April-November 2018 1993-2018: Celebrating 25 Years

# Children in Scotland the Learning Training and events for Scotland's children's sector

## "Your training left me

engrenee and inspired

ACEs Attachment Attainment Autism spectrum disorders Bereavement Child protection Child sexual exploitation Child rights Mental health Mindfulness Play Transitions Trauma Wellbeing

#### Are you raising a disabled child or young person?





#### **Venue Hire in central Edinburgh**

Located in the heart of Scotland's capital just a minute away from Haymarket railway station, and next to the Haymarket tram stop, our office space is fully accessible and an ideal venue for training, interviews and meetings.



#### Eilean Donan (Training Room)

Our large training room provides a relaxed and welcoming space. Fully equipped with a plasma TV screen, laptop, flipchart and stationary, as well as complimentary WiFi, it can be split into two rooms for a more intimate space or to create a break-out area for smaller groups.

#### **Meeting rooms**

Ideal for interviews or meetings of 2-10 people. Urquhart, our largest meeting room, is equipped with a whiteboard and laptops, projectors and speakers can be provided to any room on request. "The training room was spacious and well-equipped. Staff were friendly and attentive, I couldn't really have asked for more!" (Befriending Networks)

#### To book, contact Erin Butler on:

Tel: 0131 313 8827

Email: venue@ childreninscotland. org.uk



#### **Children in Scotland**

Level 1, Rosebery House 9 Haymarket Terrace Edinburgh, EH12 5EZ Telephone: 0131 313 2322 info@childreninscotland.org.uk www.childreninscotland.org.uk

#### About us

Giving all children in Scotland an equal chance to flourish is at the heart of everything we do. By bringing together a network of people working with and for children, alongside children and young people themselves, we offer a broad, balanced and independent voice. We create solutions, provide support and develop positive change across all areas affecting children in Scotland. We do this by listening, gathering evidence, and applying and sharing our learning, while always working to uphold children's rights. Our range of knowledge and expertise means we can provide trusted support on issues as diverse as the people we work with and the varied lives of children and families in Scotland

#### **Discounts and free** member events

Children in Scotland members receive substantial discounts on all of our events. We also run a programme of free events for members (see page 27). To find out more about the savings you can make plus other member benefits call Tracy Hope on 0131 313 8829, email membership@ childreninscotland.org.uk or apply for membership online at childreninscotland.org.uk/join

In-house training: see page 28 for information.

Cover quote: from a delegate who attended last year's Trauma and Bereavement training with Betsy de Thierry.

#### Design

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# Welcome...

#### ... to our new guide covering Children in Scotland's learning and events from April to November 2018!



Karin Mckenny @karinmckenny Learning and Events Manager

This past year has been our busiest yet, with in excess of 4,000 people attending more than 200 of our events. These have included everything from small, focused in-house training courses to large-scale conferences and of course our coveted Finland study trips. We also introduced a new range of free members' learning events to emphasise the vital role members play in contributing to our voice and views.

The team has been working hard since then to pull together another diverse, relevant and inspiring programme for 2018. I'm pleased to confirm that all of our successful learning events from last year are returning, joined by a range of new training, seminars and conferences - all shaped by your feedback and views.

Please also look out for your invitation to our 25th birthday celebration in June. We hope you'll all be able to join us as we reveal 25 ways to improve children's lives over the next quarter century - based on your input, expertise and ideas. Turn to page 18 for more information about how you can be involved.

One of Children in Scotland's fundamental aims is to strengthen knowledge and skills in the sector so that you are best equipped to change children's lives for the better. We hope you find events in our programme that will help you deliver on that shared ambition.

Please share your feedback about what else you'd like to see included, and do get in touch with me if you have any questions or suggestions about our programme.

