

## 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 sessions are universal (not specific for SEND) 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 13<sup>th</sup> May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 23<sup>rd</sup> May 2024

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Wednesday 19<sup>th</sup> June 2024

@ 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.



Thursday 2<sup>nd</sup> May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 20<sup>th</sup> June 2024

@ 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.



Tuesday 23<sup>rd</sup> April 2024 **CANCELLED**

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 11<sup>th</sup> June 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.



Wednesday 24<sup>th</sup> April 2024

@ Bracknell Open Learning Centre




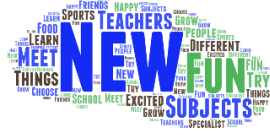

9.30 – 11.30 am

Thursday 9<sup>th</sup> May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm



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| <b>Encouraging Resilience – Keep Calm and Bounce Back</b><br><b>A 2-hour session looking at:</b> <ul style="list-style-type: none"> <li>How to build natural resilience.</li> <li>Encouraging positive social skills.</li> <li>Encouraging children out of their comfort zone and not to give up.</li> </ul>                                                      |  | <small>RESILIENCE - the process of handling stress and recovering from trauma or adversity.</small><br> |
| Tuesday 30 <sup>th</sup> April 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                           |  | 9.30 – 11.30 am                                                                                                                                                                           |
| <b>Reducing Sibling Rivalry</b><br><b>A 2-hour session looking at:</b> <ul style="list-style-type: none"> <li>Encouraging a more harmonious sibling relationship</li> <li>Learn / revisit techniques for children to cope with being a sibling.</li> <li>Boosting children's emotional literacy</li> </ul>                                                        |  |                                                                                                        |
| Tuesday 25 <sup>th</sup> June 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                            |  | 6.30 – 8.30 pm                                                                                                                                                                            |
| <b>Single Parent, Separated and Blended families – supporting children to cope with different family dynamics.</b><br><b>A 2-hour session looking at:</b> <ul style="list-style-type: none"> <li>Different family dynamics and how they can work.</li> <li>Parental conflict resolutions</li> <li>Being the best parent that you can be for your child</li> </ul> |  |                                                                                                        |
| Wednesday 26 <sup>th</sup> June 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                          |  | 6.30 – 8.30 pm                                                                                                                                                                            |
| <b>Supporting a smooth secondary school Transition (YR 5/6 parents)</b><br><b>A 2-hour session looking at:</b> <ul style="list-style-type: none"> <li>What the transition involves</li> <li>The positives and concerns of transitioning to a new setting</li> <li>Boosting your child's ability to have a smooth transition</li> </ul>                            |  |                                                                                                       |
| Thursday 23 <sup>rd</sup> May 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                            |  | 6.30 – 8.30 pm                                                                                                                                                                            |
| Wednesday 5 <sup>th</sup> June 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                           |  | 9.30 – 11.30 am                                                                                                                                                                           |
| <b>We're also delivering at the following schools please book directly with the school.</b><br>St. Josephs                      03/06/24<br>St. Margaret Clitherow      03/06/24<br>St. Michaels EH                04/06/24<br>The Pines School                07/06/24<br>Great Hollands                 11/06/24<br>Meadow Vale                    12/06/24     |  | 9 – 11 am<br>6 – 8 pm<br>9 – 11 am<br>9 – 11 am<br>1 – 3 pm<br>9 – 11 am                                                                                                                  |
| <b>Supporting a smooth transition from Year R to Year 1 and beyond</b><br><b>A 2-hour session looking at:</b> <ul style="list-style-type: none"> <li>What's involved in transition from reception to year 1.</li> <li>The best ways to support the transition.</li> <li>Boosting your child's resilience to cope with the change</li> </ul>                       |  |                                                                                                      |
| Friday 3 <sup>rd</sup> May 2024<br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                                               |  | 9.30 – 11.30 am                                                                                                                                                                           |
| Tuesday 7 <sup>th</sup> May 2024 <b>(FULLY BOOKED)</b><br>@ Bracknell Open Learning Centre                                                                                                                                                                                                                                                                        |  | 6.30 – 8.30 pm                                                                                                                                                                            |
| Please let me know if you would like to go on the waiting list for future sessions                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                           |
| <b>We're also delivering at the following schools please book directly with the school.</b><br>St. Margaret Clitherow            21/05/24                                                                                                                                                                                                                         |  | 9 – 11 am                                                                                                                                                                                 |



