



**FAMILY
LEARNING**



Monday 21st June 2021

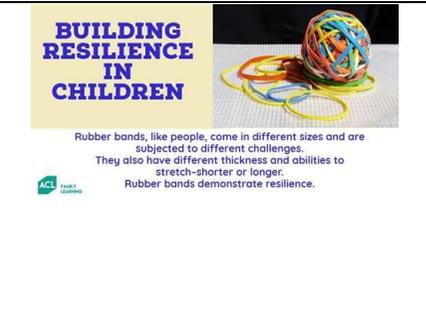
	<p>FL Understanding Children Monday 21/06/2021 (delivered over 4 weeks) 19:00 - 21:00 Delivered online</p>	<p>A course to support you and understand your children and provide parenting support. We will explore acknowledging feelings, parenting styles, communication and so much more</p>	<p>To book: https://tinyurl.com/understanding-children-june</p>
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Tuesday 22nd June 2021

	<p>FL Preparing for Starting School First Time Tuesday 22/06/2021 (delivered over 2 weeks) 12:30-14:30 Delivered online</p>	<p>An opportunity to have support about what you can do to support your child starting primary school from routines to how they learn English and Maths</p>	<p>To book: https://tinyurl.com/primary-school-1st-time</p>
	<p>FL Understanding Children Tuesday 22/06/2021 (delivered over 4 weeks) 10:00- 12:00 Delivered online</p>	<p>Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others, but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.</p>	<p>To book: https://tinyurl.com/Understanding-children-pm</p>
	<p>FL Relaxation for Parents/Families Tuesday 22/06/2021 (just this session) 16:30-18:00 Delivered online</p>	<p>This session is aimed at parents who want to spend some time looking after themselves now the children are back at school and to look ahead to the Summer Holidays and covering relaxation techniques for the whole family. Learn fun massage techniques, simple yoga poses and more. Hints and tips to make the most of your free time, when you get it.</p>	<p>To book: https://tinyurl.com/kcdmdpkz</p>





 <p>Understanding children's anxieties</p> <p>phone a friend</p> <p>we can be that safe space to talk</p> <p>Tuesday 22nd June-13th July 7-9pm</p> <p>As a parent, how can you help?</p>	<p>FL Understanding Children's Anxieties</p> <p>Tuesday 22/06/2021 (delivered over 4 weeks) 19:00 - 21:00</p> <p>Delivered online</p>	<p>Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others', but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.</p>	<p>To book: https://tinyurl.com/af7b3je7</p>
 <p>BUILDING RESILIENCE IN CHILDREN</p> <p>Rubber bands, like people, come in different sizes and are subjected to different challenges. They also have different thickness and abilities to stretch-shorter or longer. Rubber bands demonstrate resilience.</p>	<p>FL Building resilience with children</p> <p>Tuesday 22/06/2021 (just this session) 09:30-11:30</p> <p>Delivered online</p>	<p>The good news is that resilience skills can be learned. Building resilience is the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Does your child rip their work out or think they are not good enough? Do they get frustrated when trying new things? Failing is a part of life and helps build resilience.</p>	<p>To book: https://tinyurl.com/26wnm8dm</p>
Wednesday 23rd June 2021			
 <p>Getting children to listen!</p> <p>Wednesday 23rd June 9:30-11:30am</p>	<p>FL Talking so your children will listen</p> <p>Wednesday 23/06/2021 (just this session) 09:30-11:30</p> <p>Delivered online</p>	<p>Communication is key in any team, and a family is no different! Do you feel like you are on repeat? Why not come along to our free workshop on – How to talk so your kids will listen.</p>	<p>To book: https://tinyurl.com/bf8x6988</p>
Thursday 24th June 2021			
 <p>This session will explore how we can help our children to develop a growth mindset. Once this is in place they can learn, grow and thrive.</p> <p>GROWTH MINDSET - HELP YOUR CHILD THRIVE AND GROW!</p> <p>THURS 24TH JUNE 9.30AM-12 2 WEEKS</p>	<p>FL Developing a Growth Mindset</p> <p>Thursday 24/06/2021 (just this session) 9:30-12</p> <p>Delivered online</p>	<p>Children are under more pressure than ever to learn due to missing so much valuable teaching time during lockdown. This workshop explores how we can help our children to develop a growth mindset. Once this is in place they can learn, grow, and thrive.</p>	<p>To book: https://tinyurl.com/3sfpr373</p>



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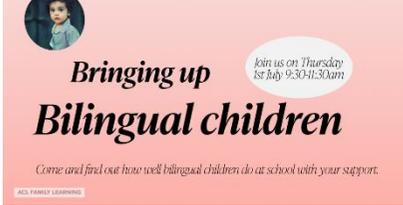


