**FAMILY LEARNING COURSES**

All the following courses are free and at the time of collating had spaces available.

Adult Learning Team can be contacted on 01609 536066 or [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

Courses link is - <https://ebsontrackprospect.northyorks.gov.uk/Page/ProspectusList?search_TOPIC_operator=Equals&search_TOPIC_type=String&search_TOPIC_value=FAM>

* **School Readiness - Starter for 10**

Suitable for families whose children are due to start or have just started Primary School.

This is not delivered online with face to face sessions, but resources and support are given via email. A ten step checklist will help them prepare for starting school

* **Family Quiz Time**

To engage families of various sizes and ages in a fun and interactive quiz. The aim is to engage the family to work together as a team and to socialise with other families in the County. The tutor will ask questions and once complete will go through the answers as a group. Resources will be emailed in advance.

Saturday 20nd March @ 10am - 11am **also on**

Saturday 22nd May @ 6pm - 7pm

* **Families Together - Stronger Together**

This is designed for parents of children aged 11-16 to learn techniques to support their child with reduced self-esteem, low confidence or feeling isolated in social situations.

6 x Mondays starting 12th April @ 6.30pm - 8pm (until 17th May)

* **How to Support my Children’s Confidence and Self-Esteem**

This is designed for parents with children of all ages to achieve a better understanding of what can cause your children to lose confidence and self-esteem, plus positive ways you can guide them to feel better about themselves.

3 x Mondays starting 12th April @ 1.30pm - 2.30pm (until 26th April)

* **Family Cooking with Stacey - Iced Biscuits**

This is designed to engage families of various sizes and ages to work together as a team to make biscuits. You decide as a family who will take on which tasks to create the biscuits. Details of equipment and ingredients will be emailed in advance.

Saturday 17th April @ 10am - 11am

* **Exercises in Daily Mindfulness for Parents**

We all need time to reflect and be kind to ourselves. You will learn tips for positive thinking, how to be health smart, ways to look after yourself and the use of coping techniques.

Monday 19th and 26th April @ 10am - 11am

* **Positive Parenting**

Looking at the challenges of being a parent plus sharing tips and advice. The focus is on family rules, what is age-appropriate and how to encourage everyone to follow them. We look at praising positive behaviour at home and the rewards this brings.

5 x Fridays starting 23rd April @ 1pm - 2.30pm (until 21st May)

* **Family Cooking with Stacey - Pizza**

This is designed to engage families of various sizes and ages to work together as a team to make thin crust pizza. You decide as a family who will take on which tasks to create the pizza. Details of equipment and ingredients will be emailed in advance.

Saturday 24th April @ 10am - 11am

* **Family Cooking with Stacey - Quiche**

This is designed to engage families of various sizes and ages to work together as a team to make a quiche. You decide as a family who will take on which tasks to create the quiche. Details of equipment and ingredients will be emailed in advance.

Saturday 1st May @ 10am - 11am

* **Family Cooking with Stacey - Meatballs in sauce**

This is designed to engage families of various sizes and ages to work together as a team to make meatballs and a sauce. You decide as a family who will take on which tasks to create the meatballs. Details of equipment and ingredients will be emailed in advance.

Saturday 8th May @ 10am - 11am

* **My Child & their Mental Health** **- ages 3-7**

This is designed for parents to gain knowledge about the impact life changes can have on children. It will show positive ways to support your child’s mental health and understand social anxiety.

3 x Mondays starting 10th May @ 1.30pm - 2.30pm (until 24th May)

* **Family Cooking with Stacey - Brownies**

This is designed to engage families of various sizes and ages to work together as a team to make Brownies. You decide as a family who will take on which tasks to create the Brownies. Details of equipment and ingredients will be emailed in advance.

Saturday 15th May @ 10am - 11am

* **Positive Parenting**

Looking at the challenges of being a parent plus sharing tips and advice. The focus is on family rules, what is age-appropriate and how to encourage everyone to follow them. We look at praising positive behaviour at home and the rewards this brings.

6 x Fridays starting 21st May @ 10am - 12pm (until 25th June)

* **Hearing Loss in Children**

This course is aimed at parents who have children with a hearing impairment or loss. We will look at the impact on confidence, self-esteem and development. We discuss techniques used to communicate and the support available.

Thursday 27th May @ 10am - 12pm

* **Body Image Awareness** **- ages 11-16**

This course is aimed at parents of teenagers struggling with their body image. Find ways to talk to and support them and promote a healthy body image. Also information on disordered eating, the symptoms and where to access support.

Friday 28th May @ 10am - 12pm

* **My Child & their Mental Health** **- ages 8-11**

This is designed for parents to gain knowledge about the impact life changes can have on children. It will show positive ways to support your child’s mental health and understand social anxiety. Ways to encourage your child to talk about their feelings and access support for your child.

3 x Mondays starting 7th June @2pm - 3pm (until 21st June)

* **New Mums**

This course is aimed at mums-to-be or those who have a baby under 6 months. Learn about games you can play with your baby, sleep routines and feeding, also your own mental health including signs and symptoms of post-natal depression and where to find help.

3 x Wednesdays starting 9th June @ 9.30am - 11am (until 23rd June)

* **Families Together - Let’s Chat**

This is designed for parents with children of all ages who may feel isolated and wish to make time for themselves whilst chatting with other parents and carers. Each week the tutor sets a subject for discussion, but will focus on your own mindfulness and well-being.

5 x Fridays starting 11th June @ 1pm - 2.30pm (until 9th July)

* **My Child & their Mental Health** **- ages 12-16**

This is designed for parents to develop skills to support their children and their mental health. This will help you understand your child’s journey into adolescence and discuss the risk factors that can affect mental well-being and help point to sources of support.

3 x Mondays starting 28th June @ 1.30pm - 2.30pm (until 12th July)