

SOCIAL AND EMOTIONAL WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Social & Emotional Wellbeing	30/09/2026	28/10/2026	Online Delivery	0.00

01. Who is this course for?

This course is for parents and carers to help them support their children's learning and development. Families are a child's first and most important teachers; parental support is a key factor throughout a child's education. Children whose parents support their learning and take a keen interest in their education do better at school and in later life. Family Learning helps to promote good relationships within families, offering a second chance for parents to return to learning to develop their own skills and be aware of all the other learning opportunities available. You will be able to: Have fun with your children and get new ideas for things to do as a family, Understand how your children develop and learn and how you can help them grow in confidence, Discover new ways to make learning a fun experience for all, Learn how to manage stress, communicate better as a family, feel more confident and positive and set goals for your future, Share your experiences with other parents and gain ideas, advice and support from each other. NB: If you are interested in this course and it is taking place in a school or Family Hub, this course is for a specific group identified by the venue and not open to general enrolments. If you wish to find out more about courses in schools or Family Hubs and what might be on offer for you, email Family Learning: lals.familylearning@leics.gov.uk

02. What will I learn?

This course has been designed to help you support your children's social and emotional development (aged 0 - 11 years old). You will: Identify the stages of social and emotional development and how to support children's emotional needs Know how recognising, expressing and managing emotions underpins the development of resilience Recognise how children can build resilience using the growth mindset theory and the power of play and identify strategies to help its development Explain the importance of self-esteem and confidence in the development of resilience and explore activities for developing these skills. Explore how mindfulness, exercise and being outdoors can have a positive impact on emotional wellbeing and the development of resilience

03. How will I learn?

There will be 2 hours taught sessions each week with other learners. You will have access to course materials. You will be encouraged to create and share fun activities with your children to help their learning.

04. What will I need to bring?

Family Learning courses are free, and the resources needed for this course will be provided by the tutor.

05. What skills or experience do I need?

There are no formal entry requirements for Family Learning. You do not need any previous experience, knowledge or skills to enrol on this course; just an interest in finding out about how children learn and how you can encourage and support them.

06. How will I be assessed?

You are assessed in the classroom by the tutor and by your own self – assessment of topics. You will be asked to keep a diary where you can comment upon the topics you have learned, the progress you feel you've made and record any activities you have tried with your child. Your tutor will feedback to you regularly and may suggest some activities or resources that are appropriate for your child's ability. So that you can be successful in completing the course we do require that you try not to miss any sessions – talk to your tutor about individual catch ups. You are expected to attend 90% of the course.

07. What could I do after this course?

The Adult Learning Service also offers courses in: · Computing and ICT · Personal Development, including Arts and Leisure · Languages, British Sign Language, ESOL and Makaton · Maths and English · Skills for Jobs · Apprenticeships and Traineeships · Family Learning · Programmes for Adults with Learning Difficulties and/or Disabilities.

08. How will I be supported in my learning?

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk