Supporting Your Children Workshops

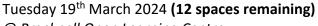
To book a space please email your full name to Inge.Taylor@bracknell-forest.gov.uk These courses are universal (not specific for SEND or particular ages) and for adults supporting children not the children themselves so please arrange childcare if needed Each course is a **standalone 2-hour session** - 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

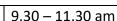
A 2-hour session looking at:

- 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.



@ Bracknell Open Learning Centre.





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 unaccentable behaviours

Strategies to dear with diracceptable behaviours.	
Monday 18 th March 2024 (12 spaces remaining)	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	
Tuesday 26 th March 2024 (12 spaces remaining)	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
Thursday 2 nd May 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	

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.	
Tuesday 12 th March 2024 (12 spaces remaining)	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
Tuesday 26 th March 2024 (12 spaces remaining)	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	

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 1 st March 2024 (FULLY BOOKED)	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
Wednesday 24 th April 2024	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
Thursday 9 th May 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	





Encouraging Resilience – Keep Calm and Bounce Back A 2-hour session looking at: How to build natural resilience. Encouraging positive social skills. Encouraging children out of their comfort zone and not to give up. Wednesday 17th April 2024 $6.30 - 8.30 \, pm$ @ Bracknell Open Learning Centre Tuesday 30th April 2024 9.30 - 11.30 am @ Bracknell Open Learning Centre **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 27th March 2024 (12 spaces remaining)

@ Bracknell Open Learning Centre

 $6.30 - 8.30 \, \text{pm}$

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

Tuesday 5th March 2024 (8 spaces remaining)

@ Bracknell Open Learning Centre

6.30 - 8.30 pm

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 th April 2024	6.30 – 8.30 pm			
@ Bracknell Open Learn				
Thursday 23 rd May 2024 (12 spaces remaining)		6.30 – 8.30 pm		
@ Bracknell Open Learn				
Wednesday 5 th June 2024 (4 spaces remaining)		9.30 – 11.30 am		
@ Bracknell Open Learn				
We're also delivering at	t the following schools please book directly with the school.			
We're also delivering at St. Josephs	t the following schools please book directly with the school. 03/06/24	9 – 11 am		
_	•	9 – 11 am 6 – 8 pm		
St. Josephs	03/06/24			
St. Josephs St. Margaret Clitherow	03/06/24 03/06/24	6 – 8 pm		
St. Josephs St. Margaret Clitherow St. Michaels EH	03/06/24 03/06/24 04/06/24	6 – 8 pm 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 rd May 2024 (8 spaces remaining) 9.3	
@ Bracknell Open Learning Centre	





Tuesday 7 th May 2024 (6 s	6.30 – 8.30 pm	
@ Bracknell Open Learning		
We're also delivering at the		
St. Margaret Clitherow	21/05/24	9 – 11 am