 <p>First Aid Basics Thursday 24th June 7pm - 9pm FREE An introduction to Family First Aid. It will give you current advice for young children such as dealing with choking, CPR and burns. And give you confidence as a parent.</p>	<p>FL First Aid Basics Thursday 24/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop will demonstrate the basics of first aid to include CPR, choking and more</p>	<p>To book: https://tinyurl.com/2jdabja4</p>
Monday 28th June 2021			
 <p>FL Meet the poet in you Monday 28/06/2021 (delivered over 2 weeks) 14:00-16:00 Delivered online</p>	<p>FL Meet the poet in you Monday 28/06/2021 (delivered over 2 weeks) 14:00-16:00 Delivered online</p>	<p>This course will give you the chance to explore some coastal themed poetry and find your inner poet. You do not need to have studied poetry before, come along and find out how enjoyable poetry can be.</p>	<p>To book: https://tinyurl.com/mv49tut8</p>
Tuesday 29th June 2021			
 <p>FL Self Care Using Apps Tuesday 29/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>FL Self Care Using Apps Tuesday 29/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop is aimed at parents. What technology is available to help with self-care including how to not let it take over your life.</p>	<p>To book: https://tinyurl.com/pcvpdynj</p>
Wednesday 30th June 2021			
 <p>FL Transition to high school (KS3) Wednesday 30/06/2021 (delivered over 2 weeks) 9:30-11:30 Delivered online</p>	<p>FL Transition to high school (KS3) Wednesday 30/06/2021 (delivered over 2 weeks) 9:30-11:30 Delivered online</p>	<p>We will look at differences between primary and secondary schools, the basic structure of the school, how uniform is stricter, homework etc. We will also cover what parents can do to get their child ready and where they can find help for themselves. How secondary school is portrayed in the media for their child and how to support you and your child with the transition from primary to secondary school.</p>	<p>To book: https://tinyurl.com/sffymeha</p>



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 <p>Mindmapping for memory</p>	<p>FL Mind mapping for memory Wednesday 30/06/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Do you find a page of text really dull and demotivating? Mind maps can really help visual learners to understand topics, see the big picture, make connections, organise ideas, list key points, plan writing and revise topics. They use colour, shape, and linkages to help you really remember things. Why not have a go?</p>	<p>To book: https://tinyurl.com/cam5vcpu</p>
 <p>Supporting your child's wellbeing Wed 30th June - 7th July 12.30-2.30pm</p>	<p>FL Supporting your child's wellbeing Wednesday 30/06/2021 (delivered over 2 weeks) 12:30-14:30 Delivered online</p>	<p>An opportunity to have guided support and tips on how to keep your child and young person emotionally well.</p>	<p>To book: https://tinyurl.com/5r8xrfhz</p>
Thursday 1st July 2021			
 <p>Bringing up Bilingual children Join us on Thursday 1st July 9:30-11:30am Come and find out how well bilingual children do at school with your support.</p>	<p>FL Bringing up bilingual children Thursday 01/07/2021 (just this session) 9:30-11:30 Delivered online</p>	<p>Do you worry about helping your children with homework or reading to them in your home language? Do you think it will confuse them? If so, stop worrying. Come and find out how well bilingual children do at school with your support.</p>	<p>To book: https://tinyurl.com/37b7488m</p>
 <p>1st July 2021 12.30-2.30pm Exploring Essex Rivers</p>	<p>FL Exploring Essex Rivers Thursday 01/07/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Explore a range of walks on offer for your family where you can see the wonders of the estuaries that Essex has to offer.</p>	<p>To book: https://tinyurl.com/rjp7jyay</p>
 <p>FL Family Goal Setting Have your attempts at setting goals not worked? Our workshop can provide you with methods to stay focused and whatever your goal may be, to accelerate towards it. Set SMART targets for the whole family, learn how vision boards can help us achieve our goals and make your own.</p>	<p>FL Family Goal Setting Thursday 01/07/2021 (just this session) 16:30-18:30 Delivered online</p>	<p>Set SMART targets for the whole family, learn how vision boards can help us achieve our goals and make your own. Useful but not essential to bring: card, old magazines, scissors, colouring pens/pencils, glue.</p>	<p>To book: https://tinyurl.com/k5kefpgk</p>





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All these sessions are delivered by ACL Community and Family Learning either face-to-face or online and are FREE group-based support for any parent/carer/guardian living in Essex caring for a child under 18.

Please feel free to share with anyone else you feel would benefit, living in Essex.

Please visit [our website](#) for specific course details or visit our [Facebook group](#).

For more information please contact us:

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