

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

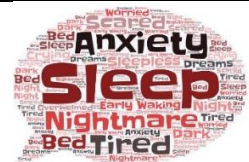


MB28	Thursday 8 th June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30
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Supporting Children to get a Healthy Night's Sleep

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 22 nd June 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



Teens	Friday 23 rd June 2023 @ Bracknell Open Learning Centre	9.30 – 11.30 am
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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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