

Brighton & Hove Family Learning

Free online workshops

What is family learning?

Families learning together or parents/carers gaining skills can benefit the whole family. These short courses are fun, relaxed and run for small groups, with no grading or exams.

Why is family learning important?

You are your child's first and most important teacher! Research shows that children whose parents support their learning and get involved do better both at school and in later life.

Family learning leads to:

- improved learning and behaviour for children
- benefits to health, wellbeing and family relationships
- an increase in parents' abilities and confidence to help their children learn

Upcoming courses and workshops include

For parents and children together:

- Family first aid
- Make & Play
- Recycling box maths

For parents of secondary school children:

- Supporting a teenager with anxiety
- Building teenagers' resilience

For parents of primary school children:

- Supporting a child with anxiety
- Building children's resilience
- Starting out/ Moving on with phonics
- Maths – Keeping up with the children!

Wellbeing courses for parents:

- Mindful Eating – the anti-diet
- Getting back to you – recovery from trauma

For parents of pre-schoolers:

- Becoming a reader



For more course details and dates, visit:
Family learning online classroom
(brighton-hove.gov.uk) or email
Family.Learning@brighton-hove.gov.uk

