

Supporting Your Children Workshops 2026 / 27

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

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

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

2-week First Steps Toolkit - (for primary aged children)

Guiding Children Through Anxious Thoughts and Emotional Challenges

Week 1 – parent only

- Discuss what happens when are faced with challenges.
- Look at techniques to support your child.
- Share ideas with the view of encouraging each other

Week 2 - Parent and child (check with school for children to come for the 2nd session)

- Design support tools around your family.
- Spend quality time supporting your children.
- Produce resources to use at home.



You will be expected to attend both sessions.

Thursday 5th November 2026 (**Parents only**)

Thursday 12th November 2026 (**Parent and child for whole session**)

12.45 - 2.45
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Each of the following courses 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**

Supporting Children to Overcome Anxious Thoughts / Worries

Exploring how anxiety affects primary aged children using simple, effective techniques to support them to overcome their Anxious Thoughts & Worries.



Monday 16th November 2026

6.30 – 8.30 pm

Monday 18th January 2027

9.30 – 11.30 am

Thursday 25th February 2027

6.30 - 8.30 pm

Tuesday 18th May 2027

9.30 - 11.30 am

Wednesday 23rd June 2027

6.30 – 8.30 pm

Managing Behaviour in a Positive Way

Supporting parents of primary aged children develop positive behaviour strategies and handle challenging behaviours with confidence and care.



Thursday 5th November 2026

6.30 – 8.30 pm

Monday 11th January 2027

6.30 - 8.30 pm

Tuesday 23rd February 2027

9.30 - 11.30 am

Thursday 13th May 2027

6.30 - 8.30 pm

Parenting your pre / early-teens in a Positive Way (aged 10 – 13)

An insight into parenting, looking at positive behaviour strategies, different ways to strengthen communication / connection with your pre-teen child.

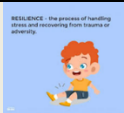


Let me know if you would like to be on the list for future dates

Parenting your teen in a Positive Way (aged 13 – 16)

A session focused on using positive approaches to guide teenage behaviour, building stronger communication and connection during the teen years.



Let me know if you would like to be on the list for future dates	
Encouraging Resilience – Keep Calm and Bounce Back Gain practical tips, leaving you inspired & equipped to help primary aged children bounce back stronger; no matter what life throws at them	
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Transition to secondary school Gain practical tips, share experiences, and learn how to support your child through the exciting, sometimes challenging transition to secondary school.	
Monday 5th July 2027	6.30 - 8.30 pm
Transition: Reception to Year 1 and beyond 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 1st July 2027	6.30 - 8.30 pm
A healthy night's sleep Support for parents of primary aged children to gain practical tips to help children build healthy, lasting sleep habits	
Let me know if you would like to be on the list for future dates	
6.30 - 8.30 pm	
Reducing Sibling Rivalry A supportive session giving parents of primary aged children the tools to strengthen sibling bonds and create a calm, connected family environment.	
Let me know if you would like to be on the list for future dates	
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	