

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



Wednesday 10th January 2024 (5 spaces remaining)

9.30 – 11.30 am

@ Bracknell Open Learning Centre.

Monday 5th February 2024 (7 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre.

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 15th January 2024 (7 spaces remaining)

9.30 – 11.30 am

@ Bracknell Open Learning Centre

Thursday 22nd February 2024 (7 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

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 26th February 2024 (12 spaces remaining)

6.30 – 8.30 pm

@ Bracknell Open Learning Centre

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 (11 spaces remaining)

9.30 – 11.30

@ 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

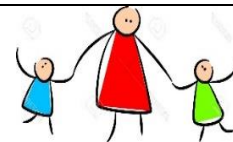


Monday 5th February 2024 (14 spaces remaining)

9.30 – 11.30

@ 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

Thursday 1st February 2024 (13 spaces remaining)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 5th March 2024 (13 spaces remaining)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Supporting a smooth transition to secondary school (YR 5/6 parents)



A 2-hour session looking at:

- What the transition involves
- The positives and concerns of transitioning to a new setting
- Boosting your child's ability to have a smooth transition

Tuesday 16th April 2024 (14 spaces remaining)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 23rd May 2024 (15 spaces remaining)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Wednesday 5th June 2024 (11 spaces remaining)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

We're also delivering at the following schools please book direct with the school.

St. Josephs	03/06/24
St. Michaels EH	04/06/24
The Pines School	07/06/24
Great Hollands	11/06/24
Meadow Vale	12/06/24

9 – 11
9 – 11
9 – 11
1 – 3
9 - 11

Supporting a smooth transition from Year R to Year 1 and beyond



A 2-hour session looking at:

- 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 3rd May 2024 (15 spaces remaining)

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Tuesday 7th May 2024 (14 spaces remaining)

@ Bracknell Open Learning Centre

6.30 – 8.30 pm