

## INSIDE OUT

Discover ideas through colours to help your child manage their feelings and understand how important it is to look after yourself and your feelings too.

Learn about different strategies to help support you in managing your child's behaviour and the importance of setting and sticking to boundaries.



## LEADING THE WAY

Managing your child's behaviour can seem daunting at times. While they are working out where their place is in the world, their behaviour can be challenging to even the calmest of us.

This session gives you the chance to think about how you react to extreme behaviour and offers techniques to support you and your child.

## LEARN, SHARE, GROW TOGETHER.

These sessions are designed to support you and your child to enable a smooth transition to school.

It has lots of activities to do together outdoors and in the home and will develop an understanding of the need for routines and how to help manage your child's feelings. These sessions will guide you through what they can do at home, alongside the school, to feel calm and confident with school readiness.



Sessions are for adults only and are delivered over TEAMS.

We will send you a link via email for you to login.

You must be able to attend all 3 weeks.

## ROUTINES AND BOUNDARIES

Developing everyday routines for your child are vital to help them manage their busy days.

Setting boundaries-and keeping to them-help a child to feel secure and in control of what's happening.

Find out ways to help you support your child with following routines and keeping to boundaries to create a calmer time at home.

**Anita Pritchard and Jo Rouston deliver Family Learning for the Adult Skills Team.**

For more information email [adult.learning@lincolnshire.gov.uk](mailto:adult.learning@lincolnshire.gov.uk)

# Starting School Activities

The focus is on how you can help your child prepare for starting school in September.

These family-focused activities will show you how day activities you do together at home can help.

All sessions are led by an experienced Family Learning Tutor.

SCAN ME



Check out our online resources platform - Lincolnshire Moodle

These are 1 hour sessions for 3 weeks via TEAMS to support you in understanding how to help your child have a smooth transition to starting school.

Each session demonstrates simple ideas and activities for you to do at home to support transition.

All sessions are fully-funded with no cost to schools or parents.

Family Learning is part of the Adult Skills & Family Learning Service



Our dedicated website [www.2aspire.org.uk](http://www.2aspire.org.uk) has information for schools and adults about our Adult Skills and Family Learning service and the courses we offer.



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Lincolnshire  
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# Family Learning

## EARLY YEARS SUPPORT FOR PARENTS - ONLINE SESSIONS



Join us online for an hour and find out how you can support your child to enable a smooth transition to school.

Discover lots of activities to do together outdoors and in the home.

Join us via teams in January  
**Wednesdays 15th, 22nd & 29th**  
10-11am or  
**Thursdays 16th, 23rd & 30th**  
7-8pm

For more information contact [anita.pritchard@lincolnshire.gov.uk](mailto:anita.pritchard@lincolnshire.gov.uk)