

Monday 7th June 2021		
<p>FL Getting your writing fingers working again Monday 07/06/2021 (this session only) 16:00 – 17:30 Delivered online</p>	<p>Fun activities to develop children's writing skills and gross and fine motor skills without worksheets or activities that are boring!</p>	<p>To book: https://tinyurl.com/dkshb66t</p>
Tuesday 8th June 2021		
<p>FL Transition from Rec to Yr1/2 Tuesday 08/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>Is your child moving from Reception to Year 1? Or from Year 1 to Year 2? This workshop will look at the importance of transitioning between the year groups, and how we can support our children with change.</p>	<p>To book: https://tinyurl.com/3xx4fdjv</p>
<p>FL Family Well Being Tuesday 08/06/2021 (delivered over 4 weeks) 10:00 - 12:00 Delivered online</p>	<p>An opportunity to have guided support and tips on keeping your family emotionally well. Each week will have a different topic and theme to include cooking, mindfulness, arts and crafts and gardening.</p>	<p>To book: https://tinyurl.com/cw33j6rn</p>
<p>FL Sibling Rivalry Tuesday 08/06/2021 (just this session) 9:30-12:00 Delivered online</p>	<p>Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others, but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers how to deal with the sibling rivalry and give you strategies and practical tips on how to cope with this.</p>	<p>To book: https://tinyurl.com/2ufuvuz8</p>
<p>FL Empathy and Parenting Tuesday 08/06/2021 (this session only) 12:30-14:30 Delivered online</p>	<p>As a parent we want to solve and fix our children's problems in order for them to be happy. However, rushing to the rescue can cause more problems in the long run and does not give our children the ability to solve their own problems. In this workshop, learn the 3 components of empathy and the benefits of parenting with empathy. An empathetic style of parenting can alleviate arguments and help you to truly understand your child.</p>	<p>To book: https://tinyurl.com/3kvmu3t9</p>

<p>FL Understanding Anxiety Tuesday 08/06/2021 (delivered over 2 weeks) 19:00 - 21:00 Delivered online</p>	<p>A course to support you and your family to help understand the different types of anxiety and the impact it can have on family life. This is a LIVE interactive course so you will need to log on at the given time to access the course.</p>	<p>To book: https://tinyurl.com/Understanding-anxiety-evening</p>
<p>Wednesday 9th June 2021</p>		
<p>FL Managing Big Emotions Wednesday 09/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>This session will provide strategies to teach children to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. This session is for parents of children in KS1 and KS2, school years 1-6 (5 -11 year olds)</p>	<p>To book: https://tinyurl.com/kjtjbdn h</p>
<p>FL Choices and Consequences Wednesday 09/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>A workshop to explore how using effective choices and consequences can help our parenting skills</p>	<p>To book: https://tinyurl.com/52kmtx dje</p>
<p>This Is Your Year Wednesday 09/06/2021 (delivered over 10 weeks x2) 10:00 - 14:30 Delivered online</p>	<p>An opportunity to be in control of shaping your employment choices so that 2021 is your year. This is not just a course looking at employability skills but allowing you the chance to harness the skills you already have, develop others, and realise your true potential. A programme to empower individuals to build their skills and knowledge to enhance life skills and life chances. This course will run twice a week for 10 weeks. You will gain a Gateway qualification at the end of this course for your CV.</p>	<p>To book: As there is an assessment required for this course, call 0345 603 7635 and quote course code - DOL3A74Y20</p>
<p>FL Great Little Gardeners Wednesday 09/06/2021 (this session only) 10:00 - 12:00 Delivered online</p>	<p>Following on from National Gardening Week, we will give you ideas on how to make your children Great little Gardeners</p>	<p>To book: https://tinyurl.com/Great-little-gardeners-June</p>
<p>FL Parents supporting Dyslexia Wednesday 09/06/2021 (this session only)</p>	<p>How dyslexia affects learning. Share tips, strategies, and resources to support your child – and check out some positive role models.</p>	<p>To book: https://tinyurl.com/3a7fjk 6k</p>

