



## TRAINING OPPORTUNITIES FOR FAMILIES SPRING TERM 2020

We have a number of courses running this term, if you would like further information on dates, venues or would like to book please contact Jacqui on: 07717 587152 or Clare on: 07717 588059

### Understanding Your Child



Solihull Approach Group for parents/carers  
(delivered by the Children's Centre team)

- Tuning into your child
- Exploring feelings and communication
- Sleep patterns and temper tantrums

ASHBY CHILDREN'S CENTRE

Wednesdays 12.45 pm – 2.45 pm 8th January – 1st April 2020

WEST STREET CHILDREN'S CENTRE

Thursdays 9.30 am – 11.30 am 9th January – 2nd April 2020

BRIGG and ISLE CHILDREN'S CENTRE—To Be Confirmed

### Understanding Teenagers

(delivered by Fluent Coaching)

- Teenage Brain Development
- Communicating Effectively and Avoiding Conflict
- Adult & Teenager Maps of the World
- Needs of a teenager

KEADBY CHILDREN'S CENTRE

5.30 pm – 7.30pm Thursdays 27th February, 5th & 12th March 2020

BRIGG CHILDREN'S CENTRE

5.30 pm – 7.30 pm Wednesday 6<sup>th</sup>, Tuesday 12<sup>th</sup> & Wednesday 20<sup>th</sup> May 2020

### Emergency Paediatric First Aid

(delivered by Mini First Aid)

- On completion delegates receive a qualification valid for 3 years

ASHBY CHILDREN'S CENTRE

Tuesday & Wednesday 12 noon – 3.00 pm 11th & 12th February 2020



### Baby & Child First Aid Class

- 2 hour class covering: Choking, CPR, Bleeding, Bumps, Breaks & Burns, Febrile Convulsions & Meningitis Awareness.

HENDERSON AVENUE CHILDREN'S CENTRE

Wednesday 12.45 pm – 2.45 pm 1st April 2020

KEADBY CHILDREN'S CENTRE

Wednesday 12.45 pm – 2.45 pm 26th February 2020

### Combined First Aid Class for Kids & Parents

- A 90 minute fun and interactive class designed especially for a carer/parent to attend with their 6–11 year old children. Includes responding to Choking, CPR and a practical approach to treating injuries.

BARTON CHILDREN'S CENTRE

Tuesday 1.30 pm – 3.00pm 18th February 2020

KEADBY CHILDREN'S CENTRE

Friday 10.00 am – 11.30 am 21st February 2020

### Darling to Devil? Understanding your Tweenager

(delivered by Big Talk Education)

Not listening to you anymore, answering back and cheekiness, refusing to obey when asked to do something, swearing, secrets and lies. If all this sounds familiar and your son or daughter is aged 8-12 maybe they're going through the "Tweenage" years? Come and meet one of the BigTalk Team to understand more about the changes your son or daughter are going through, let us help you to help them and handle situations confidently.

BARTON CHILDREN'S CENTRE

Tuesday 12.45 pm – 2.45 pm 17th March 2020

### Emotional Wellbeing

Coming Soon  
A variety of courses  
To help you improve your mental health.



Venues and Dates To Be Confirmed

### A Positive Relationship With My Child

(delivered by the children's centre team)

- An opportunity to spend some quality time thinking about the relationship you have with your child
- Consider how you communicate with your child
- How to respond more positively to your child

BARTON

Dates To Be Confirmed

### Cooking for Toddlers

(delivered by Healthy Lifestyles Team)

Come join us for 6 sessions of healthy eating, and cooking sessions with your child. We can provide practical advice around cooking skills, recipes and nutrition support for toddlers.



WEST STREET CHILDREN'S CENTRE

Thursdays 12.45 pm – 2.45 pm 9th January – 13th February 2020

### Worried About Money?

(delivered by Ongo)

Come along to our money managing sessions where we will help you understand how to manage your money and how to budget yourself to be able to afford everyday life. The sessions will consist of 'Learning how to manage the Family Budget' 'Home Budgeting' and menu planning and 'Say no to debt'

BRIGG CHILDREN'S CENTRE

Wednesday 10.00 am – 12 noon 8<sup>th</sup> January 2020

HENDERSON AVENUE CHILDREN'S CENTRE

Wednesday 10.00 am – 12 noon 5<sup>th</sup> February 2020

BARTON CHILDREN'S CENTRE

Thursday 10.00 am – 12 noon 12<sup>th</sup> March 2020

Keep up-to-date with what courses are coming up and what is happening in the Children's Centres by following North Lincs FIS Facebook page.

