

## Supporting Your Children Workshops 2026 /27

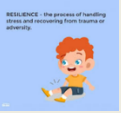
To book a space email [Inge.Taylor@bracknell-forest.gov.uk](mailto:Inge.Taylor@bracknell-forest.gov.uk)

Each course is a **standalone 2-hour session**, is universal (not specific for SEND), 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

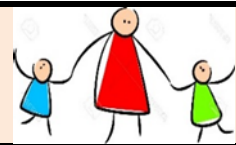
**Please only book if you are *going to be able to attend* to avoid other parents missing out.**

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

|                                                                                                                                                                                                                                    |                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Supporting Children to Overcome their Anxious Thoughts and Worries</b><br>Exploring how anxiety affects primary aged children using simple, effective techniques to support them to overcome their Anxious Thoughts & Worries.  |    |
| <b>Thursday 1<sup>st</sup> October 2026</b>                                                                                                                                                                                        | <b>9.30 – 11.30 am</b>                                                                |
| <b>Monday 16<sup>th</sup> November 2026</b>                                                                                                                                                                                        | <b>6.30 – 8.30 pm</b>                                                                 |
| <b>Managing Behaviour in a Positive Way</b><br>Supporting parents of primary aged children develop positive behaviour strategies and handle challenging behaviours with confidence and care.                                       |    |
| <b>Monday 21<sup>st</sup> September 2026</b>                                                                                                                                                                                       | <b>9.30 – 11.30 am</b>                                                                |
| <b>Thursday 5<sup>th</sup> November 2026</b>                                                                                                                                                                                       | <b>6.30 – 8.30 pm</b>                                                                 |
| <b>Parenting your pre / early-teens in a Positive Way (aged 10 – 13)</b><br>An insight into parenting, looking at positive behaviour strategies, different ways to strengthen communication / connection with your pre-teen child. |   |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |
| <b>Parenting your teen in a Positive Way (aged 13 – 16)</b><br>A session focused on using positive approaches to guide teenage behaviour, building stronger communication and connection during the teen years.                    |  |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |
| <b>Encouraging Resilience – Keep Calm and Bounce Back</b><br>Gain practical tips, leaving you inspired and equipped to help primary aged children bounce back stronger; no matter what life throws their way                       |  |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |
| <b>Transition to secondary school</b><br>Gain practical tips, share experiences, and learn how to support your child through the exciting, sometimes challenging transition to secondary school.                                   |  |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |
| <b>Transition: Reception to Year 1 and beyond</b><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.                     |  |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |
| <b>A healthy night's sleep</b><br>Support for parents of primary aged children to gain practical tips to help children build healthy, lasting sleep habits                                                                         |  |
| <b>Monday 12<sup>th</sup> October 2026</b>                                                                                                                                                                                         | <b>6.30 - 8.30 pm</b>                                                                 |
| <b>Reducing Sibling Rivalry</b><br>A supportive session giving parents of primary aged children the tools to strengthen sibling bonds and create a calm, connected family environment.                                             |  |
| <b>Let me know if you would like to be on the list for future dates</b>                                                                                                                                                            |                                                                                       |

**Family Dynamics**

Family life comes in many forms for primary aged children. Session offers practical guidance navigating varying dynamics.



**Let me know if you would like to be on the list for future dates**