

Supporting Your Children Workshops

To book a space please email your full name to Inge.Taylor@bracknell-forest.gov.uk

These courses are universal (not specific for SEND or particular ages) and for adults supporting children **not** the children themselves so please arrange childcare if needed
Each course is a **standalone 2-hour session** - please be aware that spaces are offered on a **first come first served basis** and parents should not just turn up

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 or let me know if you can no longer attend.

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



Thursday 16th November 2023 (**2 spaces remaining**)

@ Bracknell Open Learning Centre.

6.30 – 8.30 pm

Wednesday 10th January 2024 (**12 spaces remaining**)

@ Bracknell Open Learning Centre.

9.30 – 11.30 am

Monday 5th February 2024 (**12 spaces remaining**)

@ 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



Wednesday 8th November 2023 (**1 space remaining**)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Monday 15th January 2024 (**12 spaces remaining**)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Thursday 22nd February 2024 (**12 spaces remaining**)

@ 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



Monday 11th December 2023 (**8 spaces remaining**)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Monday 26th February 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

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



Monday 20th November 2023 (**7 spaces remaining**)

@ Bracknell Open Learning Centre

6.30 – 8.30

Friday 1st March 2023 (**12 spaces remaining**)

@ Bracknell Open Learning Centre

9.30 – 11.30

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 1st November 2023 **(7 spaces remaining)**
@ Bracknell Open Learning Centre

9.30 – 11.30 am

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



Thursday 30th November 2023 **(11 spaces remaining)**
@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 1st February 2024 **(15 spaces remaining)**
@ Bracknell Open Learning Centre

9.30 – 11.30 am

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



Let me know if you would like to add your name to the waiting list for next year