

Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of county wide online workshops. We welcome any parent/carer with a child/ren in primary schools.

Parental wellbeing - Tuesday 09th January 2024 (12:00-13:00)

A workshop around recognising our pressures as parents / carers, and the importance of looking after ourselves so that we can take care of everyone else around us.

Supporting your child with feelings of worry - Tuesday 16th January 2024 (12:00 -13:30)

A workshop that explores the definition of anxiety, its purpose and how it may affect children including advice around supporting children to understand how they are feeling and some strategies that may help them to manage these feelings.

Supporting your child with feelings of anger – Tuesday 23rd January 2024 (12:00 -13:30)

A workshop that explores angry feelings including what is happening in our brain when we feel angry, how to explain this to children and some useful strategies to use when we have this difficult feeling.

Arguing Better- Session 1 Tuesday 30th January 2024 (12:00 -13:30) Parents need to attend both sessions

The workshop is for parents experiencing high levels of stress and couple conflict. It aims to raise awareness of parental conflict and its impact on children, to increase parents' capacity to cope with stress together and to support parents to develop skills to manage their conflict more constructively.

Sleep -Tuesday 6th February (12:00-13:00)

A workshop that explores some common sleep difficulties, looks at sleep hygiene, bedtime routines and suggests some strategies that may help support your child to get a good night sleep.

Arguing Better- Session 2 Tuesday 13th February 2024 (12:00 -13:30) Parents need to attend both sessions

To book a place on any of the workshops, please use the link or the QR code



<https://forms.office.com/e/4tCXqv3PC>