

## 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.



Wednesday 4<sup>th</sup> June 2025

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

Monday 9<sup>th</sup> June 2025

@ Bracknell Open Learning Centre

9.30 – 11.30 am

### Encouraging Resilience – Keep Calm and Bounce Back

#### A 2-hour session looking at:

- How to build your child's natural resilience.
- Encouraging your child's 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.



Thursday 26<sup>th</sup> June 2025

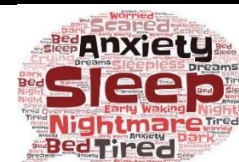
@ Bracknell Open Learning Centre

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.



Monday 16<sup>th</sup> June 2025

@ 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 5<sup>th</sup> June 2025

@ Bracknell Open Learning Centre

9.30 – 11.30 am

Monday 30<sup>th</sup> June 2025

@ Bracknell Open Learning Centre

6.30 – 8.30 pm

### Reducing Sibling Rivalry

#### A 2-hour session looking at:

- Encouraging a more harmonious sibling relationship
- Learn / revisit techniques for children to cope with being siblings.
- Boosting children's emotional literacy





<i>@ Meadow Vale (parents from this school only – book directly through school)</i>	
Friday 13th June 2025 <i>@ Great Hollands (parents from this school only – book directly through school)</i>	9 – 11 am
Tuesday 17 <sup>th</sup> June 2025 <i>@ St. Josephs (parents from this school only – book directly through school)</i>	9 – 11 am
Tuesday 17 <sup>th</sup> June 2025 <i>@ Kings Academy Oakwood (parents at this school only – book directly with school)</i>	1 – 3 pm
Tuesday 24 <sup>th</sup> June 2025 <i>@ Bracknell Open Learning Centre</i>	6.30 – 8.30 pm

If there are no suitable dates, please let me know so that I can add you to the waiting list  
for future sessions