Kain Mekenny

#### Prices for 2018

	Member rate	Non-member rate
Training workshops	From £79 for a full day	From £99 for a full day
Seminars and conferences	From £89	From £109

#### Contents

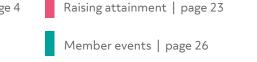


Child protection | page 7

Communication & learning difficulties | page 10

Early years | page 13

Health & wellbeing | page 20



Conferences & study visits | page 29

Want:to:find:an:event:fast?: Use our planner: pages 16-17

Contact our Learning & Events team via email, telephone or on our website. E: events@childreninscotland.org.uk | T:0131 313 8828 | W: childreninscotland.org.uk

#### Adverse childhood experiences



TRAINING WORKSHOP

Adverse childhood experiences (ACEs) can have a huge impact. Our sessions will help you understand, identify and prevent ACEs, and develop the skills and knowledge to support those children who are affected.

#### **NEW** Child-inclusive practice with **Bill Hewlett**

Tuesday, 15 May – Wednesday, 16 May 2018 Date: (Edinburgh) Trainer: Bill Hewlett Cost: from £169

This two-day intensive course is aimed at those working with families in conflict. It will help you transform parents' understanding of why they are in conflict, how this impacts their children and how they might manage their future parental alliance.

Child-inclusive practice is designed to shift the focus away from parental conflict to focus on the children's needs and ongoing support.

#### **Key learning:**

- Attachment theory, neurobiology and trauma theory
- Practical techniques to gain an understanding of the child's experience
- Assisting parents to develop a child-focused developmental parenting plan.

#### Meet the trainer



Bill Hewlett is a qualified Counsellor and an accredited **Dispute Resolution Practitioner** and Child Consultant. He has worked for more than 17 years as a child consultant and a mediator, managed and supervised the clinical practice of mediators across six Family

Relationships Centres, and was the lead trainer for the Australian Institute for Relationship Studies.

This work has led Bill to develop an innovative and effective model of practice, which responds to the current challenges of the family law system when working with parents who struggle to come to amicable arrangements with each other.

Bill is a popular public speaker who has presented at numerous conferences and events worldwide. He regularly appears in the media where he contributes to discussions on topical issues relating to counselling, mediation and family matters.

#### Trauma-informed practice: bereavement, trauma and loss

Date: Tuesday, 5 June 2018 (Edinburgh) Trainer: Steve Sweeney, Barnardo's Cost: from £79

This workshop begins with the theories of attachment, trauma and grief that underpin your work with children and young people and provides an introduction to practical techniques that can help provide effective support, from formulating an action plan and making best use of resources, to using a range of support techniques.

#### **Key learning:**

- Applying attachment, trauma and grief theories to improve safety, mental health and wellbeing outcomes
- Approaches to support children and young people dealing with adversity, including solution-focused brief therapy, working with the body, and psycho-education.

#### Supporting children and young people who internalise their distress

Date: Wednesday, 25 April 2018 (Edinburgh) Thursday, 19 July 2018 (Edinburgh) Tuesday, 20 November 2018 (Glasgow) Trainer: Jan Montgomery Cost: from £79

There are many reasons why children internalise their distress. Often assumed to be quiet, shy or wellbehaved when actually they are in pain, they can become invisible to those working with them.

This training workshop will explore how to recognise, support and communicate effectively with children who are unable to show their feelings when they need you most.

- Trauma, attachment, childhood maltreatment, and how children internalise their distress
- Relationship-building and communication skills
- Using creative tools and techniques to engage children and young people.

### **NEW How ACEs impact on** ADVERSE CHILDHOOD EXPERIENCES the attachment system: a residential with Suzanne Zeedyk

Date: 7-9 September, Stirling Trainer: Dr Suzanne Zeedyk Cost: from £395

Early emotional experiences leave physiological imprints on our brains and bodies which alter the way we understand ourselves and our professional responsibilities to children. By understanding this, we see how connection offers the solution to all sorts of societal challenges, from educational attainment to prison rates to employment skills to economic growth.

This residential course with renowned expert Dr Suzanne Zeedyk will take an in-depth look at attachment, and how adverse childhood experiences (ACEs) can have a profound effect on the attachment system in the children we support.

#### **Key learning:**

- Observations and key scientific insights into the human drive for relationships
- Attachment and emotional boundaries
- The biological effects of ACEs
- Rupture and repair as the foundation for resilience.

