

## Courses for Parents, Carers and their Children

2025



FREE\*, fun and informal courses

## Who can join our courses?

Kent Family Learning courses and workshops are free for parents, carers and grandparents, who are aged 19 years and above and who live in Kent and are intended to help create a better family life. All courses are funded by the Education and Skills Funding Agency and are FREE to eligible learners. To be eligible you must be able to answer 'yes' to BOTH statements below:

**1. Have been living in the UK or an EEA country continuously for at least 3 years prior to the learning start date.**

And

**2. Are a UK or Irish national or have pre-settled or settled status under the EU Settlement Scheme.**

Please speak with us if you cannot answer 'yes' to both statements as you may be able to gain a place if you can provide suitable residency evidence.

## About our courses

Family Learning courses are designed for children, parents and carers to share their learning experience in an exciting interactive learning environment. Support your children's learning and extend your family's knowledge through fun and creative activities.

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## Creative

Creative courses are an opportunity for parents and carers to have fun making an exciting craft with their child. There are a variety of courses, including two-hour tasters and three-week courses.



### Bug Hunt (2 hours)

Families will strengthen relationships, build confidence and extend communication whilst exploring the fascinating world of bugs. From indoor explorations to outdoor adventures, this course will spark curiosity, promote empathy towards wildlife and deepen understanding of habitats. Child's age range (yrs) 3+.



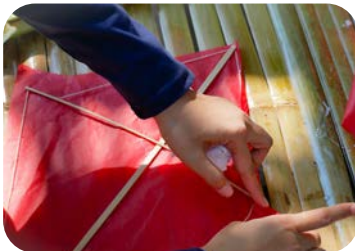
### Elmer Workshop (2 hours)

Families will make a 'milk carton Elmer', look at why we are 'one of a kind' and participate in a scavenger hunt based on the David McKee Elmer books. Child's age range (yrs) 3-11.



### Green Warriors (2-6 hours)

Families find fun and creative ways with their children to help the environment by reducing, reusing and recycling. Child's age range (yrs) 3-5 Mini Green Warriors and 6-11 Little Green Warriors.



### Kite Making (2 hours)

Families will extend knowledge, work together, design and make kites and fly their kite, weather permitting. The kites can be based on topics related to a school project if the tutor is notified at time of booking the course. Child's age range (yrs) 3-11.



### Little Gardeners (2-6 hours)

Help families find different ways to engage with gardening, help their children become familiar with the concept of growing their own and explore a range of fun, creative children's activities to raise awareness of horticultural concerns. Child's age range (yrs) 3-11.



### Mask Making (2 hours)

Make masks together as a family. These can be based on topics related to a school project if the tutor is notified at time of booking the course. Child's age range (yrs) 3-11.



### Modelling (salt dough/clay/papier mache) (2 hours)

Discover the joy of modelling with this course designed to support interaction and provide quality time for fun learning experiences. Strengthen relationships, boost confidence and extend communication skills. From mastering the art of clay and dough creations to building stronger family and community connections. Child's age range (yrs) 3-11.



### Outdoor Activities (2 hours)

For parents and carers to develop their interest in the outdoors. Workshops include; Making a Bird Feeder, Twig People and Leaf Printing. Families will participate in outdoor (weather permitting) or indoor activities to encourage empathy with wildlife and habitats. Child's age range (yrs) 3-11.



### Rocket Making (2 hours)

Join us for an exciting two-hour session where families will unleash their creativity by crafting paper planes and pop bottle rockets! Weather permitting, we'll launch our rockets into the sky for an exhilarating experience. Child's age range (yrs) 3-11.



### Seasonal Crafts (2 hours)

A creative and festive experience for the whole family. Work together to make cherished memories and beautiful crafts that celebrate the joy of togetherness. Families will extend their knowledge of crafts and create a variety of seasonal craft items. Great for Christmas, Diwali, Easter and many other cultural occasions. Child's age range (yrs) 3-11.



### Story and Craft (2 hours)

Strengthen family relationships through shared stories and crafting. Join us for a special reading experience where parents and carers read and discuss age-appropriate stories with their children. Create puppets and related crafts inspired by the tale to enhance enjoyment and promote creativity. Child's age range (yrs) 3-8.

