

## Supporting Parents

Kirklees Adult Learning, have a range of free short courses that can support parents/carers to support their children via our Family Learning offer.

**Family Learning** - Family learning offers a range of courses for mums, dads, grandparents, carers and children. Some courses focus on families learning together, while others are for parents/carers only, with the emphasis on supporting the family.

- How to deal with challenging behaviour from tots to teens
- How to look after your family's mental health
- Supporting your child's learning at home including
  - phonics
  - supporting reading
  - understanding maths at home

Please visit the [Adult Learning Timetable \(kirklees.gov.uk\)](http://kirklees.gov.uk/adult-learning-timetable) and view our range of free courses timetabled for up to Easter and enrol now. Courses are a combination of tutor led delivery via Zoom (about an hour per session), short homework sessions and individual personalised tutor support time. You will be emailed all the resources that you need to complete the course and will get regular feedback on how you are doing.

**All courses are free with no fee to pay. Participants will require internet access.**

Eligibility criteria:

- You must be aged 19+, live in Kirklees, be a resident of the UK for 3 years or more (or a spouse of a UK resident, or if asylum or refugee that you have been in the UK for 6 months and are yet to have a decision on your status).

**Adult & Community Learning: Lifelong learning, working together, building communities, making a difference**

Adult & Community Learning is part funded through the European Social Fund, the Education and Skills Funding Agency and delivered through a collaboration of partners across the Kirklees District. It is managed by Kirklees Council and delivered by **Crosland Moor Community Learning Centre, Fusion Housing, Kirklees Success Centres, Proper Job Theatre Co, Head Start, S & H Training & Development and the Workers Education Association**