

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 completed 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



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

Priority for **Fox Hill** parents although there may be spaces for parent from other schools

Thursday 16th November 2023

@ Bracknell Open Learning Centre.

6.30 – 8.30 pm

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



Monday 18th September 2023

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Friday 29th September 2023 (**updated date**)

@ Bracknell Open Learning Centre –

Priority for **Fox Hill** parents although there may be spaces for parent from other schools

9.30 – 11.30 am

Wednesday 4th October 2023

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Wednesday 8th November 2023

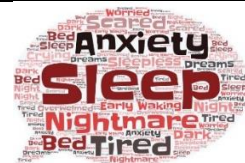
@ Bracknell Open Learning Centre

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 12th October 2023

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Monday 11th December 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



Wednesday 18th October 2023

@ Bracknell Open Learning Centre

9.30 – 11.30