## English, Maths and Language (ESOL)

Courses are for parents, carers and guardians who wish to become more involved in their children's learning and enable them to help children acquire English, maths and language skills. Adults can improve their own skills in English, maths and language and improve their ability to help their children. Many courses have an element of parent and child working together except those for adults only.



### Chatter Matters (2-8 hours)

Understand the importance of talking to your baby, toddler or young child and learn about language development. Find out how you can help your child's speech by talking about everyday activities, playing games and having family fun together. Child's age range (yrs) 2-5.



### Family English to Exam (12 hours plus)

Learn about the English curriculum and how it is taught in primary schools. Brush up on your own spelling, punctuation and grammar and have the opportunity to work towards a nationally recognised qualification. Child's age range (yrs) 4-11 or adult only.



### Family Language ESOL to Exam (12 hours plus)

For parents, carers and children whose first language is not English to practise speaking, listening, reading and writing. Improve your English to cope with everyday situations and find out how English is taught in schools in the UK. You can also work towards a recognised qualification. Child's age range (yrs) 4-11 or adult only.



### Family Maths to Exam (12 hours plus)

Learn how your children are taught maths at school. Brush up on your knowledge of mathematical terminology such as place value, estimate, different methods of calculation and problem solving. You can also work towards a nationally recognised qualification. Child's age range (yrs) 4-11 or adult only.



### Have Fun Reading (2 hours)

Parents and carers can discover the transformative power of reading with their child, explore library resources, discuss stories and express likes and dislikes. This course is designed to support interaction and provide quality time for families to read aloud together using expression, facial gestures, tone of voice and adopting different voices for different characters in the story. Have fun and learn together, strengthen relationships and promote communication and language development. Child's age range (yrs) 2-5.



### Keeping up with the Children Maths or English (8-10 hours)

Help parents and carers with learning about recent changes in the curriculum and how their child is taught at school. Familiarise adults with the main strategies used to teach calculation, mental maths, reading, writing, spelling and handwriting in primary schools. Parents and carers will feel more confident in supporting their children's learning, whilst providing an opportunity to brush up their own skills. It can be used as a route onto a longer English course with accreditation at the end. Age range - adult.



### Our Family Scrapbook (up to 12 hours)

This course helps to develop and promote positive family relationships by structuring and encouraging family experiences and then allowing parents and carers to work with their children on a creative project to compile a family memory album and family tree. Resources will be provided. Child's age range (yrs) 3-11.



### Puppet Making (2 hours)

Families work together and encourage children's enjoyment of stories, by bringing them to life through creating puppets and props. Learn to use these effectively in storytelling. Child's age range (yrs) 3-11 or adult only.



## Supporting Your Child with Language (ESOL) (up to 12 hours)

Parents and carers with English as a second language will be empowered to support their child with their language skills. The focus is on speaking, listening, reading, and writing. Through interactive activities and engaging discussions, we'll practise English in everyday situations, equipping parents and carers with the confidence to navigate various scenarios with ease. Age range - adult.



## Strategies to Support Your Child with English - 7-11yrs webinar (1 hour)

This course is designed for parents who wish to enhance their children's literacy skills during the critical primary school years. The course provides practical strategies, tools, and activities that can be used at home to support and strengthen children's understanding of literacy including writing, speaking and listening and reading. Throughout the webinar, learners will have the opportunity to share ideas, strategies and ask questions in the chat function. Age range - adult.



## Strategies to Support Your Child with Maths - 7-11yrs webinar (1 hour)

This course is designed for parents who wish to enhance their children's mathematical skills during the critical primary school years. The course provides practical strategies, tools, and activities that can be used at home to support and strengthen children's understanding of key mathematical concepts. Throughout the webinar, learners will have the opportunity to share ideas, strategies and ask questions in the chat function. Age range - adult.



## Supporting Your Child with Phonics (2 hours)

Parents and carers will discover effective strategies for supporting their child with phonics. This course offers practical guidance and resources to improve their child's literacy skills. From decoding words to improving reading fluency, learn valuable techniques to support phonics development. Age range - adult.

