

Supporting Your Children Workshops 2025 - 2026





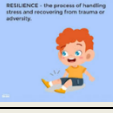



To book a space email Inge.Taylor@bracknell-forest.gov.uk

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

Supporting Children to Overcome their Anxious Thoughts and Worries 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 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) 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) 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 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 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 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 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

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

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.