

Supporting Your Children Workshops

To book a space please email your full name to 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 13th May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Thursday 23rd 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!
- Strategies to deal with unacceptable behaviours.



Thursday 2nd May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

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 23rd April 2024

@ Bracknell Open Learning Centre

9.30 – 11.30 am

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 24th April 2024

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Thursday 9th May 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Encouraging Resilience – Keep Calm and Bounce Back

A 2-hour session looking at:

- How to build natural resilience.
- Encouraging positive social skills.
- Encouraging children out of their comfort zone and not to give up.

RESILIENCE - the process of handling stress and recovering from trauma or adversity.



Wednesday 17th April 2024

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Tuesday 30th April 2024

@ Bracknell Open Learning Centre

9.30 – 11.30 am

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

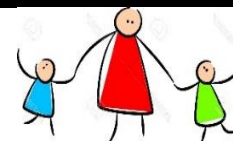


Please let me know if you would like to go on the waiting list for future sessions

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



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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 16 th April 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Thursday 23 rd May 2024 @ Bracknell Open Learning Centre	6.30 – 8.30 pm
Wednesday 5 th June 2024 @ Bracknell Open Learning Centre	9.30 – 11.30 am
We're also delivering at the following schools please book directly with the school.	
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 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 3 rd May 2024 @ Bracknell Open Learning Centre	9.30 – 11.30 am
Tuesday 7 th May 2024 (FULLY BOOKED) @ 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

We're also delivering at the following schools please book directly with the school.	
St. Margaret Clitherow 21/05/24	9 – 11 am