## First Aid

First Aid courses are an opportunity for parents and carers to learn essential life saving skills. These courses are delivered online and face to face as a one-off workshop or a 3 week course.



### Family First Aid (2 or 6 hours)

Join our essential course designed to equip parents and children with life-saving skills in managing incidents involving illness or injury. Learn how to provide care and support until medical help arrives. This course ensures readiness and confidence in handling emergency situations. Child's age range (yrs) 5-11 or adult only.

## Health and Wellbeing

Our health and wellbeing courses are interactive and an opportunity for families to focus on healthy eating, fitness and mental health.



### Cooking on a Budget (2-8 hours)

This course encourages families to try new ideas and eat healthily on a budget. This fun, practical course includes planning, preparing and cooking a variety of food to be tasted with children at the end of each session. Improve confidence in cooking and brush up on practical maths and English skills. Child's age range (yrs) 3-11.



### Family Sports - Multiskills (1.5-2 hours)

A fun and interactive physical course, where parents and children discuss healthy lifestyles and take part in movement skills using balls, jumping and running including relay races. Child's age range (yrs) 3-11.



### Happy Thoughts Jar / Worry Box / Sock Monster (2 hours)

For parents and carers to get creative together to make a Happy Thoughts Jar, Worry Box or Sock Monster. Take time together to discuss worries or happy thoughts and create a craft to support these conversations. Child's age range (yrs) 5-11.



### Living with Perimenopause & Menopause Course (8 hours)

Parents and carers living with perimenopause and/or menopause can discuss and try out strategies for managing symptoms, discuss current research on menopause and find practical tips to help manage many of the common symptoms alongside busy family life. Age range - adult.



### Managing Sleep (2 hours)

This course is a supportive space designed to explore healthy sleep habits and strategies for parents and carers. In this workshop, we'll delve into the various barriers that can affect bedtime routines, share practical sleep strategies, and discuss the impact of poor sleep on behaviour. Age range - adult.



### Navigating the Perimenopause & Menopause Workshop (2 hours)

This workshop is for any adult interested in learning more about how to support those navigating perimenopause/menopause. Explore strategies for managing perimenopause and menopause symptoms, discuss current research on ways to reduce symptoms and share practical strategies which could help manage brain fog, hot flushes, stress and many more. Age range - adult.



### Supporting Your Child's Anxiety (2 hours)

Increase your understanding of anxiety in children with the help of the tutor and other parents and carers in the group. Discuss experiences of anxiety and learn ways to help children manage their anxiety. Age range - adult.



### Supporting Your Family Through Our Screen Obsessed World (2 hours)

This is a supportive workshop designed to increase understanding and provide time for parents and carers to think about the impact of technology and screen time on their children and their family as a whole. In this two-hour session, learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support their children. Age range - adult.



## Supporting Your Teenager's Mental Health (2 hours)

This workshop is designed to increase understanding and provide practical strategies for parents and carers in helping teenagers manage their mental health. In this session, learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support teenagers experiencing anxiety and mental health issues. Age range - adult.

## Parenting

Our Parenting courses are not about being a perfect parent - more about discovering that other people's experiences are the same. Parenting courses are not intended to be interventions and the tutor will not tell parents 'how it's done'. Rather, they are discussion-based with time to share experiences, ideas, concerns and possible solutions.



## Autism Awareness (8 hours)

This course will look at various principles of Autism and the different aspects that can be present whilst recognising an autistic child's strengths and abilities. Developing techniques to create a supportive environment, behaviour management and coping strategies. Age range - adult.



## Confident Parent, Confident Child (8 hours)

For parents and carers to assess their own level of confidence in various aspects of parenting and personal interactions and find out how this impacts on children. Take part in group discussions about family life, discover effective communication strategies and learn how to increase confidence to improve communication within the family. Age range - adult.



### Exploring Behaviour Strategies (2 hours)

This workshop enables parents and carers to build their confidence to manage certain situations, and provides the basis of how to manage behavioural issues and parents' own wellbeing. Raising children can be trying at times, it is a natural phase and being able to believe in oneself to implement good behaviour strategies will benefit parent and child alike. Age range - adult.



