

Wider Family Learning: Supporting Your Child Through Change and Challenge

Course overview

Change and challenge can be particularly difficult for our children to navigate. This course is aimed at parents and carers and focuses on helping you to support your child through those difficult times. Join us for a look at typical challenges and changes as well as an exploration of how we can help our children to resiliently navigate those challenges and changes.

What will I study?

You will:

- Identify potentially challenging times and situations
- Identify times and areas of life change that children go through
- Discuss methods of creating an open, supportive environment so your child is able to come to you
- Discuss how to empower your child to navigate change and challenges
- Discuss strategies to help you to work with your child rather than do for

Assessment method

You will participate in discussions and Q&A and receive support from the tutor throughout.

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

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 Family Learning, Wellbeing or CPD courses or be signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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