#### Life story work with troubled children: with Richard Rose

Date: Friday, 18 May 2018 (Edinburgh) Trainer: Richard Rose Cost: from £89

Life Story Work is a therapeutic intervention to help children recover from abuse, trauma or neglect and make sense of a disrupted upbringing in multiple homes or families.

This seminar builds on concepts including attachment, loss, magical thinking, identity and meaning. It shows you how Life Story Work can be used to undertake deep reflective work with a child.

#### **Key learning:**

- Life Story Work as a valuable model of information collation
- Communicating with children, helping them to confront painful issues and turn these into acceptance
- Creating Life Story books which are useful, valuable and represent the child.





#### Understanding:conflict,:anger: and aggression in teenagers

Date: Thursday, 31 May 2018 (Edinburgh) Thursday, 29 November 2018 (Edinburgh) Trainer: Andy Robinson Cost: from £89

This workshop is designed for those working with young people who may display concerning levels of anger and aggression. You will learn why some young people behave as they do, how they experience emotions, why they act out through aggressive behaviour, and how you can respond effectively.

#### **Key learning:**

- Negative perceptions of authority and areas of conflict
- Problematic levels of stress as a factor in aggressive behaviour
- Attachment in adolescence
- The Arousal Cycle and de-escalation strategies.

#### "Richard's depth of knowledge and passion for his work are inspirational"

Delegate, Life story work with troubled children

#### Working with children and young people who have experienced traumatic stress

Date: Wednesday, 12 September 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £79

This training workshop explores the developmental impact of trauma and introduces you to working with traumatic stress using the Attachment, Self-Regulation and Competency (ARC) framework.

#### Key learning:

ADVERSE CHILDHOOD EXPERIENCES

- Using the ARC framework to recognise danger signals and understand past and present dangers
- Managing responses and laying the foundations for the development of competencies
- Working with trauma through different contexts, including daily, community and culture
- Providing a safe context for children.



#### Trauma, complex trauma, symptoms and recovery: with Betsy de Thierry

Date:Wednesday, 10 October 2018 (Glasgow)Trainer:Betsy de ThierryCost:from £89

Unprocessed trauma can negatively impact the mental and physical wellbeing and social development of a child – even during adulthood. When trauma is processed in the context of a warm and genuine relationship, it can be minimised or transformed into greater resilience, thus changing the impact on the child and their future.

This seminar will help you understand trauma and its short and long-term impact on a child's development.

#### Key learning:

- Considering the role of resilience and attachment in the impact of trauma and bereavement
- Identifying complex trauma responses which can often be misdiagnosed.

#### NEW Bouncebackability: helping children cope with stress and adversity

Date: Friday, 7 December 2018 (Edinburgh) Trainer: Jon Peach, Art of Brilliance Cost: from £89

While a lucky few seem hardwired to grow in the face of setbacks and change, it doesn't come automatically to most of us and the children we work with. But 'bouncebackability' is a learned behaviour and increases over time – so the more we put the tools and techniques into practice, the more we build their inner resilience.

This seminar will enable you to help children and young people cope better with adversity and use challenges as opportunities to grow.

- Latest thinking on positive psychology and posttraumatic growth
- Growth mindsets, learned optimism and explanatory styles
- Cultivating personal skills and resources.



#### Child protection



SEMINAR TRAINING WORKSHOP

This season's child protection training will bring you up to date with the latest legislation and best practice. It includes a seminar with specialist sexual health worker Sara Rowbotham, who exposed the Rochdale child sexual exploitation scandal. We are also pleased to be working in partnership with NSPCC to offer our basic and more advanced child protection training

#### Child protection for all: an introduction and refresher

Thursday, 26 April 2018 (Glasgow) Date: Thursday, 11 October 2018 (Edinburgh) Trainer: NSPCC **Cost:** from £79

This training offers an overview of child protection. It will equip you with the skills to act appropriately and confidently with the children and young people you work with. The course will help you recognise, report and record concerns about a child's welfare in Scotland, as well as understanding the barriers to children, young people and adults reporting concerns.

#### **Key learning:**

- Identify the various categories of child abuse and neglect
- Recognise the signs and indicators of possible abuse
- Explore the legislation and guidance providing the framework for child protection
- Know how to report and record concerns.

