

# Wider Family Learning : Building Your Child's Self Esteem

## Course overview

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This is a one-week course aims to give both parent and child a chance to stop and look at each other and the good things about each other. Often, we focus on problems to be sorted out, but this course is about celebrating what is good and building on that. Every child likes to know their parent can see them and can see the good in them.

## What will I study?

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You will:

- Reflect on how to be a good teacher to your child.
- And about how a child learns: resilience, independent learning, creativity and adaptability. These things are needed to prepare your child for the world today.
- Make a 'tiny book' from plain A4 paper and teach this to your child for homework.
- Use the 'Strengths and Skills' Audit paper. Identify your child's strengths. Write these up in the 'tiny book' to give to your child. (We will also look at our own strengths and skills)
- Share good ideas with other parents in the group.

## Assessment method

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You will complete practical and written activities in class to enable you to assess your progress.

Spending time with your child at home to apply what you have learnt in class is essential.

## Entry requirements

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This course is for parents and carers of primary aged children.

## What should I bring with me?

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You will need a device ( Mobile phone, tablet, laptop) to access the online course. You will need 3 sheets of plain A4 paper, printer paper is best. You will also need scissors if you can although these are not essential. A paper notepad and pen is also useful.

## **Key information**

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

## **Possible next steps**

Following the successful completion of this course, you will be supported to enrol on to other WFL, FEML, wellbeing or CPD course, or signposted to another course suitable for you.