



Buckinghamshire Family Learning

Has lockdown increased your worry about your child's confidence levels? Have you seen their self-esteem drop?

Do you need some practical ideas of things you could do to support your child through this difficult time?

Help your child to build confidence and self-esteem

If your child is in Years 5, 6 or 7 then our FREE online workshop could be for you.

We'll be thinking about:

- Parental strategies for helping your child deal with disappointments and setbacks
- Activities to help your child: face their fears; find their feet; and develop a positive outlook

Monday 14 June - 12.30-2.30pm

To book your place, please visit:

[Family Learning Courses](#) or phone 01296 383582

For more information contact Mandy on 07825 862029

