Dear Parents

We are very pleased to be hosting the Understand Children Course in school beginning Wednesday 19th September.

Understand Children is a reflective parenting course covering listening, play, challenging behaviour and social and emotional needs of children. Learners gain a national qualification by completing units in Children’s Social and Emotional Development, Developing Parenting Skills and Developing Own Interpersonal Skills.

Please read the attached sheet which gives more information. If you would like to take part please complete the tear off slip and return to school. If you would like further information please arrange to see Mrs Green.

Places are very limited and will be allocated on a first come first served basis.

We look forward to you joining us.

P Roberts
Mrs P Roberts

UNDERSTANDING CHILDREN
Accredited Course
Wednesday 1pm – 3pm
Beginning Wednesday 19th September

I would like to book a place on the Understanding Children Course. I can commit to the ten weeks

Name ___________________________ Tel: ___________________________

Email ___________________________

Parent/Carer of ___________________________ Class _______
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<tr>
<th>Session</th>
<th>Topic</th>
<th>Details</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction and Enrolment</td>
<td>Find out about the course. Learning how to keep calm</td>
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<tr>
<td>2</td>
<td>Calm and Confident</td>
<td>Looking at the effects of stress. Self-criticism - what it does to us. How to build our self-confidence</td>
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<tr>
<td>4</td>
<td>Play and Learning</td>
<td>The importance of play. Good places to take the children. Making playdough and gloop</td>
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<tr>
<td>5</td>
<td>Listening</td>
<td>The importance of listening. How to be a good listener. Being honest</td>
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<tr>
<td>7</td>
<td>Toddlers and Teens</td>
<td>Coping with the toddler and teen years. How to respond to tantrums. Does the naughty step work? What about smacking? DVD</td>
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<tr>
<td>8</td>
<td>Healthy Families</td>
<td>How healthy are we? Looking at the ingredients in children’s foods. Ideas for healthy eating. DVD</td>
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<tr>
<td>9</td>
<td>Happy Families</td>
<td>Meeting the rights and needs of each family member. Children bickering - why it happens - what we can do about it. Echo advert – vacancy for a parent! DVD</td>
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<tr>
<td>10</td>
<td>Sleep</td>
<td>Importance of sleep. Ideas to sort sleep problems. DVD</td>
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<td>Course evaluation</td>
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What is the aim of the course?
To understand more about children’s social and emotional needs and the benefits of positive attitudes when parenting.

What can I expect to achieve?
A nationally recognised qualification through Open Awards comprising three units
1. Developing Own Interpersonal Skills
2. Developing Parenting Skills and
3. Children’s Social and Emotional Development provided you:
   - Take part in group discussions and activities
   - Complete home activities
   - Compile a file of work
   - Attend at least 8 out of 10 taught sessions

How will I learn?
- By taking part in discussions
- Watching and discussing DVDs
- Taking part in group activities

What could this course lead to?
- Further courses.
- Work with children.
- Work in sectors where ability to respond positively and calmly is required.

What have other learners said about the course?
- “I have gained confidence and I am in control without having a tantrum of my own.”
- “I have really enjoyed this course. I have become a calmer, relaxed parent and I am enjoying my kids more.”