

Family Learning

Information booklet

Coventry Adult Education Service

Family Learning – programmes that promote strong positive relationships within families; enabling parents and carers to support their children’s learning and development.

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Coventry Adult Education's Family Learning team develop programmes that promote strong, positive relationships within families; enabling parents and carers to support their children's learning and development. Programmes are always free, and open to all parents / carers of children aged 0-11, whatever their experience or ability. The Family Learning team are all qualified teachers with recent and relevant school experience, each holding a current DBS disclosure.

Our wide range of free programmes are designed specifically for families. Parents and carers come along to a welcoming, friendly group where, as well as taking part in the course, they meet other people with children of a similar age and share ideas and experiences. Our courses are not accredited (so no assessments or exams), and usually last for 2 hours per week, over five or ten weeks. Each course covers child development; sharing knowledge about the Early Years Foundation Stage (EYFS) and / or Primary curriculum so that parents have a greater understanding of how children learn. We provide free resources for families to use at home with their children. We also spend time in sessions demonstrating and making inexpensive games to make learning fun.

Within **Family Learning** we have three main types of courses:

- Our **Wider Family Learning (WFL)** programmes are sessions which parents and carers attend with their pre-school children. The sessions are suitable for all children aged 0 – 4 years old and siblings are welcome with parents. For children aged 3 - 4 there is a focus of 'Getting Ready for School.'

Each session encourages parents and children to spend quality time together, try out new activities and develop their creative skills. Topics are based on the EYFS curriculum and include craft, stories, singing, music making, physical movement, number, shape, and seasonal crafts celebrating nature and cultural festivals. We provide parents / carers with a greater understanding of child development and the EYFS curriculum, so they can support their children with fun learning activities outside of sessions. Parents also value the opportunity to chat in a relaxed and safe environment, making friends with other parents in the group, as well as utilising the experience of our Early Years tutors. Wider Family Learning sessions usually take place in Family Hubs across Coventry.

Each Wider Family Learning course has a focus, including:

- MAC Tots (music, art, craft)
- Healthy Tots (routine, food, exercise, sleep patterns)
- Spring Fun (the world around and the changing season)
- Time to Talk (language development)
- Spaces and places (using the outside environment)
- Stories and Play (activities built around a different story book each week)

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- Our **Family English, Maths and Language (FEML)** programmes are sessions just for parents and carers. These programmes aim to give parents and carers the skills, knowledge and confidence to support their child's development. Courses are developed in partnership with schools and concentrate on specific age groups of the children. Parents are given an insight into the National Curriculum, their child's stage of learning, and the teaching methods used in British primary schools. We cover curriculum knowledge (such as pronouncing phonemes) and explain the vocabulary used in schools (such as 'partitioning' or 'fronted adverbial'). We give parents free resources, such as number fans and phonics cards, and during sessions parents make creative games to support their child's learning and development at home. A major focus for all our sessions is around engaging positively with our children. We give parents more knowledge about the curriculum and equip them with ideas and fun activities to do at home.

Programmes include:

- English in the Primary School
- Maths in the Primary School
- Science in the Primary School
- All about SATs (Key Stage 1 or 2)
- Getting Ready for School (for parents of children about to join / started reception)
- Positive Family Foundations (a nurture-based parenting programme incorporating practical information, activities, and resources inspired by Triple P, Emotion Coaching, Thrive and Family Matters. It uses ideas around brain development and attachment theory to help parents / carers understand and support their children's development.)

FEML Family Learning sessions usually take place during the school day, in schools across Coventry. Just parents from that school are invited to attend, so the course is bespoke, following the routeway / scheme of work for the specific school. We offer a free creche for pre-school siblings in some schools. Other FEML sessions take place in community venues, attended by any Coventry based parent with primary aged children. Online sessions are being developed for parents who cannot attend during the school day.

- Our **Triple P – Parenting Plus** courses incorporate the principles of Family Learning to deliver the evidence based Triple P Positive Parenting Programme. We deliver the Core Group programme for parents of children under 10, and the Teen programme for parents of children over 10. We consider difficulties in managing children's behaviour and look at strategies to parent positively. The sessions focus on building positive relationships to encourage desirable behaviour, along with strategies to deal with difficulties with behaviour. The sessions are run in a relaxed and friendly way and parents welcome the opportunity to meet with other parents. We spend time thinking about the development stage of children, looking at spending positive quality time with them. We provide resources and ideas for activities to do at home.

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Many parents decide to enrol on the Triple P course themselves, and some are referred by school, health visitors or social care. Triple P – Parenting Plus sessions take place at community venues and schools across Coventry, and we also have online courses. There are daytime and evening options, and we offer a free creche for pre-school children in some venues.

To find out more about Family Learning:

kate.steventon@coventry.gov.uk or 024 7697 8730

steve.withers@coventry.gov.uk or 024 7697 1301

Family Learning course information can be found through individual schools, online at <https://www.coventry.gov.uk/adulted>, in the Choice Magazine which is delivered three times a year to all homes within Coventry, and on local social media.

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