

## FAMILY LEARNING



At Aspire Sussex, we work in partnership with schools and children and family centres to deliver positive learning experiences for families and ensure our Family Learning courses are informative and fun.

Courses are open to adults who play a significant part in a child's life and are funded by the Skills Funding Agency. Some of our courses have adults learning alongside their children whilst others are for adults only. **We now offer online courses as well!**

Each course is tailored to meet needs. The following outcomes for families underpin every one of our Family Learning courses:

- Providing fun activities parents/carers can try with their child at home plus explanations of how these activities can support their developing skills
- Supporting children's social and emotional development
- Building the adult's self-esteem and confidence
- Supporting children's English and Maths skills, aligned with how children are taught
- Preparing for future qualifications, volunteering and/or employment
- Improving the whole families' physical and mental health

**OUR FAMILY LEARNING COURSES ARE FREE**

**GET IN TOUCH BY PHONE AT 0345 601 0161 OR BY EMAIL AT  
FAMILYLEARNING@ASPIRESUSSEX.ORG.UK**

## COURSE PROGRAMME

<h3>Supporting Learning</h3>	<ul style="list-style-type: none"> <li>• Family Learning Workshops</li> <li>• Online Safety</li> <li>• Getting Ready for School</li> <li>• Support to Succeed</li> </ul>
<h3>Health and Wellbeing</h3>	<ul style="list-style-type: none"> <li>• Mindfulness for Families</li> <li>• Confident Carers, Confident Children</li> <li>• Cooking with Children and Preparing Healthy Lunchboxes</li> <li>• Understanding Children's Behaviour</li> <li>• Understanding your Teenager</li> <li>• Yoga for Parents and Children</li> <li>• Family Fit</li> </ul>
<h3>English, Maths and STEM</h3>	<ul style="list-style-type: none"> <li>• Family Story Writing</li> <li>• Fun with Phonics</li> <li>• Getting Ahead with English</li> <li>• Keeping up with the Children –English</li> <li>• Family English</li> <li>• Family Language – Supporting Bilingual Families</li> <li>• Keeping up with the Children – Maths</li> <li>• Helping your Child with Maths</li> <li>• Family Maths</li> <li>• Explorers and Inventors</li> </ul>

# ONLINE COURSES ON ASPIRE CLOUD

We are now able to offer online learning options through Aspire Cloud! Aspire Cloud is our online learning portal through which you will be able to learn at home.

*We will resume face-to-face Family Learning when the Government guidance permits, and in collaboration with our partners. Please get in touch for more information.*



## Supporting Learning

- **Family Learning Workshops**

Stand-alone workshops which incorporate a craft activity with embedded English, Maths and self-confidence outcomes. These can be tailored to fit in with a particular theme.

- **Online Safety**

Provides e-safety information and discusses appropriate use of social media.

- **Getting Ready for School**

Ideas on how to help children at home, recognise how to promote children's emotional wellbeing, information on the Early Years Foundation stage and how schools teach children.

- **Support to Succeed**

Teaches how to support children's developing independence through building their skills, confidence, and their ability to overcome challenges as they prepare for secondary school

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## Health and Wellbeing

- **Mindfulness for Families**

Aimed either at adults only or adults and children together, learn strategies and techniques to become more mindful and calm in daily life, often with a creative activity.

- **Confident Carers, Confident Children**

Encourages parents/carers to actively support their children's social and emotional development by equipping families to build self-esteem, resilience and confidence.

- **Cooking with Children and Preparing Healthy Lunchboxes**

Gives parents/carers great ideas for easy meals that are both tasty and healthy, whilst children use and develop their language, literacy, numeracy and motor skills.

- **Understanding Children's Behaviour**

Looks at the value of routines and praise and how to deal with unwanted behaviour. Identifies types of positive parental behaviour and effective communication.

- **Understanding your Teenager**

Have open discussions within the group with a tutor to guide you through information and strategies for the whole family

- **Yoga for Parents and Children**

Suitable for all from the age of 4, this course will allow parents and children to stretch, relax and concentrate as they strengthen their bodies.

- **Family Fit**

Motivates entire families to get fit through various exercises suitable for all fitness levels.

## English, Maths and STEM

- **Family Story Writing**

These short sessions are for adults with young children to enjoy making stories together and helping your child with their reading and writing

- **Fun with Phonics**

Find out how your children are taught phonics so you are able to support them. This could be used as an introduction to a longer Family ESOL/English course for those parents wanting to improve their own language skills.

- **Getting Ahead with English**

Sessions are aimed at different age groups to try out and learn new ways to better understand the English curriculum and how to learn better at home

- **Keeping up with the Children – English**

Aimed at parents/carers wanting to find out how their children are taught. Could be an introduction to a longer course for those parents wanting to improve their own literacy skills.

- **Family English**

For parents/carers who do not have a Level 2 qualification in English (GCSE grade C or equivalent). Raises standards of literacy for both parents and children. Extends parents' skills to support their children's developing literacy skills.

- **Family Language – Supporting Bilingual Families**

For bilingual families with children in Reception and year 1. Based on The Family Skills Project this course promotes bilingualism and supports phonics development.

- **Helping your Child with Maths**

Sessions for adults and children together, aimed at different year groups at primary level, to learn Maths together in a fun and interactive way

- **Family Maths**

For parents/carers who do not have a Level 2 qualification in Maths (GCSE grade C or equivalent). Raises standards of numeracy for both parents and children. Extends parents' skills to support their children's developing numeracy skills.

- **Explorers and Inventors**

New and exciting short course where you and your child can get involved in some simple experiments with items in your home! This course encourages learning around science, technology, engineering and maths (STEM)

Last Updated: January 2021 Next Review: June 2021