

# Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of countywide online workshops. We welcome any parent/carer with a child/ren in primary schools.

**Digital/internet safety 27 February 2024 (12:00-13:00)**

A workshop that considers why children and young people use digital technology and explains how we can keep them safe. Also, we will explore strategies to create and maintain digital boundaries and avoiding screen time battles.

**Supporting your child with feelings of worry - Tuesday 5 March 2024 (12:00 -13:30)**

A workshop that explores the definition of anxiety, its purpose and how it may affect children including advice around supporting children to understand how they are feeling and some strategies that may help them to manage these feelings.

**Supporting your child with feelings of anger – Tuesday 12 March 2024 (12:00 -13:30)**

A workshop that explores angry feelings including what is happening in our brain when we feel angry, how to explain this to children and some useful strategies to use when we have this difficult feeling.

**Sleep -Tuesday 19 March 2024 (12:00-13:00)**

A workshop that explores some common sleep difficulties, looks at sleep hygiene, bedtime routines and suggests some strategies that may help support your child to get a good night sleep.

To book a place on any of the workshops, please use the link or the QR code

<https://forms.office.com/e/djfcGEzf6>

