

## Brighton and Hove Virtual School for Children in Care and Previously in Care



### Workshops for Parents of Children Adopted from Care

School can be a big ask for children and young people who have experienced relational traumas and losses, and it is not always easy knowing how best to help them. Our Workshops cover a range of topics on supporting your child through their educational journey. Come along to develop your knowledge and understanding, meet other parents who are adopters and gain new tools and strategies to help your child make the most of their educational opportunities.

The Virtual School has funded **TouchBase** to run the following free **Workshops** - written by Louise Michelle Bomber and Anne Henderson. They will be facilitated by **Michael Reeves**, an Integrative Child Psychotherapist and Specialist Teacher on both the TouchBase therapy and education teams.

#### **21<sup>st</sup> October 2019**                      **Settling to Learn**

This session will focus on how we can help our children settle into their new class and new school year. How we can encourage and support them with practical strategies and attachment based advice.

#### **4<sup>th</sup> November 2019**                      **Regulation difficulties: staying calm**

We know that children who have experienced toxic stress in their early years have faulty alarm systems. Together let's think about our children's alarm systems and consider how we can help our children quieten them so they can be freed up to think clearly.

#### **16<sup>th</sup> December 2019**                      **Exams and Stress: How to manage**

No one is immune from stress but what can we do when we know our children already have real difficulties with regulation, especially around exam time. Come and find out about some tools and strategies that can really help.

#### **24<sup>th</sup> February 2020**                      **Friendship and Play**

Vulnerable children who have experienced a difficult or unsettled start in life, sometimes find it hard to form and sustain positive relationships with their peers in school. This session looks at how we can support our children to develop peer relationships in school.

#### **27<sup>th</sup> April 2020**                              **Moving to Secondary**

Every transition activates the stress system. For a pupil with an already fried nervous system, moving on to secondary phase could be difficult. Together we will explore tried and tested strategies that will enable your child to have a smooth transition.

#### **11<sup>th</sup> May 2020**                              **Control battles**

Powerlessness is the essence of trauma. Children who have experienced trauma and loss don't trust grown-ups. Together we will think how we can encourage education staff and parents alike to tame these children into relinquishing control and following our lead.

We will also run a **Starting School** workshop on **18<sup>th</sup> May 2020** if there is demand for it, so please contact TouchBase if you are interested.

To book a place email: [info@touchbase.org.uk](mailto:info@touchbase.org.uk). All Workshops are on **Mondays** from **1pm til 2.30pm** and are run at Hove Methodist Church, Portland Road, Hove, BN3 5DR.

**Please note: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.**

