

Kent Adult Learning

Kent Adult Education is pleased to announce an expansion to our catalogue of free, online courses aimed at families. The existing catalogue can be found here:

<https://www.kentadulthoodeducation.co.uk/course-areas/family-courses/>

Adults can book themselves on at any time. We know that the lockdown is tough for everybody, and so the intention is that the courses are fun, boost learning, and help provide a bit of variety.

We also have a few new courses the families may be interested in as follows:

Exploring Behaviour Strategies - This online course is for mothers, fathers and carers with children. This is an Adult Only Course.

It is designed to:

build your own confidence to manage certain situations. This course aims to provide the basis of how you will manage behavioural issues and your own wellbeing moving forward. Raising children can be trying at times, it is a natural phase and being able to believe in yourself to implement good behaviour strategies will benefit you and your child.

Content will include all/some of the following:

- Strategies to manage children's behaviour
- Strategies to promote good behaviour
- Exploring reasons behind different types of behaviour
- Identifying behavioural triggers

Yoga to Support You and Your Child's Wellbeing - This online course is for mothers, fathers and carers with children. This is an Adult Only Course.

It is designed to:

Support interaction, provide quality time for families to have fun and learn together, strengthen relationships, build confidence and extend communication.

This course will teach you how to support your child's wellbeing by using Yoga and Breathing practices. You will be provided with easy to follow activities after each session to practise at home.

Content will include all/some of the following:

- Learn Yoga and Breathing techniques
- Insight into how a child's brain develops and how this relates to emotions
- How to manage your child's emotions through yoga

Autism Awareness - This online course is for mothers, fathers and carers with children aged 5 to 11 years.

This is an Adult only course. It is designed to: understand and look at various principles of Autism and the different aspects that can be present.

It is a discussion based course designed to give parents a better understanding of the spectrum. It also offers practical advice to better support children with communication, behaviour management and coping strategies.

Chocolate Easter Nests – visit the site for more information.

How will learners be taught?

This is an online course delivered using Zoom, in real time with live interaction with your tutor and fellow learners. Learners will join the class from home and be able to exchange and interact with other learners as they would in the classroom (speaking and listening).

There will be discussion and demonstration. You will have opportunities to discuss and ask questions - You will be supported by your tutor who will give you feedback (as appropriate) throughout the session.

What do learners need to join?

To book a place please visit kentadulthoodeducation.co.uk and click on 'Course Areas' then click on 'Family Courses'. If you have any queries please call **03000 415888** or email BusinessSupportTeam@kent.gov.uk and leave your name and a contact number.

Before the class starts, the tutor will have sent you by email an invitation to join, which will be a simple weblink to click. The system is free, secure and easy to use. Should you have questions about the required equipment, please do not hesitate to contact us by telephone or by email.