#### Child protection: designated:officer:training

Thursday, 10 May 2018 (Glasgow) Date: Wednesday, 14 November 2018 (Edinburgh) **Trainer: NSPCC** Cost: from £79

This training will enhance your understanding of the role and responsibilities of the designated child protection officer and develop competence and confidence in carrying out this role, underpinned by the values and principles of GIRFEC.

#### **Key learning:**

- Understand the role and responsibilities of the designated officer
- Describe key legislation and guidance underpinning your organisation's policy
- Identify the necessary steps to ensure the safety and welfare of children and young people
- Referral procedures and associated issues with recording and sharing information.

#### "As a result of this course I feel more confident in providing a safe environment for children"

Delegate, Child protection for all: an introduction and refresher

# Identifying and responding to child sexual exploitation

Date:Thursday, 22 November 2018 (Edinburgh)Trainer:Daljeet DagonCost:from £79

Enhance your understanding of how children and young people become involved in child sexual exploitation (CSE), consider the impact of their involvement, and learn about strategies for responding and providing protection and support.

#### Key learning:

- Terminology and definitions relating to CSE
- Vulnerability factors, risk indicators and the spectrum of experiences relating to CSE
- Strategies for direct work with children and young people involved with CSE
- The importance of information-sharing and multiagency partnerships.

#### "Excellent course with fantastic info and content. The speaker was great – very relatable and friendly"

Delegate, Identifying and responding to child sexual exploitation

#### Unprotected, overprotected: child sexual exploitation and learning disabilities

Date:Thursday, 23 August 2018 (morning) (Edinburgh)Trainer:Daljeet DagonCost:from £55

Any child can be at risk of sexual exploitation, but research has revealed that children with learning disabilities are particularly vulnerable. This training will enhance your understanding of CSE relative to children and young people with learning disabilities and equip you to take appropriate action if you have concerns.

#### Key learning:

- Build understanding of CSE and the additional vulnerabilities for those with learning disabilities
- Consider benefits and barriers to working with young people with learning disabilities at risk of CSE
- Explore current research and resources, and be aware of the steps to take if you have concerns.

# **NEW** Supporting children and young people who self harm

Date: Tuesday, 29 May 2018 (Edinburgh) Trainer: Harmless Cost: from £89

This course is designed to improve working practice, knowledge and skills by exploring the key issues associated with self harm. You'll explore national policy, best practice and guidance on supporting people who selfharm, and improve your skills in identifying and assessing for risk and ways to reduce stigma.

NB: this training is aimed at professionals with some existing understanding of mental health conditions.

#### Key learning:

- Build confidence in responding to individuals who harm themselves, using a variety of interactive tools
- Understand the influences and impact on the health, recovery and wellbeing of those who self harm.



# **NEW** Support for young people at risk of CSE: with Sara Rowbotham

Date:Thursday, 14 June 2018 (Edinburgh)Trainer:Sara RowbothamCost:from £89

This seminar will give you an opportunity to hear from Sara Rowbotham about her experience of whistleblowing the Rochdale CSE scandal and providing invaluable support to children and young people at risk of CSE.

- Terminology and definitions relating to CSE
- Tools and techniques to discuss CSE with young people
- The importance of information-sharing and multiagency working
- Difficulties faced by young people in disclosing CSE
- Practical ways to support children and young people at risk of CSE.



#### Online safety in Scotland: keeping children safe in the digital world

 Date: Friday, 27 April 2018 (Glasgow) Thursday, 13 September 2018 (Edinburgh)
Trainer: Jess McBeath
Cost: from £79

This training focuses on the latest technology trends, including what apps children and young people are using. Learn about online safety risks for children and professionals, national policies to prevent and respond to those risks, and how to develop an action plan for next steps.

#### Key learning:

- Digital participation: how children use the internet and why it's good to be online!
- Online safety risks, from bullying and relationships to fake news and digital footprint
- Relevant regulations, strategies and policies in Scotland
- Key resources and sources of support.

