



FAMILY LEARNING COURSES 2024

**Sure Start
Children's Centres**
Dartford

Our courses are free of charge and delivered
virtually via Zoom unless specified

Managing Children's Behaviour	Thurs 18 th Jan - Thurs 8 th Feb 24 12.30pm - 2.30pm 4 (sessions)
Little Cooks	Friday 16 th Feb 24 10am- Midday at Oakfield Children's Centre Oakfield Lane, DA1 2SW
Autism Awareness	Weds 6 th Mar - Weds 27 th Mar 24 12.30pm - 2.30pm (4 sessions)
Family First Aid	Thurs 7 th Mar - Thurs 21 st Mar 24 12.30pm - 2.30pm At Swanscombe Children's Centre pedestrian access only via Cooper Rd DA10 0BS
Supporting ADHD in the Home	Thurs 18 th April - Thurs 9 th May 2024 9.30am - 11.30am (4 Sessions)
Managing Children's Behaviour	Tues 30 th April - Tues 21 st May 2024 6pm - 8pm (4 Sessions)
Family First Aid	Thurs 13 th June - Thurs 27 th June 24 9.30am - 11.30am (3 sessions) At Brent Children's Centre, Overy Street DA1 1UP



**Please contact
Tracy on 03000
418992 to find
out more or book
a place**



All courses are free of charge, please call Tracy on 03000 418492 to book your place.

First Aid for Families

- Learn the emergency procedure and making an emergency phone call
- How to place a casualty into the recovery position
- How to use the primary survey
- How to recognise and treat choking
- How to treat and monitor bleeding, minor bruising and burns
- How to practice cardiopulmonary resuscitation



Managing Children's Behaviour

- Set boundaries for your child
- Understand your child's behaviour
- Praise and reward your child
- Show your child affection effectively
- Communicate better with your child

Autism Awareness

- Understand the basic principles of autism and the different aspects that can be presented
- Different expert theories and understanding of the spectrum
- The diagnosis process and how to go about it
- Behaviour management, support and coping strategies

Little Cooks

- Plan and prepare a variety of 'no cook' dishes with your child
- Understand the importance of kitchen safety including the safe use of equipment
- Make a variety of non-cook savoury and sweet dishes
- Try new foods and discuss likes/dislikes

Supporting ADHD in the Home

- Explore the categories of ADHD
- Share ideas and strategies for managing behaviour
- Celebrate the positives of ADHD

