

Online Workshops

Helping children to overcome anxious thoughts and worries

2 x 1-hour sessions looking at

- Look what happens when children become anxious
- Look at the impact that COVID has had on children's mental health
- Look at some techniques for helping children deal with their fears and worries



Course M	Wednesday 28 th April and 5 th May 2021	9.30 – 10.30	12 spaces
Course N	Tuesday 18 th and 25 th May 2021	7 – 8 pm	12 spaces

Managing Behaviour in a Positive Way

2 x 1-hour sessions looking at

- Gain an insight into your own parenting style
- Learn or revisit positive ways of managing behaviour
- Build on a positive relationship with your child
- The COVID impact on behaviour

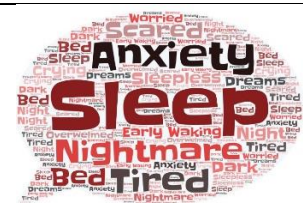


MB7	Monday 10 th and 17th May 2021	9.30 – 10.30	12 spaces
MB8	Thursday 10 th and 17 th June 2021	7 – 8 pm	12 spaces

Supporting Children to get a Healthy Night's Sleep

1-hour session looking at

- How much sleep children and adults really need?
- Tips on how to get a good night's sleep.
- Help children develop good sleeping habits



Sleep 3	Wednesday 12 th May 2021	9.30 – 10.30 am	11 spaces
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You will be expected to attend **all sessions** of your chosen course which will be delivered via Zoom.

If you would like to book a space, would like to go a waiting list for future courses or have questions please email your name, school and contact number to

Inge.Taylor@bracknell-forest.gov.uk