

## Supporting Your Children Workshops

To book a space please email your full name to [Inge.Taylor@bracknell-forest.gov.uk](mailto: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.



Monday 5<sup>th</sup> February 2024 **(FULLY BOOKED)**

@ Bracknell Open Learning Centre.

6.30 – 8.30 pm

Tuesday 20<sup>th</sup> February 2024 **(12 spaces remaining)**

@ Bracknell Open Learning Centre.

6.30 – 8.30 pm

Tuesday 19<sup>th</sup> March 2024 **(12 spaces remaining)**

@ 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 22<sup>nd</sup> February 2024 **(FULLY BOOKED)**

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Monday 18<sup>th</sup> March 2024 **(12 spaces remaining)**

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Tuesday 26<sup>th</sup> March 2024 **(12 spaces remaining)**

@ Bracknell Open Learning Centre

9.30 – 11.30 am

### 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 26<sup>th</sup> February 2024 **(FULLY BOOKED)**

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Tuesday 12<sup>th</sup> March 2024 **(12 spaces remaining)**

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 26<sup>th</sup> March 2024 **(12 spaces remaining)**

@ 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.



Tuesday 6<sup>th</sup> February 2024 **(12 spaces remaining)**

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Friday 1<sup>st</sup> March 2024 **(FULLY BOOKED)**

@ 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



Monday 5<sup>th</sup> February 2024 (8 spaces remaining)

9.30 – 11.30

@ Bracknell Open Learning Centre

Wednesday 27<sup>th</sup> March 2024 (12 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

## 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



Tuesday 5<sup>th</sup> March 2024 (8 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

## 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 16<sup>th</sup> April 2024 (12 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

Thursday 23<sup>rd</sup> May 2024 (12 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

Wednesday 5<sup>th</sup> June 2024 (4 spaces remaining)

9.30 – 11.30 am

@ Bracknell Open Learning Centre

### We're also delivering at the following schools please book directly with the school.

St. Josephs	03/06/24	9 – 11 am
St. Margaret Clitherow	03/06/24	6 – 8 pm
St. Michaels EH	04/06/24	9 – 11 am
The Pines School	07/06/24	9 – 11 am
Great Hollands	11/06/24	1 – 3 pm
Meadow Vale	12/06/24	9 – 11 am

## Supporting a smooth transition from Year R to Year 1 and beyond

### A 2-hour session looking at:

- What's involved in transition from reception to year 1
- The best ways to support the transition.
- Boosting your child's resilience to cope with the change



Friday 3<sup>rd</sup> May 2024 (8 spaces remaining)

9.30 – 11.30 am

@ Bracknell Open Learning Centre

Tuesday 7<sup>th</sup> May 2024 (6 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

### We're also delivering at the following schools please book directly with the school.

St. Margaret Clitherow	21/05/24	9 – 11 am
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