# Supporting Your Children Workshops 2025 - 2026

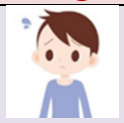
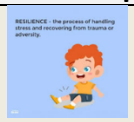
To book a space email Inge.Taylor@bracknell-forest.gov.uk

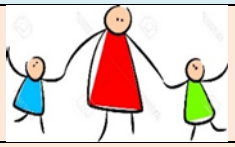
Each course is a **standalone 2-hour session,** is universal (not specific for SEND), aimed at parents of primary aged children and is for the adults supporting **not** the children themselves so **please arrange childcare if needed**

Once you have completed an enrolment form your space will be confirmed

**Please only book if you are *going to be able to attend* to avoid other parents missing out.**

All sessions unless stated otherwise **take place at The Bracknell Open Learning Centre**

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| **Supporting Children to Overcome their Anxious Thoughts and Worries**<br>Exploring how anxiety affects primary aged children learning simple, effective techniques to support children to overcome their Anxious Thoughts and Worries. |  |
| **Monday 13th April 2026** | **6.30 – 8.30 pm** |
| **Monday 8th June 2026** | **6.30 – 8.30 pm** |
| **Managing Behaviour in a Positive Way**<br>A session exploring positive behaviour strategies enabling parents to gain practical tools for handling challenging behaviours with confidence and care. |  |
| **Thursday 05th March 2026** | **6.30 – 8.30 pm** |
| **Thursday 23rd April 2026** | **6.30 – 8.30 pm** |
| **Monday 22nd June 2026** | **6.30 – 8.30 pm** |
| **Parenting your pre / early-teens in a Positive Way (aged 10 – 13)**<br>An insight into parenting, looking at positive behaviour strategies, different ways to strengthen communication / connection with your pre-teen child. |  |
| **Wednesday 4th February 2026** | **6.30 – 8.30 pm** |
| **Parenting your teen in a Positive Way (aged 13 – 16)**<br>A session focused on using positive approaches to guide teenage behaviour, building stronger communication and connection during the teen years. |  |
| **Thursday 12th February 2026** | **6.30 – 8.30 pm** |
| **Encouraging Resilience – Keep Calm and Bounce Back**<br>Gain practical tips, leaving you inspired and equipped to help children bounce back stronger; no matter what life throws their way |  |
| **Let me know if you would like to be on the list for future dates** | |
| **Transition to secondary school**<br>Gain practical tips, share experiences, and learn how to support your child through the exciting, sometimes challenging transition to secondary school. |  |
| **Monday 29th June 2026** | **6.30 – 8.30 pm** |
| **Transition: Reception to Year 1 and beyond**<br>The move from Yr R to 1 is a big step in your child's learning journey. Session helps parents understand what the transition involves and how to support. |  |
| **Thursday 25th June 2026** | **6.30 – 8.30 pm** |
| **A healthy night's sleep**<br>Sleep is essential for children's wellbeing, learning, and behaviour. Get practical tips to help children build healthy, lasting sleep habits |  |
| **Tuesday 17th March 2026** | **9.30 – 11.30** |

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| **Reducing Sibling Rivalry**<br>A supportive session, to give parents and caregivers tools to strengthen sibling bonds, whilst creating a calm and connected family environment. |  |
| **Let me know if you would like to be on the list for future dates** | |
| **Family Dynamics**<br>Family life comes in many forms, and every child deserves to feel secure / supported. Session offers practical guidance navigating varying dynamics. |  |
| **Monday 9th February 2026** | **9.30 – 11.30** |

To book a space or get further information email Inge.Taylor@bracknell-forest.gov.uk

Each toolkit is universal (not SEND specific) aimed at primary aged children & not suitable for younger siblings to attend and will be held at the Bracknell Open Learning Centre

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Please only book if you are going to be able to attend to avoid other parents missing out.

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| **EBSA (Emotionally Based School Avoidance)**<br>A 2-week toolkit (you are expected to attend both sessions)<br>**Week 1 – *parent only*** session looking at - What EBSA is, how to support your child to build 'being in school' resilience and what you can expect schools to do.<br>**Week 2 – *parents + child*** *(need school's permission for child to attend)* looking at supporting children to challenge 'What if's?' produce resilience tools and next steps. |  |