning Centre	8.30 – 9.30

## 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
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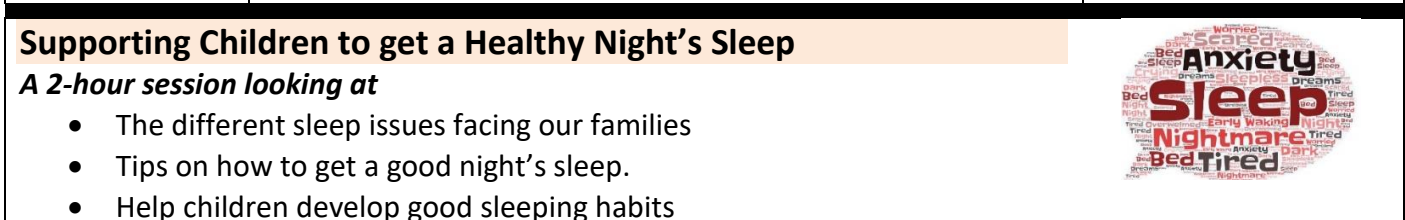


MB26 <b>10 spaces</b>	Monday 13 <sup>th</sup> March 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30
MB27 <b>7 spaces</b>	Thursday 30 <sup>th</sup> March 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30
MB28 <b>16 spaces</b>	Thursday 8 <sup>th</sup> June 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30

**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

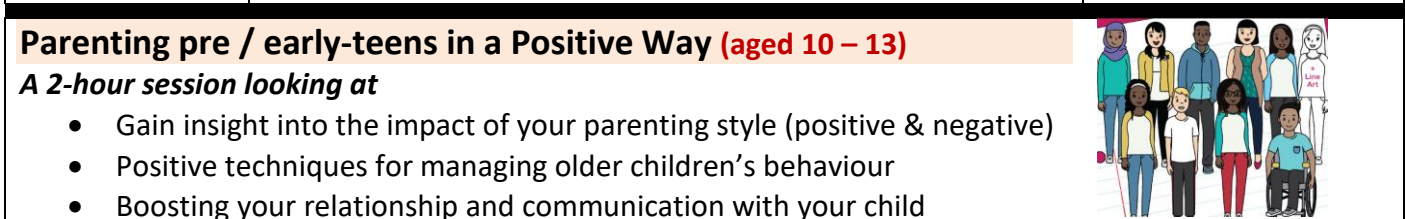


Sleep	Wednesday 26 <sup>th</sup> April 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
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## Parenting pre / early-teens in a Positive Way (aged 10 – 13)

**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
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Teens	Monday 24 <sup>th</sup> April 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30
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**A 2-hour session looking at**

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## 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

A simple line drawing of a family. A central figure, presumably a parent, is wearing a red dress and has their arms outstretched. To the left is a child in a blue shirt, and to the right is a child in a green shirt. All three figures have their arms raised in a joyful gesture. The drawing is minimalist, using only black outlines and solid colors for the clothing.A simple line drawing of a family of three. A large figure in the center wears a red dress. To the left is a smaller figure in a blue dress, and to the right is a smaller figure in a green dress. All three are holding hands, forming a circle.

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| Families 4<br><b>13 spaces</b> | Monday 27 <sup>th</sup> March 2023<br><i>@ Bracknell Open Learning Centre</i> | 9.30 – 11.30 am |
|--------------------------------|---|-----------------|

- 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 <b>1 space</b>	Wednesday 10 <sup>th</sup> May 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am
Transition 2 <b>6 spaces</b>	Wednesday 17 <sup>th</sup> May 2023 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
Great Hollands Course	Wednesday 24 <sup>th</sup> May 2023 <i>@ Great Hollands (Great Hollands Parents ONLY)</i>	9 – 11 am
Transition 3 <b>15 spaces</b>	Tuesday 6 <sup>th</sup> June 2023 <i>@ Bracknell Open Learning Centre</i>	9.30 – 11.30 am