### Fathers Matter (2 hours)

Join our course designed for fathers and male carers to build confidence, learn effective communication skills and discover some new strategies to support their family's wellbeing. Age range - adult.



### Let's Talk About Bullying (2 hours)

Enable parents and carers to understand what the difference is between bullying and social skills development, equipping them to effectively support their children. Through discussions, explore common signs of bullying, learn strategies to nurture and bolster their child's confidence and self-esteem and discover resources for further help and support. Age range - adult.



### Managing Children's Behaviour (8 hours)

Learn about why children behave in certain ways and how parents can positively influence their children's behaviour. Take part in discussions with other parents, try out new strategies at home and talk about how these worked. Improve family life and your relationship with your children. Age range - adult.



### Moving on from Difficult Family Relationships (12 hours)

This personal development programme is designed especially for adults who have been through difficult times. It helps adults move on from negative experiences, to build their self-esteem by sharing their experiences with others and to shape their future. Age range - adult.



### Stepping up into Primary (2 hours)

The opportunity to discuss with other parents the anxieties over your child starting a new school. How to best prepare your child and know what to expect. Age range - adult.



### Stepping up into Primary With Crafts (2 hours)

Have fun with your child in this fully interactive session, where parents and carers can get creative with craft together whilst learning how to get your child school ready. Child's age range (yrs) 3-5.



### Stepping up into Secondary (2 hours)

The opportunity to discuss with other parents the anxieties over your child starting a new school. How to best prepare your child and know what to expect. Age range - adult.



### Stepping Up into Secondary Extra (4 hours)

Enable parents and carers to reflect on their feelings about their child starting secondary school, what to expect and how to best prepare and support their child in the transition. This course also discusses some of the worries that parents and carers might have about internet safety, knife crime, sexual harassment and mental health. Age range - adult



### Supporting ADHD in the Home (8 hours)

Explore the characteristics of ADHD and the environments in which our children spend time with us. In this course, you will be able to share ideas and strategies for managing behaviour, recognise a child's strengths and abilities and celebrate the positives of ADHD. Age range - adult.



### Strategies to Support Your ADHD Child - Webinar (1 hour)

A supportive and informative webinar designed to help parents and caregivers understand and navigate the challenges of ADHD. In this course, learners will discuss practical strategies for creating a supportive and nurturing environment for their child. Throughout the webinar, learners will have the opportunity to share ideas, strategies and ask questions in the chat function. Age range - adult.



### Supporting Families with ADHD Teens (8 hours)

Explore Autism & ADHD through the adolescent years with a focus on emotion regulation, supporting change, managing the environment and setting boundaries. Age range - adult.



### Understanding your Teenager (8 hours)

Understand what it is like being a teenager and find out how the teenage brain develops. Participate in discussions about family life with other parents. Improve communication with your teenager. Age range - adult.



### Who's Pulling the Strings (10 hours)

Support and guidance for families where the balance in the home has become inappropriate and is causing severe behaviour issues and concerns. Parents and carers will try new strategies to re-establish boundaries, respect and a balanced home environment. Age range - adult.

## Science, Technology, Engineering and Maths (STEM)

These fun courses offer families the chance to get creative whilst learning about how things work, introductory chemistry and coding.



### Builders and Boffins (2-6 hours)

Families will extend their knowledge of STEM (Science, Technology, Engineering & Maths) through fun and creative activities. Gain confidence in planning and creating a variety of homemade toys, experimenting with water or conducting investigations in sound. Child's age range (yrs) 3-5 Mini Builders and Boffins, 6-11 Little Builders and Boffins.



### Ready Steady Code (2 hours)

Get ready for an exciting coding adventure! Join us in building mazes and programming the robot mouse to race towards the cheese. It's time to build your knowledge of coding skills and see who reaches the cheese first! Perfect for families with children aged 5-11 years.



### Spectacular Science (2 hours)

Put the fizz and pop back into your family! Have fun completing interactive and fun science experiments. Investigate forces making bridges from straws and paper, or find out about air resistance making helicopters, or make a lava lamp using your smartphone! Child's age range - 7-11 years.

