

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.



Tuesday 19th 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.



Monday 18th March 2024 (12 spaces remaining)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Tuesday 26th March 2024 (12 spaces remaining)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Thursday 2nd May 2024

@ 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.



Tuesday 12th March 2024 (12 spaces remaining)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 26th 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.



Friday 1st March 2024 **(FULLY BOOKED)**

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Wednesday 24th April 2024

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Thursday 9th May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

RESILIENCE - the process of handling stress and recovering from trauma or adversity.

- 6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

9.30 – 11.30 am

9.30 – 11.30 am

- 6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

6.30 – 8.30 pm

9.30 – 11.30 am

9.30 – 11.30 am

9 – 11 am

6 – 8 pm

9 – 11 am

9 – 11 am

1 – 3 pm

9 – 11 am

Welcome to Year 1

[Facebook](#)
[Twitter](#)
[LinkedIn](#)
[Instagram](#)
[YouTube](#)
[Google Plus](#)
[Pinterest](#)

9.30 – 11.30 am

9.30 – 11.30 am

Tuesday 7 th May 2024 (6 spaces remaining) <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm
We're also delivering at the following schools please book directly with the school. St. Margaret Clitherow 21/05/24	9 – 11 am