

Courses for Parents, Carers and their Children



FREE*, fun and informal courses

Wider Family Learning (WFL)

Courses are tailored to meet the needs of a group and can tie in with topics being covered by children in the setting. We offer a variety of courses including two-hour tasters and three-week courses.



Builders and Boffins (2 hours or 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) 4-7 Mini Builders and Boffins, 7-11 Little Builders and Boffins.

Bunting and Badges (2 hours)

Work as a family to design your own bunting and celebratory badges which can be inspired by any festival of your choice. A perfect addition to summer fetes and special occasions. Child's age range (yrs) 3-11.

Family First Aid (6 hours)

For parents and children to learn how to manage an incident in which people are ill or have been injured and take care of them until medical help is available. Age range - adult. This course can be offered to include children aged 5-11 years.



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.



Family Sports - Multiskills (1.5 hours to 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+

Fun with Yoga—Animal Poses (1.5 hours)

Learn some yoga poses which will enable you and your child to improve balance, coordination, focus, concentration and promote a sense of calm. Child's age range (yrs) 4-11.



Green Warriors (2 to 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 5-11 Little Green Warriors



Happy Thoughts Jar/Making a 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.



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 tutor is notified at time of booking the course. Child's age range (yrs) 5-11.

Little Gardeners (2 to 10 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) 4-11.



Mask Making (2 hours)

Make masks together as a family. These can be based on topics related to a school project if tutor is notified at time of booking the course. Child's age range (yrs) 5-11.

Modelling (salt dough / air dry clay / papier mache) (2 or 6 hours)

Try out modelling with different materials. Explore new design ideas together. Child's age range (yrs) 3-11.



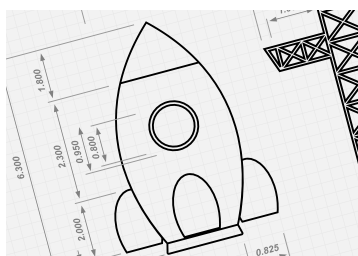
Outdoor Activities (2 Hours)

For parents and carers to develop their interest in the outdoors. Workshops include; Bug Hunt, 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.



Ready Steady Code (2 hours)

The race is on! Build your maze and programme the robot mouse to follow your coding instructions to the cheese. Child's age range (yrs) 5-11.



Rocket Making (2 hours)

Make a paper plane or pop bottle rocket and fire the rocket, weather permitting. Child's age range (yrs) 3-11.



Seasonal Papercrafts (2 hours)

Families will extend their knowledge of crafts, work together and create a variety of seasonal craft items. Great for Christmas, Diwali, Easter and many other cultural occasions. Child's age range (yrs) 5-11.

Yoga to Support You And Your Family (1.5 hours)

Support your child's wellbeing by using yoga and breathing practices. You will be provided with easy to follow activities after each session to practise at home. Age range - adult.

Courses for children's centres

Courses are tailored to meet the needs of a group and can tie in with topics being covered by children in the setting. We offer a variety of courses including two-hour tasters and three-week courses.



Little Cooks (2 or 6 hours)

Build your confidence in preparing and tasting a variety of different foods together with your child. Child's age range (yrs) 2-4 (first hour is adult only).



Little Explorers (2 or 6 hours)

Learn about 'a rich sensory environment' and this fun way of learning, extending memory, knowledge and building on fine and gross motor skills. Explore the outside, collecting natural fauna and flora and make a collage. Child's age range (yrs) 2-4 (first hour is adult only).



Movers and Shakers (2 or 6 hours)

Learn about 'a rich sensory environment' and this fun way of learning, extending memory, knowledge and building on fine and gross motor skills. Make and use simple instruments in song and dance activities. Child's age range (yrs) 2-4 (first hour is adult only).



Young Picassos (2 or 6 hours)

Learn about 'a rich sensory environment' and this fun way of learning, extending memory, knowledge and building on fine and gross motor skills. Use a variety of craft and modelling materials to produce pieces of art. Child's age range (yrs) 2-4 (first hour is adult only).

Parenting (PAR)

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. Developing techniques to create a supportive environment, behaviour management and coping strategies. Age range - adult.



Building Family Resilience (8 hours)

Help adults recognise what resilience is, identify the resilience skills we already use and discuss strategies which can be used when faced with different situations. Age range - adult.