## Towards Employment

Recognise and build on your skills to enter or return to the workplace.



### Introduction to Working with Children (10 hours)

This course is designed to give adults the opportunity to discuss and find out about a range of different careers that involve working with children. Identify the skills needed to work with children, increase knowledge on important topics like child protection, literacy, numeracy, phonics, safeguarding and managing children's behaviour and develop a career in working with children. There may be an opportunity to include a workshop with the National Careers Service at the end of the course. Age range - adult.



### Introduction to Working in the Beauty Industry (6 hours)

An engaging and informative course designed to explore various careers involving working in the beauty industry. This course provides adults with the opportunity to discover different career paths, develop essential skills, and gain valuable knowledge on important topics related to the health and beauty industry, areas of employment within the industry and health and safety. By the end of the course learners will feel empowered to pursue a career working within this field, equipped with the knowledge, skills, and resources needed to succeed in this rewarding occupation. Age range - adult.



### Introduction to Working in the Leisure Industry (6 hours)

An engaging and informative course designed to explore various careers involving working in the Leisure Industry. This course provides adults with the opportunity to discover different career paths, develop essential skills, and gain valuable knowledge on important topics related to sports, areas of employment within the leisure industry and health and safety. By the end of the course learners will feel empowered to pursue a career working within this field, equipped with the knowledge, skills, and resources needed to succeed in this rewarding occupation. Age range - adult.



## Steps to Success (2 hours)

This workshop provides open discussion and learning on how to effectively use the resources provided on the National Careers Service website to achieve professional goals. Develop essential skills such as creating CVs that stand out, mastering interview techniques and identify valuable training opportunities to enhance career prospects. Age range - adult.

## What parents say about us...

*"Engaging in Family Learning courses has boosted my confidence and broadened my perspective. These courses have not only equipped me with new parenting knowledge but also provided a supportive environment. As a new parent, the courses have been invaluable in helping me to support my family and open up to other parents. My Family Learning tutor's approach has made my learning journey feel personalised and empowering, and she has helped me feel more confident about my future."*



*"I have learnt with Family Learning both online and also at a children's centre. Learning English has enabled me to be more independent in my daily life. Before attending the course, I wasn't very confident and I didn't have any friends. The course enabled me to make many friends and feel part of a group. I passed my ESOL exams and now I can work. The best thing has been increasing my confidence and I am now also able to help my daughters with their homework."*

## What our customers say about us...

*"We are incredibly grateful for the Autism Awareness course delivered by Family Learning at our school. This invaluable session fostered connectedness and confidence among our families, offering inclusivity and empowerment. The tutor demonstrated remarkable skill in ensuring every participant felt heard and validated, creating a safe and trusting environment. Thank you for this meaningful opportunity."*  
- **Angeline, Castle Hill Primary School**



*"I just wanted to share how fantastic the tutor from Family Learning was. The First Aid course was incredibly well organised and engaging for families. It was a lovely session, and everyone really enjoyed it."*  
- **Lisa, Buckland Children's Centre**

*"The Happy Thoughts Jar session was captivating! Both children and parents engaged enthusiastically and thoroughly enjoyed every moment. The tutor was AMAZING! This was a very valuable experience, and we look forward to more Family Learning in school again."* - **Nikki, Herne Bay Infant School**

## Contact us

We are happy to attend any engagement events, coffee mornings and family days to run a workshop or information stand. Contact us to arrange.



Visit [kentadulthoodeducation.co.uk](https://kentadulthoodeducation.co.uk)

Email [businesssupport2@kent.gov.uk](mailto:businesssupport2@kent.gov.uk)

or call **03000 41 22 22**

*\*Free courses are subject to eligibility criteria. Please see [www.kentadulthoodeducation.co.uk/course-areas/family-courses/](https://www.kentadulthoodeducation.co.uk/course-areas/family-courses/) for more details.*

Course content, children's age ranges and delivery can be adapted to a setting's particular need. Please speak with your Curriculum Leader to discuss:

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