

WFL: Communication Skills for Parents

Course overview

Communication with people can sometimes be challenging. Although words are exchanged things do not seem to be communicated or understood. Are you actually hearing what your child has said or acting on what you think they said? Is your child hearing what you have said or are they tuning you out? Poor communication can lead to frustration, anger and not bothering to try anymore. As a parent/carer this course will help you to use and model effective communication techniques.

This course is ideal for parents and carers but also useful for anyone working with young people.

What will I study?

You will:

- Explore what makes communication effective
- Discuss why listening is so important
- Get ideas around your child/client is really saying when they say “I don’t know”
- Develop and practice your own listening skills
- Analyse if you are hearing thoughts, feelings or facts
- Use active listening to encourage sharing and opening up

Assessment method

You will participate in discussions, activities, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a solid understanding of English.

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 wellbeing or CPD courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

