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 <b>not</b> the children themselves			
Courses are for adults supporting children <b>not</b> the children themselves			
Each course is a <b>standalone 2-hour session</b>			
Please be aware that spaces are offered on a <b>first come first served basis</b>			
Courses are de	elivered 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 childre	*		
A 2-hour session	A 2-hour session looking at		
<ul> <li>What happens when children become anxious</li> </ul>			
	t that current events have had on children's mental health		
Technique	es for helping children deal with their fears / worries		
Anxiety 10	Monday 12 <sup>th</sup> June 2023	6.30 - 8.30	
16 spaces	@ Bracknell Open Learning Centre		
Managing Behaviour in a Positive Way			
A 2-hour session looking at		2007	
Gain insig	ht into your own parenting style / relationship with your child		
Learn or r	evisit positive ways of managing behaviour	og behavio	
<ul> <li>Strategies</li> </ul>	to deal with unacceptable behaviours	CENC	
MB28	Thursday 8 <sup>th</sup> June 2023	9.30 - 11.30	
16 spaces	@ Bracknell Open Learning Centre		
Supporting Children to get a Healthy Night's Sleep			
A 2-hour session	Bed Care Con to Steep		
	ent sleep issues facing our families	The Overweined Early Waking Nights	
•	ow to get a good night's sleep.	Prestore Augustine and Augustine	
	ren develop good sleeping habits	1	
Sleep	Wednesday 26 <sup>th</sup> April 2023	6.30 – 8.30 pm	
	@ Bracknell Open Learning Centre		
Sleep	Thursday 11 <sup>th</sup> May 2023	9.30 – 11.30 am	
	@ Bracknell Open Learning Centre		
• • •	/ 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)			
<ul> <li>Positive techniques for managing older children's behaviour</li> </ul>			
Boosting	your relationship and communication with your child		
Teens	Monday 24 <sup>th</sup> April 2023	9.30 - 11.30	
	@ Bracknell Open Learning Centre		
Reducing Siblin			
A 2-hour session			
<ul> <li>Encouragi</li> </ul>			
<ul> <li>Learn / revisit techniques for children to cope with being a sibling</li> </ul>			
Boosting children's emotional literacy			
Sibling E	Thursday 25 <sup>th</sup> May 2023	9.30 – 11.30 am	
15 spaces	@ Bracknell Open Learning Centre		

Single Parent, children to co				
A 2-hour session				
<ul> <li>Different</li> </ul>				
Parental				
<ul> <li>Being the best parent that you can be for your child</li> </ul>				
Let me know if you would like to go on the waiting list for this course				
and if you would prefer a morning or evening session.				
	mooth transition to secondary school (YR 5/6 parents)	HENTRIENDS HADDY STATE		
	LIGES SPORTS TEACHERS TRAVE LIGES SPORTS TEACHERS TRAVE PERFECT THINGS THI			
A 2 hour session				
<ul> <li>What the</li> </ul>				
<ul> <li>The positives and concerns of transitioning to a new setting</li> </ul>				
<ul> <li>Boosting your child's ability to have a smooth transition</li> </ul>				
Transition 1	Wednesday 10 <sup>th</sup> May 2023	9.30 – 11.30 am		
1 space	@ Bracknell Open Learning Centre			
Transition 2	Wednesday 17 <sup>th</sup> May 2023	6.30 – 8.30 pm		
6 spaces	@ Bracknell Open Learning Centre			
Great Hollands	Wednesday 24 <sup>th</sup> May 2023	9 – 11 am		
Course	@ Great Hollands (Great Hollands Parents ONLY)			
Transition 3	Tuesday 6 <sup>th</sup> June 2023	9.30 – 11.30 am		
15 spaces	@ Bracknell Open Learning Centre			