

Bitesize Parenting

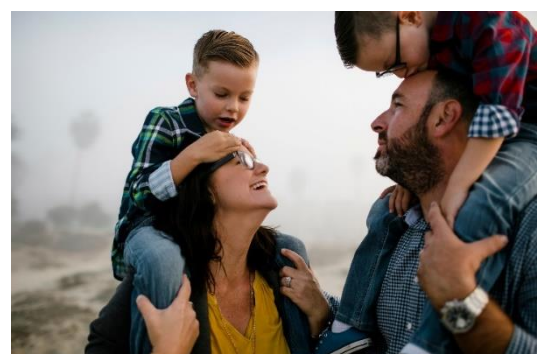
Workshop Description

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics. Turn over for more information about what each topic covers. Please book on by visiting www.cornwall.gov.uk/parenting

Workshop Dates:

Date	Time	Topics
Wednesday 11.09.24	12:30-14:30	Supporting healthy relationships
Wednesday 18.09.24	12:30-14:30	Supporting education and school
Tuesday 24.09.24	18:00-20:00	Supporting healthy relationships
Wednesday 25.09.24	12:30-14:30	Sibling rivalry and conflict
Tuesday 01.10.24	18:00-20:00	Special time with your child
Wednesday 02.10.24	12:30-14:30	Supporting your child's mental wellbeing
Tuesday 08.10.24	18:00-20:00	Technology and safety
Wednesday 09.10.24	12:30-14:30	SEND systems navigators
Tuesday 15.10.24	18:00-20:00	Praise and rewards
Wednesday 16.10.24	12:30-14:30	Introduction to the teenage brain
Tuesday 22.10.24	18:00-20:00	Sibling rivalry and conflict
Wednesday 23.10.24	12:30-14:30	Supporting healthy body image
Tuesday 05.11.24	18:00-20:00	Routines and boundaries
Wednesday 06.11.24	12:30-14:30	Remaining calm
Tuesday 12.11.24	18:00-20:00	SEND systems navigators
Wednesday 13.11.24	12:30-14:30	Special time with your child
Tuesday 19.11.24	18:00-20:00	Introduction to the teenage brain
Wednesday 20.11.24	12:30-14:30	Supporting healthy relationships
Tuesday 26.11.24	18:00-20:00	Supporting your child's mental wellbeing
Wednesday 27.11.24	12:30-14:30	Praise and rewards
Tuesday 03.12.24	18:00-20:00	Supporting education and school
Wednesday 04.12.24	12:30-14:30	Technology and safety
Wednesday 11.12.24	12:30-14:30	Routines and boundaries

To book scan the QR code or visit:
[Bitesize Parenting Sessions \(office365.com\)](http://office365.com)



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Topics include:

Supporting healthy relationships: This workshop supports you to manage stress and communicate more effectively within your relationships with your partner or co-parent.

Supporting education and school: This workshop includes tips around supporting your child's education and learning and working closely with school.

Sibling rivalry and conflict: Tips to manage conflict between siblings in the home.

Special time with your child: How quality time with children can help with behaviour.

Supporting your child's mental wellbeing: Tips about how to communicate with young people about their feelings.

Technology and safety: This workshop focuses on boundaries around technology use at home and how to support children and young people to stay safe online.

Remaining calm: How to look after yourself as parents.

Praise and rewards: This workshop focuses on using praise and rewards to support behaviour you'd like to see more of.

Introduction to the teenage brain: Learn about the changes adolescents experience in their brain development and how parents can support their young person.

Supporting healthy body image: Tips for promoting and supporting healthy body image for our children and young people.

Routines and boundaries: Looking at why routines and boundaries are important and how these can be put in place effectively to support children, parents and family life.

SEND systems navigators: Come and meet SEND systems navigators to find out what their team offers and how they help parents navigate the SEND system.

Contact us:

Email: parenting@cornwall.gov.uk

Website: www.cornwall.gov.uk/parenting