Free Family learningcourses for parents starting soon

**Eligibility criteria: that you have been resident in the UK or in a European Economic Area country for the past three years, are married to an EU citizen or have a parent, brother/sister or child who has been resident for three years.**

All courses will be taught online on Microsoft Teams

**Story writing with your child**(three sessions) – **Tuesday 24th November, Tuesday 1st December, Tuesday 8th December – 9.30am to 11.30am**

* Write picture books using rhyme and repetition
* Experience twenty creative writing activities to tell stories
* ****Learn to use characters, settings, problems and resolutions to make up stories with your children
* Identify SPaG (spelling, punctuation & grammar) opportunities to improve children’s writing

**Emotional Health: You and your family**(three sessions)**– Thursday 26th November, Thursday 3rd November, Thursday 10th November – 12.30pm to 2.00pm**

* Developing communication and relationship skills
* Enhancing self-esteem and empathy with our children
* Understanding and responding to difficult feelings – our own and our children’s
* Taking care of our family’s emotional health & nurturing ourselves

**Reading with your young child**(single session) – **Friday 27th November from 9.30am to 11.30am**

* Pre-reading skills and activities to get your child ready for reading
* How children learn to read at school
* All about phonics teaching

**Emotional Health: You and your family**(three sessions)**– Monday 30th November, Monday 7th November, Monday 14th November – 9.30am to 11.30am**

* Developing communication and relationship skills
* Enhancing self-esteem and empathy with our children
* Understanding and responding to difficult feelings – our own and our children’s
* Taking care of our family’s emotional health & nurturing ourselves

**Inspiring Confidence** (five sessions) – **Wednesday evenings: 2nd, 9th, 16th December & 6th, 13th January – 6.30pm to 8.00pm**

* Overcoming low expectations and challenging negative thoughts
* Exploring different learning styles
* Developing a positive attitude to learning in your child
* Encouraging your child to develop a growth mindset

**Spontaneous storytelling** (two sessions)  – **Friday 4th December & Friday 11th December – 9.30am to 11.30am**

* The importance of storytelling in children’s development
* Experience twenty spontaneous storytelling games and activities
* Make up and tell spontaneous stories to your own children

**To sign up for these free family learning courses, please contact:**

**Tony Payne, Family Learning Lecturer**

**Email:** **tony.payne@abingdon-witney.ac.uk**