

Supporting Your Children Workshops 2026 / 27

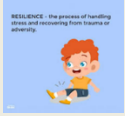
To book a space email Inge.Taylor@bracknell-forest.gov.uk

Each course is a **standalone 2-hour session**, is universal (not specific for SEND), 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 Anxious Thoughts / Worries Exploring how anxiety affects primary aged children using simple, effective techniques to support them to overcome their Anxious Thoughts & Worries.	
Thursday 1 st October 2026	9.30 – 11.30 am
Monday 16 th November 2026	6.30 – 8.30 pm
Monday 18 th January 2027	9.30 – 11.30 am
Thursday 25 th February 2027	6.30 - 8.30 pm
Tuesday 18 th May 2027	9.30 - 11.30 am
Wednesday 23 rd 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 5 th November 2026	6.30 – 8.30 pm
Monday 11 th January 2027	6.30 - 8.30 pm
Tuesday 23 rd February 2027	9.30 - 11.30 am
Thursday 13 th 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.	
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Encouraging Resilience – Keep Calm and Bounce Back Gain practical tips, leaving you inspired and equipped to help primary aged children bounce back stronger; no matter what life throws their way	
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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 5 th 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 1 st 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	
Monday 12 th October 2026	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	