



FAMILY LEARNING COURSES 2023

Sure Start
Children's Centres
Dartford

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



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

Managing Children's Behaviour	Weds 13 th Sept - Weds 4 th Oct 23 9.30am - 11.30am (4 sessions)
First Aid for Families	Tues 3 rd Oct - Tues 17 th Oct 23 9.30am - 11.30am (3 sessions)
Autism Awareness	Weds 22 nd Nov - Weds 13 th Dec 23 6pm - 8pm (4 sessions)
Managing Children's Behaviour	Thurs 18 th Jan - Thurs 8 th Feb 24 4 (sessions) 12.30pm - 2.30pm
Little Cooks	Friday 16 th Feb 24 10am- Midday at Oakfield Children's Centre Oakfield Lane, DA1 2SW



All courses are free of charge, please call Tracy on 03000 418442 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

