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**

Once you have complete an enrolment form your space will 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
- Impact current events have had on children's mental health
- Techniques for helping children deal with their fears / worries

Monday 12th June 2023 *@ Bracknell Open Learning Centre*	6.30 – 8.30 pm
Monday 19th June 2023 *@ Bracknell Open Learning Centre*	9.30 – 11.30 am
Tuesday 19th September 2023 *@ Bracknell Open Learning Centre*	6.30 – 8.30 pm
Wednesday 11th October 2023 *@ Bracknell Open Learning Centre*	9.30 – 11.30 am

Managing Behaviour in a Positive Way

A 2-hour session looking at

- Gain insight into your parenting style / relationship with your child
- Learn or revisit positive ways of managing behaviour
- Strategies to deal with unacceptable behaviours

Thursday 8th June 2023 *@ Bracknell Open Learning Centre*	9.30 – 11.30 am
Tuesday 20th June 2023 *@ Great Hollands School - GH Parents only* ***(please book through the school)***	9 – 11 am
Monday 18th September 2023 *@ Bracknell Open Learning Centre*	9.30 – 11.30 am
Wednesday 4th October 2023 *@ Bracknell Open Learning Centre*	6.30 – 8.30 pm

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

Thursday 22nd June 2023 *@ Bracknell Open Learning Centre*	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 techniques for managing older children's behaviour
- Boosting your relationship and communication with your child

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

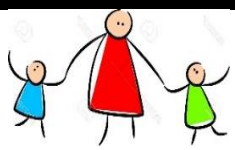
Reducing Sibling Rivalry

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

Wednesday 28th September 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

Monday 25th September 2023 *@ Bracknell Open Learning Centre*	9.30 – 11.30

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

Tuesday 13th June 2023 *@ Birch Hill School – Birch Hill Parents only* ***(please book through the school)***	9 – 11 am
Monday 26th June 2023 *@ The Pines School – Pines Parents only* ***(please book through the school)***	9 – 11 am
Friday 7th July 2023 *@ Open Learning Centre – Fox Hill Parents – there may be some spare places for non-Fox Hill parents* ***(please book through the school)***	9.30 – 11.30 am
Please let me know if you would like to add your name to the waiting list for next year	