12:30-14:30 Delivered online		
Thursday 10th June 2021		
FL Time Management for overloaded parents Thursday 10/06/2021 (just this session) 9:30-11:30 Delivered online	Tips and tricks to help parents who always seem to be running around and playing catch-up! Helping you to avoid overwhelm and find time for self-care	To book: https://tinyurl.com/3ef3ch45
FL Summer at the Coast Thursday 10/06/2021 (this session only) 12:30-14:30 Delivered online	Develop your summer itinerary. Learn where to look for information about places to visit. You will discover how to make the most of your visit to the coast ensuring fun packed outings that keep the whole family happy.	To book: https://tinyurl.com/aycxcwv9
FL Dinosaur and Fossils Fun for the Whole Family Thursday 10/06/2021 (this session only) 16:00 - 17:30 Delivered online	Dinosaurs were in Essex. Find out where to look for evidence. Discover the best locations to find fossils and teeth! Learn how to find and identify fossils and some fun activities for the whole family bringing this period of history to life in a fun way. For parents and children together.	To book: https://tinyurl.com/ytbe98wj
Friday 11th June 2021		
FL Psychology behind healthy eating Friday 11/6/2021 9:30-11:30 (just this session) Delivered online	If it was easy, we would all eat healthy all the time! Come along and discover some of the psychology which affects our food choices	To book: https://tinyurl.com/psychology-healthy-eating

Weekend Saturday 12th and Sunday 13th June 2021		
FL Family Scavenger Hunt (Ingatestone Park) Saturday 12/06/2021 (this session only) 10:00 - 13:00 Delivered face-to-face	Come along and have some Family Fun whilst looking for items along the way. Please also note that although we will be open for 3 hours, this is a staggered start time event to comply with current COVID restrictions and social distancing and there is no expectation for the scavenger hunt to take that length of time to complete!	To book: https://tinyurl.com/fbxc5mvh
Tuesday 15th June 2021		
FL Helping your child to manage change Tuesday 15/06/2021 (just this session) 09:30-11:30 Delivered online	According to psychologists, routine is important to children because they crave safety and security, so knowing that things are going to happen in a particular way makes them feel in control. As adults, we can deal with change better because we can anticipate what that change will be like by finding out everything we want to know about it beforehand, and by using our previous experiences to imagine what it will be like. This session will give you confidence in supporting your child with changes and how to manage them.	To book: https://tinyurl.com/8ad6m9c4
FL Understanding why children lie Tuesday 15/06/2021 (just this session) 12:30-2:30 Delivered online	This session will explore why children lie and what parents can do about it. This session will support you how to help kids find honest alternatives to bending the truth. Most parents think children lie to get something they want, avoid a consequence, or get out of something they don't want to do. These are common motivations, but there are also some less obvious reasons why kids might not tell the truth — or at least the whole truth. We will explore these here.	To book: https://tinyurl.com/4eks4raz
Wednesday 16th June 2021		
FL Transition within KS2 Wednesday 16/06/2021 (just this session) 10:00 - 12:00 Delivered online	This workshop will give you hints on tips on how to support your child as they progress through KS2	To book: https://tinyurl.com/235pdf9t
FL SEN Series Wednesday 16/6/2021 (delivered over 4 weeks) 12:30-14:30 Delivered online	These workshops will be on a series of topics that support parenting a child with SEND needs and what support, guidance, and ideas we can share with parents experiencing similar dilemmas, battles, or challenges.	To book: https://tinyurl.com/ytu8ta9x

<p>FL Fussy Eaters Wednesday 16/06/2021 (delivered over 2 weeks) 13:00 - 14:30 Delivered online</p>	<p>Ideas on how support you as a parent if you have a fussy eater.</p>	<p>To book: https://tinyurl.com/fussy-eaters-June</p>
<p>Thursday 17th June 2021</p>		
<p>FL Growth Mindset Thursday 17/06/2021 (delivered over 2 weeks) 09:30-12:00 Delivered online</p>	<p>Children are under more pressure than ever to learn due to missing so much valuable teaching time during lockdown. This workshop explores how we can help our children to develop a growth mindset. Once this is in place they can learn, grow, and thrive.</p>	<p>To book: https://tinyurl.com/y296ey296e</p>
<p>FL Setting Boundaries Thursday 17/06/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Communication is key in any team, and a family is no different! Do you feel like you are on repeat? Why not come along to our FREE workshop - on how to set successful boundaries and keep them.</p>	<p>To book: https://tinyurl.com/2npzbcjsj</p>
<p>FL Family Relaxation Thursday 17/06/2021 (just this session) 16:30 - 18:00 Delivered online</p>	<p>This workshop covers relaxation techniques for the whole family. Learn fun massage techniques, simple yoga poses and more</p>	<p>To book: https://tinyurl.com/399zszsry</p>