

Supporting Your Children Workshops

To book a space please email which course you'd like to attend, your name and contact number to Inge.Taylor@bracknell-forest.gov.uk

Courses are for adults supporting children **not** the children themselves and each course is a **standalone 2-hour session**. Please be aware that spaces are offered on a **first come first served basis** and that courses are delivered face to face.

You will be asked to complete an enrolment form prior to the start of the session – your space will then be 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 11	Tuesday 23 rd May 2023 @ Bracknell Open Learning Centre	6.30 – 8.30
Anxiety 10	Monday 12 th June 2023 @ Bracknell Open Learning Centre	6.30 – 8.30
Anxiety 12	Monday 19 th June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30

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



MB28	Thursday 8 th June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30
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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	Thursday 11 th May 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
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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



	Let me know if you would like to be added to the waiting list for future sessions	
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Reducing Sibling Rivalry

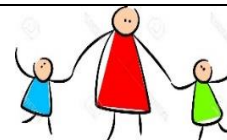
A 2-hour session looking at

- Encouraging a more harmonious sibling relationship
- Learn / revisit techniques for children to cope with being a sibling
- Boosting children's emotional literacy



Sibling E	Thursday 25 th May 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
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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

Families	Wednesday 14 th June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
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Supporting a smooth transition to secondary school (YR 5/6 parents)



A 2-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 Fully Booked	Wednesday 10 th 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
Transition 3	Tuesday 6 th June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am