Confident Parent, Confident Child (10 hours)

Assess your own level of confidence and find out how this impacts on your children. Take part in group discussions about family life, find out ways to improve communication and learn how to increase your own confidence. Age range - adult.



Exploring Behaviour Strategies (2 hours)

Enable 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.

Learning Through Play (10 hours)

Recognise the importance of play in children's development and share ideas on how to create opportunities for play. Age range - adult.

Let's Talk About Bullying (2 or 3 hours)

Enable mothers, fathers and carers to understand what the difference is between bullying and developing social skills and how to support their child. Age range - adult.



Managing Children's Behaviour (10 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.



Positive Parenting - Let's Grow Together (12 hours)

Discuss your child's physical and emotional development and help parents develop a positive approach to parenting, preparing for each of the child's formative stages. Age range - adult.

Restoring Family Relationships (2 hours)

Understand conflict and how best to resolve issues within the family with practical advice to better support the family with communication. Age range - adult.

Stepping up into Primary/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 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 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 and celebrate the positives of ADHD. Age range - adult.



The English Education System (2 hours)

Informing parents about the school system in England and how children are taught. Don't worry if you feel you don't know enough about schools and education in England. The tutor will help you find the answer to your questions and will give you information about how school is set up for your child, whatever their age or needs. Age range - adult.



Understanding your Teenager (10 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.

Family English, Maths and Language (FEML)

Courses are for adults who wish to become more involved in their children's learning and enable them to help children acquire English, Maths and language skills. Parents can improve their own skills in English, Maths and language and improve their ability to help their children. Courses are for adults (mothers, fathers, carers, and guardians) who do not hold a current level 2 qualification in Maths and English, Grade 4 (formerly Grade C) and above. All courses have an element of parent and child working together except those for adults only.



Budding Writers (2.5 or 10 hours)

Developing imagination by engaging in writing an exciting story and provide quality time for families to share stories together. Encouraging parents and children to plan, discuss and write a story sharing their opinions and explaining their thoughts with the family creatively. Child's age range (yrs) 4-11.



Chatter Matters (2 or 10 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.



Cooking on a Budget (10 or 12 hours)

Find out how to feed your family healthily and on a budget. Have a go at trying out new recipes on your own and with your children. Take the opportunity to taste new things and have fun cooking and tasting with your children. Can be delivered online. Child's age range (yrs) 3-11.



Family English (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.



Family Language - ESOL (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.



Family Maths (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.



Flying Start (15 – 25 hours)

Learn the ways that children are being/will be taught English and maths in school during Foundation Stage and Key Stage 1. This will enable families to feel more confident about supporting their children's learning in these important early years. Child's age range (yrs) 3-5.



Keeping up with the Children (8 - 10 hours)

Learn about recent changes in the curriculum and how your children are taught at school. Understand how children are taught English (to read and write) or Maths, and how you can help them at home. Age range - adult.



Number Sacks (15-25 hours)

This course will help parents and carers with their understanding of children's early mathematical development. Giving adults knowledge and skills to support their children's mathematical progression and engage with their children using mathematical games and activities. Child's age range (yrs) 3-7.



Our Family Scrapbook (15-25 hours)

This course helps to develop and promote positive family relationships by structuring and encouraging family experiences and then allowing learners to work with their children on a creative project to compile a family memory album. Child's age range (yrs) 3-5 or 6-11.



Parents Towards Employment (10 hours)

Look at how families may combine employment with family responsibilities. Consider how to make the most of your skills as parents and learn more about looking and applying for employment. There may be an opportunity to include a workshop with the National Careers Service at the end of the course. Age range - adult.



Puppet Making (2 hours)

Encourage your child's enjoyment of stories, by bringing them to life through creating puppets and props, and learn to use these effectively with your child. Child's age range (yrs) 4-11.



Story Sacks (15 to 25 hours)

Help your child to enjoy English through creating a story sack. Fill it and learn to use it with your child, to support reading and to bring stories to life. Child's age range (yrs) 3-7.

What our customers say about us...



"The course was really well organised, and well received by customers. The Family Learning contact and tutor were all very helpful, and ensured we had all the information that was required to fully promote this course"

"The group pulled together and supported one another. Two parents in particular have now formed a friendship and support one another on a daily basis. It was a very valuable workshop and one that we will be running again"

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

Email 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/ for more details.*



Kent Adult Education is part of Community Learning and Skills