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## Practitioner Training Calendar 2017

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# PRACTITIONER TRAINING 2017

## Staying Safe in a Digital World

Tuesday 10th January 2017 3 hours 10am-1pm £35

Many parents are unsure of how they can protect and guide their child in an increasingly online world. This interactive workshop gives practitioners an opportunity to explore the guidance they can offer parents to set realistic boundaries on online usage and keep their child safe.

## Parenting Apart

Wednesday 15th February 2017 3 hours 10am-1pm £35

This interactive workshop explores the realities of parenting apart with the focus on identifying the challenges parents and children may experience when parental relationships breakdown. This workshop provides practitioners with the opportunity to explore how they can support the parent to focus on the child's needs whilst adapting to their changing role and responsibilities as a parent.

## Promoting Healthy Lifestyles

Tuesday 21st March 2017 3 hours 10am-1pm £35

This workshop has been developed to support practitioners in promoting healthy lifestyles within families. Practitioners will have an opportunity to explore what constitutes a healthy lifestyle, and how they can develop realistic and effective plans with parents to incorporate healthy lifestyle principles into their daily lives in order to improve the physical and emotional health of the whole family.

## Engaging Families

Thursday 13th April 2017 Full day 10am-4pm £65

This training is particularly relevant to anyone in a family support role and gives an opportunity to explore the role of the family support worker and best practice when engaging with families.

## Stepping into School (Train the Trainer)

Friday 5th May 2017 Full day 10am-4pm £125

This interactive train the trainer session explores the challenges parents and children can experience during transition stages in primary education. Trainers will receive a session plan and materials to enable them to deliver this workshop in their own setting.

*(NB This session is only suitable for experienced facilitators/trainers)*

## Enabling Change

Tuesday 20th June 2017 3 hours 10am-1pm £35

Understanding and responding to the range of human emotions during times of change is critical. This workshop offers practitioners information on the process of change and introduces a variety of tools to assist parents to make the changes they feel will benefit themselves and their families.

## The Dad Factor

Wednesday 26th July 2017 3 hours 10am-1pm £35

This workshop reflects on the key messages contained in the Dads Direct briefing paper, launched Nov 2015. Practitioners will explore the role of fathers, the challenges fathers face and how they can influence policies and practice to ensure fathers are supported to be actively engaged in their child's life.

## The Next Step

Thursday 17th August 2017 3 hours 10am-1pm £35

This workshop aims to help practitioners support parents as their child/young person makes the move from primary to post primary education. Practitioners will have an increased awareness of the uncertainty and expectations that surround this significant transition, while exploring how these changes can be handled as effectively as possible for both parents and young people.

## Transfer Assessment Survival Kit

Tuesday 5th September 2017 3 hours 10am-1pm £35

This workshop has been developed to help practitioners support parents who choose for their child/young person to go through the transfer assessment procedure. This workshop aims to examine the concerns parents and children may associate with the process and explore ways of preparing and maintaining the well-being of their child.

## Understanding Children's Challenging Behaviour

Thursday 26th October 2017 3 hours 10am-1pm £35

This workshop gives practitioners practical information on children's typical behaviours and offers suggestions to support the parent to deal with behaviours they find challenging.

## Happy Families

Wednesday 8th November 2017 3 hours 10am-1pm £35

This workshop explores Family Systems Theory and aims to increase awareness of how family dynamics can add additional stress during holiday periods. Practitioners will be offered practical suggestions on how to best support parents with the stress and emotions associated with holiday times.

## Understanding the Role of Child Contact Centres

Thursday 14th December 2017 3 hours 10am-1pm £35

This workshop is particularly relevant to those supporting parents who may be accessing child contact centres. Practitioners will explore the role of child contact centres, increase the awareness of the impact of separation on the family and discuss strategies which can be used to best support parents and children in this setting.