





Parent Support Sessions

<p>Helping our children to overcome their anxious thoughts and worries</p> <ul style="list-style-type: none"> • What happens when our child has anxious thoughts • Techniques to help our children to deal these thoughts • Share experiences and ideas to help each other 		<p>Thursday 9th May 2019 7 – 9 pm</p>	<p>Bracknell Open Learning Centre</p>
<p>Self-esteem – How to build and support it in your child</p> <ul style="list-style-type: none"> • What is self-esteem and why is it important? • How to boost your child’s self-esteem • Where to go for extra support 		<p>Monday 3rd June 2019 9.30 – 11.30</p>	<p>Bracknell Open Learning Centre</p>
<p>Managing your child’s behaviour in a positive way</p> <ul style="list-style-type: none"> • A look at our own parenting styles • Tools for managing our children’s behaviour positively • Boosting our relationship with our children 		<p>Monday 10th June 2019 7 – 9 pm</p>	<p>Bracknell Open Learning Centre</p>
<p>Helping our children to have a healthy night’s sleep</p> <ul style="list-style-type: none"> • Learn at how much sleep children and adults really need. • Get some tips on how to get a good night’s sleep. • Learn how to help children develop good sleeping habits 		<p>Monday 17th June 2019 9.30 – 11.30</p>	<p>Bracknell Open Learning Centre</p>

This course is delivered by a Bracknell Forest Parenting Practitioner for parents and carers of children at any of the local primary schools. If you would like to attend any of the above courses, please let Beth Devlin (our SENCo) know and she will try and book a space on the course.