Supporting Your Children Workshops	
To book a space please email your full name to Inge.Taylor@brackne	ll-forest.gov.uk
These sessions are universal (not specific for SEND) and for adults suppo	
the children themselves so please arrange childcare if nee	
Each course is a standalone 2-hour session - please be aware that space	
first come first served basis and parents should not just tu	
Once you have completed an enrolment form your space will be	
Please only book onto the sessions if you are going to be able to attend to avoid o	
out on the opportunity to have a place or let me know if you can no long	ger 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 13 th May 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	9.30 – 11.30 am
Thursday 23 rd May 2024 @ 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!	Dehavio
Strategies to deal with unacceptable behaviours.	
Tuesday 26 th March 2024	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	Beanxietu.
A 2-hour session looking at:	promis is epices preams
The different sleep issues facing our families.	Nightmare Tirsa
• Tips on how to get a good night's sleep.	BedTired
Help children develop good sleeping habits.	
Tuesday 26 th March 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	
Tuesday 23 rd April 2024	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
Parenting pre / early-teens in a Positive Way (aged 10 – 13)	
A 2-hour session looking at:	Line
Gain insight into the impact of your parenting style!	
 Gain insight into the impact of your parenting style! Positive techniques for managing older children's behaviour. 	
Positive techniques for managing older children's behaviour.	9.30 – 11.30 am
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 @ Bracknell Open Learning Centre 	9.30 – 11.30 am
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 <i>@ Bracknell Open Learning Centre</i> Thursday 9th May 2024 	9.30 – 11.30 am 6.30 – 8.30 pm
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 @ Bracknell Open Learning Centre 	
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 <i>@ Bracknell Open Learning Centre</i> Thursday 9th May 2024 	
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 @ Bracknell Open Learning Centre Thursday 9th May 2024 @ Bracknell Open Learning Centre 	6.30 – 8.30 pm
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 @ Bracknell Open Learning Centre Thursday 9th May 2024 @ Bracknell Open Learning Centre Encouraging Resilience – Keep Calm and Bounce Back 	6.30 – 8.30 pm
 Positive techniques for managing older children's behaviour. Boosting your relationship and communication with your child. Wednesday 24th April 2024 @ Bracknell Open Learning Centre Thursday 9th May 2024 @ Bracknell Open Learning Centre Encouraging Resilience – Keep Calm and Bounce Back A 2-hour session looking at: 	6.30 – 8.30 pm

Wednesday 17 th April 2024	6.30 – 8.30 pm
@ Bracknell Open Learning Centre	
Tuesday 30 th 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 27 th March 2024	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 	
Please let me know if you would like to go on the waiting list for future sessions	
	NEW FRIENDS HAPPY'SHERETS BARRY
Supporting a smooth transition to secondary school (YR 5/6	
parents)	
 A 2-hour session looking at: What the transition involves 	TREAST SCHOOL MEET EXCITED SUBJECTS
 The positives and concerns of transitioning to a new setting Be esting your shild's shilt to have a smooth transition 	
Boosting your child's ability to have a smooth transition	C 20 8 20 mm
Tuesday 16 th April 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Thursday 23 rd May 2024	6 20 8 20 pm
@ Bracknell Open Learning Centre	6.30 – 8.30 pm
Wednesday 5 th June 2024	9.30 – 11.30 am
@ Bracknell Open Learning Centre	9.30 - 11.30 am
We're also delivering at the following schools please book directly with the sch	
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	Welcome to Year 1
beyond	********
A 2-hour session looking at:	R R R R R R R R R R
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	9.30 – 11.30 am
@ Bracknell Open Learning Centre	
@ Bracknell Open Learning Centre Tuesday 7 th May 2024	6.30 – 8.30 nm
Tuesday 7 th May 2024	6.30 – 8.30 pm
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