

Bitesize Parenting

Bitesize parenting workshops are weekly 2-hour sessions delivered by our parenting team to support on a wide range of topics. Turn over for more information about what each topic covers. Please book on by visiting www.cornwall.gov.uk/parenting

Workshop Dates:

Date	Time	Topics
Monday 6 th Jan 2025	18:00-20:00	Solihull Approach workshop for parents (ages 0-11)
Friday 10 th Jan 2025	12:30-14:30	Supporting Healthy Relationships
Monday 13 th Jan 2025	18:00-20:00	Supporting Healthy Relationships
Friday 17 th Jan 2025	12:30-14:30	Solihull Approach workshop for parents (ages 0-11)
Monday 20 th Jan 2025	18:00-20:00	Technology and safety
Friday 24 th Jan 2025	12:30-14:30	Remaining calm
Monday 27 th Jan 2025	18:00-20:00	Introduction to the teenage brain
Friday 31 st Jan 2025	12:30-14:30	Supporting education and school
Monday 3 rd Feb 2025	18:00-20:00	Remaining calm
Friday 7 th Feb 2025	12:30-14:30	Sibling rivalry and conflict
Monday 10 th Feb 2025	18:00-20:00	Special time with your child
Friday 14 th Feb 2025	12:30-14:30	Introduction to the teenage brain
Monday 24 th Feb 2025	18:00-20:00	Praise and rewards
Friday 28 th Feb 2025	12:30-14:30	Technology and safety
Monday 3 rd Mar 2025	18:00-20:00	Routines and boundaries
Friday 7 th Mar 2025	12:30-14:30	Supporting Healthy Relationships
Monday 10 th Mar 2025	18:00-20:00	Sibling rivalry and conflict
Friday 14 th Mar 2025	12:30-14:30	Praise and rewards
Monday 17 th Mar 2025	18:00-20:00	Supporting education and school
Friday 21 st Mar 2025	12:30-14:30	Solihull Approach workshop for parents (ages 0-11)
Monday 24 th Mar 2025	18:00-20:00	Solihull Approach workshop for parents (ages 0-11)
Friday 28 th Mar 2025	12:30-14:30	Special time with your child
Monday 31 st Mar 2025	18:00-20:00	Supporting Healthy Relationships
Friday 4 th Apr 2025	12:30-14:30	Routines and boundaries

To book scan the QR code or visit:
[Bitesize Parenting Sessions \(office365.com\)](http://office365.com)



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Topics include:

Solihull Approach workshop for parents (ages 0-11): This workshop is an introduction to the key messages from the Solihull Approach 'Understanding your Child' programme. You can attend this session to find out more about the programme, or just for some tips and strategies.

Supporting healthy relationships: This workshop supports you to manage stress and communicate more effectively within your relationships with your partner or co-parent.

Supporting education and school: This workshop includes tips around supporting your child's education and learning and working closely with school.

Sibling rivalry and conflict: Tips to manage conflict between siblings in the home.

Special time with your child: How quality time with children can help with behaviour.

Technology and safety: This workshop focuses on boundaries around technology use at home and how to support children and young people to stay safe online.

Remaining calm: How to look after yourself as parents.

Praise and rewards: This workshop focuses on using praise and rewards to support behaviour you'd like to see more of.

Introduction to the teenage brain: Learn about the changes adolescents experience in their brain development and how parents can support their young person.

Routines and boundaries: Looking at why routines and boundaries are important and how these can be put in place effectively to support children, parents and family life.

Contact us:

Email: parenting@cornwall.gov.uk

Website: www.cornwall.gov.uk/parenting