FREE Parenting & Computing Skills Training Course

Aims: Fully funded by the National Lottery Community Fund, this course aims to help parents and carers to develop good parenting skills, build better relationships with their children, improve computing skills and understand what children do online, why they take risks and how to respond to these risks so that parents and carers can feel confident in protecting their children. A certificate will be issued upon successful completion of each module.

Registration/Enquiries: Call/Text 07949431548 or Email: bonniekwok88@hotmail.com
Venue: Haggerston School, Weymouth Terrace, London E2 8LS   Time: Saturdays 12:30 – 13:30

	Date	Session	Topic *(Subject to change)*
Module 1: Parenting Skills	21-09-19	1	Introduction, balancing work and family - Learn how to nurture yourself and your family so that your family supports your work.
	28-09-19	2	Balancing love and discipline - Introduces the concept of firm and kind, unconditional love and the value of more action and less talk.
	05-10-19	3	Creating cooperative families - How to create a cooperative family atmosphere and what to do when there is a lack of cooperation.
	12-10-19	4	Effective Parent-Child communication - Introduces the concept of listening, handling feelings and conflict resolution.
	02-11-19	5	Enhancing children's self-esteem - Methods of disciplining while instilling high self-esteem.
	09-11-19	6	Teaching children self-control - Teach children how to control and express their feelings and desires appropriately.
	16-11-19	7	How to bring up more cooperative, responsible children.
	23-11-19	8	Reflect on what we have learnt and course evaluation. Presentation of certificates.
Module 2: Computing Skills	30-11-19	1	Basic computing skills - Learn how to use your computer's built-in Help and Undo features; as well as how to create and save documents. Understanding file extensions, learn about the many different file extensions that exist, such as .docx and .PDF.
	11-01-20	2	Useful websites for parenting and computing. Learn how to download and upload files.
	18-01-20	3	How to use Microsoft Office key features such as Word, Excel and PowerPoint – Part 1
	01-02-20	4	How to use Microsoft Office key features such as Word, Excel and PowerPoint – Part 2
	08-02-20	5	Computer vs mobile phones, how to use communication tools e.g. Skype, WhatsApp & WeChat
	29-02-20	6	Online safety and social media – Learn how to operate parental control, what is social media and how to use them safely.
	07-03-20	7	Understand cyber bullying and how to tackle it - focuses on confidence and assertiveness building, helping children to avoid slipping into a victim mentality, by taking away the bully's power to cause hurt
	14-03-20	8	Reflect on what we have learnt and course evaluation. Presentation of certificates.
Module 3: Interactive Computing Workshop*	*Module 3 encourages joint learning between parent and child – please bring your children to the class.*		
	25-04-20	1	Introduction
	02-05-20	2	Outline the structure of the presentation
	09-05-20	3	Conduct online research
	16-05-20	4	Produce images and text for presentation
	06-06-20	5	Produce images and text for presentation
	13-06-20	6	Interim presentation
	20-06-20	7	Final presentation
	27-06-20	8	Reflect on what we have learnt and course evaluation. Presentation of certificates.

Free Admission	**Limited places available - Registration by email or phone is required**	**Free onsite creche available**	**Free refreshment**