

# 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 **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 7<sup>th</sup> October 2024 (5 spaces)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 19<sup>th</sup> November 2024 (16 spaces)

@ 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.



Tuesday 5<sup>th</sup> November 2024 (Fully Booked)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Monday 11<sup>th</sup> November 2024 (16 spaces)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 15<sup>th</sup> December 2024 (16 spaces)

@ 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 14<sup>th</sup> October 2024 (9 spaces)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Thursday 17<sup>th</sup> October 2024 (14 spaces)

@ 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 2<sup>nd</sup> October 2024 (8 spaces)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

