

Supporting Your Children Workshops 2026





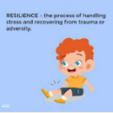



To book a space email Inge.Taylor@bracknell-forest.gov.uk



Each course is a **standalone 2-hour session**, is universal (not specific for SEND), 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 using simple, effective techniques to support them to overcome their Anxious Thoughts & 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 Supporting parents of primary aged children develop positive behaviour strategies and handle challenging behaviours with confidence and care.	
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.	
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 and equipped to help primary aged 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.	
Tuesday 2nd June 2026 (@ Owlsmoor School for Owlsmoor parents)	9 – 11 am
Thursday 4th June 2026 (@ The Pines School for The Pines parents)	9 – 11 am
Monday 8th June 2026 (@ St. Micheals EH for St. Micheals parents)	9 – 11 am
Tuesday 9th June 2026 (@ Meadow Vale for Meadow Vale parents)	9 – 11 am
Monday 29th June 2026 (@ Bracknell Open Learning Centre)	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 Support for parents of primary aged children to gain practical tips to help children build healthy, lasting sleep habits	
Tuesday 17th March 2026	9.30 – 11.30

<p>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.</p>	
<p>Thursday 7th May 2026</p>	<p>9.30 – 11.30 am</p>
<p>Family Dynamics Family life comes in many forms for primary aged children. Session offers practical guidance navigating varying dynamics.</p>	
<p>Thursday 30 April 2026</p>	<p>6.30 – 8.30 pm</p>

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.

<p>EBSA (Emotionally Based School Avoidance) A 2-week toolkit (you are expected to attend both sessions) Week 1 – parent only session looking at - What EBSA is, how to support your child to build ‘being in school’ resilience and what you can expect schools to do. Week 2 – parents + child (need school’s permission for child to attend) looking at supporting children to challenge ‘What if’s?’ produce resilience tools and next steps.</p>	
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