

Family Learning Brighton & Hove online courses and workshops

Family Learning Brighton & Hove are running a range of online courses, starting on Monday 5th October. These courses will be delivered live, online by one of our experienced tutors, for small groups of parents or carers. To book your place, or for further information, please email Family.Learning@brighton-hove.gov.uk

Present Moment: Relaxation tips for parents and carers. Learn how to use mindfulness to unwind after a long day and cope with everyday challenges.

For parents and carers only. Please note this is a 3-week course.

Thursdays 8 & 15 & 22 October 7.30 - 8 pm

Tutor: Agnes Munday

Venue: Online

Mindful Play: Calming play ideas for parents and children to enjoy together.

For parents and children (4-8 years old). Please note this is a 3-week course.

Thursdays 8 & 15 & 22 October 4.30 – 5pm

Tutor: Agnes Munday

Venue: Online

Family First Aid for Parents: Learn about accident prevention and how to respond in a medical emergency with your child.

For parents of babies and children aged up to 10 years. Please note this is a 4 week course and is non- accredited.

Thursdays 5 & 12 & 19 & 26 November 7.30-8pm

Tutor: Agnes Munday

Venue: Online

Talk the Talk: Easy, fun ways to support your child's language development. Get tips and ideas to help your child reach their language milestones.

For parents of babies and children up to 4 years. Please note this is a 3-week course.

Thursdays 8 & 15 & 22 October 10-11am

Tutor: Kerry Fawcett

Venue: Online

Becoming a Reader: Discover the benefits of sharing books with young children, they are never too young to start! Find out about the journey of becoming a reader and how to encourage a love of books that could last a lifetime.

For parents and carers of babies and children up to 5 years. Please note this is a 2-week course.

Wednesdays 7 & 14 October 10-11am

Tutor: Kerry Fawcett

Venue: Online

Story Sacks Workshop: Learn how to bring books to life with story sacks. Discover how to use toys and props to help your child engage with a story.

For parents and carers of babies and children up to 5 years. This course would be a good follow-on from the Becoming a Reader course. Please note this is a one – off workshop.

Wednesdays 21 October 4 / 11 November 10-11am

Tutor: Kerry Fawcett

Venue: Online

Starting Out with Phonics: Early phonics explained. Learn about the importance of phonics (letters and sounds) and how you can support your child at home.

For parents and carers of preschool children. Please note this is a one-off workshop.

Tuesdays 13/ 20 October and 3 November 10-11 am

Tutor: Kerry Fawcett

Venue: Online

Building Children's Resilience: In this series of five weekly workshops you will explore practical ways to develop your child's self-confidence so that challenges don't overwhelm them.

For parents or carers of primary age children. Please note this is a 5-week course.

Thursdays 8,15 & 22 October & 5 & 12 November 11am-12pm

Tutor: Jo Roeg

Venue: Online

Supporting a Child with Anxiety: These workshops are designed to support parents/carers of children experiencing anxiety. They explore how children can be affected by anxiety and suggest practical ways to support children through this.

For parents or carers of primary age children. Please note this is a 2- week course.

Mondays 5 & 12 October 11am – 12pm Mondays 12 & 19 October 1.30-2.30 pm

Tuesdays 13 & 20 October 10-11am Mondays 2 & 9 November 11am – 12pm

Tutor: Jo Roeg

Venue: Online

Help Your Child to Read with Phonics – and Enjoy It! Would you like a better understanding of the way phonics teaches children to read? These workshops make phonics simple and suggest easy, fun ways to support your Year 1 child with reading.

For parents and carers of Year 1 children. Please note this is a 2-week course.

Tuesdays 6 & 13 October 1.30-2.30pm

Monday 2 & 9 November 1.30-2.30pm

Tutor: Jo Roeg

Venue: Online

Maths Talk – (years 3 and 4): Learn how to include maths in everyday routines and conversations. Discover ways to develop your child's skills by bringing maths to life at home.

For parents and carers of Year 3 or Year 4 children. Please note this is a 2-week course.

Tuesdays 6 & 13 October 10am – 11pm

Tutor: Margaret Allen

Venue: Online

Year 1 Maths – “This is the way we do it!”: Explore the key maths skills taught in year one and share simple ideas on how to support your child’s maths at home and out and about.

For parents and carers of children in Year 1. Please note this is a 2-week course.

Wednesdays 7 & 14 October 10.30am – 11.30 am

Tutor: Margaret Allen

Venue: Online

Help Your Child with Times Tables – (years 2 – 4): Explore ways of making times tables fun and memorable and prepare your child for the times tables test in year 4.

For parents and carers of children in Year 2, 3 or 4. Please note this is a one-hour workshop.

Wednesdays 7 / 21 October 1.30-2.30 pm

Thursdays 8 / 15 / 22 October 1.30-2.30 pm

Tutor: Margaret Allen

Venue: Online

Keeping up with the Children – Maths (year 3 and 4) Build your confidence in maths by exploring the methods taught in school today and be able to support your child with their maths homework. This course could be taken with a view to working towards a qualification.

For parents and carers of children in Years 3 or 4. Please note this is a 3-week course.

Thursdays 5 & 12 & 19 November 11am – 12 pm

Tutor: Margaret Allen

Venue: Online

Keeping up with the Children – Maths (year 5 and 6): Build your confidence in maths by exploring the methods taught in school today and be able to support your child with their maths homework. This course could be taken with a view to working towards a qualification.

For parents and carers of children in Years 3 or 4. Please note this is a 3-week course.

Wednesdays 4 & 11 & 18 November 1 – 2 pm

Tutor: Margaret Allen

Venue: Online