

SUPPORTED BY
MAYOR OF LONDON

FOR:

Families, parents and carers living in
Barnet, Merton, Newham and Wandsworth
with children aged 0 – 5 years

DATES:

March and April 2021

COST:

Absolutely free!

ONLINE PLATFORM:

zoom

BOOKING:

Email Isobel Henderson:

ihenderson@wandletsa.com

Call The Wandle TSA:

020 7622 1619 option 4

supporting children's wellbeing

**Free family learning
&
Parent/carer workshops
on zoom**

For families of children aged 0 - 5
Delivered by expert professionals with
years of experience working in the
Early Years

Co-ordinated by:



Steve Grocott – Family Learning

Thursday 1st April '21

11am – 12pm – join via zoom

Friday 2nd April '21

11am – 12pm – join via zoom

Enjoying Music with your children

and how it helps all aspects of development

Join musician and storyteller Steve Grocott for an uplifting hour of singing, dancing and story time with your children. Everyone is musical! Enjoy great songs, games and rhymes together.

As well as being fun, find out how music supports every part of your child's development and wellbeing.

“The children talked of nothing else all week. Its been inspirational ”

All of the songs will be available to stream online for free so you can continue the fun after the session!



Julie Revels – **parent/carer workshop**

Monday 29th March '21

11am- 12pm

Tuesday 30th March '21

1:30pm – 2:30pm

Wednesday 31st March '21

1pm -2pm

join the webinars via zoom

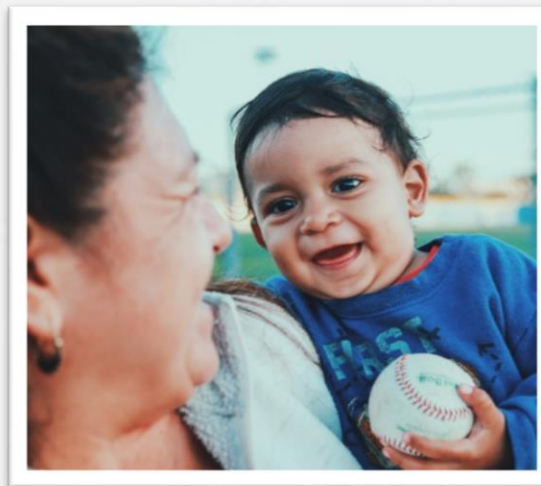
Make every moment matter

The first years of a child's life are the most important!

The time you spend with your child and the experiences you have together are the ones that support your child's brain development, their social emotional well-being, their personality and character and lay the foundations to become a lifelong learner.

Join inclusion specialist Julie Revels to hear how that happens and share ideas of how you and your child can enjoy and learn from the everyday things you do together.

“Julie gave ideas for calming activities which will be very useful for me.”



Sonia Mainstone-Cotton – **parent/carer workshop**

Tuesday 30th March '21

11am – 12pm – join via zoom

Wednesday 31st March '21

11am – 12pm – join via zoom

As parents, how can we support children's wellbeing during COVID 19?

Join author and nurture specialist, Sonia, who will share a variety of practical ways we can support children's wellbeing.

Sonia's tips and ideas can be used immediately!

Sonia will share:

- helpful words and phrases you can use when your child is upset
- activities and play to do together inside and outside
- calming activities for both parents and children

“I liked the practical strategies, suitable for children with different needs.”



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For more information contact
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ihenderson@wandletsa.com

Phone:

[020 7622 1619](tel:02076221619) option 4

Twitter:

[@WandleEYHub](https://twitter.com/WandleEYHub)

You will need a smartphone or computer to access the training and will need an internet connection

Workshops are suitable for families with children aged 0 – 5

