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7th February 2022

Dear parents/ carers,

We are really excited to be able to offer an opportunity for parents and carers in Year 1 to be part of a six-week workshop that introduces the fundamentals of a nurturing approach and how it works in practice.

Join us to talk about and explore -

- A nurturing approach – including the Thrive Approach
- How our brains develop
- How your right brain talks to your left brain!
- Why play and creativity are so important to you and your child
- How to support your child at times of change and difficulty
- Everyday trigger times and how to keep calm
- How to be a behaviour detective.

These sessions will explore the amazing growth of a child's brain throughout childhood and also introduce strategies to support their emotional development.

They will be structured yet informal and will allow time to interact with other parents and carers, ask questions and have input into what would be most useful for future sessions.

The sessions will be run by Sarah Norwood and Josie Barker both specialist teachers from the Thanet Inclusion service.

The workshop will run over the following dates from 9:15 – 11:15 am.

- Friday 25th February
- Friday 4th March
- Friday 18th March
- Friday 25th March
- Friday 1st April
- Friday 22nd April To book your place or ask any questions please email Emily Hughes senco@vikingacademytrust.com

Kind regards,

Mrs Hughes

SENCO

'One Childhood One Chance'

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