# **NEW** An introduction to safer interviewing (members only)

Date: Friday, 24 August 2018 (morning) (Edinburgh) Trainer: NSPCC

**Cost:** FREE for Children in Scotland members

This session is designed as a taster to NSPCC's Safer Interviewing course. It is aimed at individuals who have responsibility for interviewing candidates for posts that interact with children and young people.

You will learn how to ask clear and relevant questions in structured interviews, with a distinct focus on personality, behaviour and attitudes.

#### Key learning:

- Understand how interview questions focusing on attitudes and behaviours can protect children
- Practise interviewing candidates in a style that promotes the welfare and protection of children and young people
- Consider how these techniques can be implemented within your organisation.



#### Meet the trainer



Jess McBeath is a consultant and trainer specialising in online safety and digital citizenship within a Scottish context. She provides consultancy to schools, charities and public sector organisations, as well as delivering training to parents, professionals and young people.

Jess began her career working in IT for a multinational corporation, followed by a rollercoaster year at a mobile software start-up business.

Following this, she moved into the public sector, managing local authority services including learning and development, strategic planning, performance and selfevaluation.

Jess has worked closely with colleagues in education, child protection, social work, police, health and voluntary sector bodies to review and transform services, and to prepare for and respond to inspection.

#### Communication & learning difficulties



Providing the right support at the right time for children and their families is crucial. Our expert trainers focus on techniques for supporting children affected by disorders including autism, Fetal Alcohol Spectrum Disorders and Pathological Demand Avoidance Syndrome

## Girls and autism: a seminar with Sarah Hendrickx

Date: Tuesday, 22 May 2018 (Glasgow) Trainer: Sarah Hendrickx Cost: from £89

Girls are still less likely to be diagnosed with autism than boys, and, as a result, are not referred for diagnosis or miss out on support.

This seminar is led by Sarah Hendrickx, an expert in autism spectrum conditions who also happens to have Asperger syndrome.

#### Key learning:

- Current research into girls on the spectrum how autism presents differently in girls
- Diagnosis and how to apply the criteria
- Key problems girls face, including anxiety, teen years and co-morbidity
- Strategies to support girls on the spectrum and their families.

"A fantastic opportunity to hear a speaker who has autism and has real-life experiences"

Delegate, Girls and autism

#### You might also be interested in: Mindfulness and autism

See page 20

# Practising yoga with children and young people with ASD

Date:Wednesday, 26 September 2018 (Edinburgh)Trainer:Lilias NichollsCost:from £79

This training workshop follows the progress of six school-age pupils severely affected by autism, over the course of a year, while they participated in a yoga programme.

In this practical session the research leader Lilias Nicholls will describe the results of the study and the potential benefits of including yoga in a school curriculum.

#### Key learning:

- Understanding yoga and its benefits
- Impact of yoga on (autistic) children's physical and mental wellbeing
- Implementing a short programme of Asanas (poses) for use in different settings.

# **NEW** Sensory stories – helping autistic children access literacy

Date:Friday, 15 June 2018 (Edinburgh), half day (am)Trainer:Lilias NichollsCost:from £55

Young children with autism can sometimes have tactile differences and difficulties. Sensory stories can be a fun way of incorporating literacy and exposure to different touch experiences.

This workshop explores a variety of simple sensory stories and gives you the opportunity to try making your own. It is aimed at practitioners working with pre-school children, early primary classes or older children with severe cognitive loss.

- Developing joint attention in young children
- Promoting understanding /expressive skills
- Decreasing hyper-sensitivities to touch and promoting awareness of different textures.

# **NEW** Promoting emotional wellbeing in children and young people on the autism spectrum

Date: Wednesday, 13 June 2018 (Edinburgh) Trainer: Ruth Fidler Cost: from £89

This seminar provides an understanding of the relationship between anxiety and autism, recognising the impact of anxiety on individuals with autism. It will support you to develop strategies that promote wellbeing.

You will receive an overview of autism spectrum conditions, learn some of the reasons behind raised anxiety for young people with autism, and develop an action plan to take back to your setting.

#### Key learning:

COMMUNICATION & LEARNING DIFFICULTIES

- Understanding the impact of anxiety on children with autism spectrum disorders
- Embedding emotional wellbeing in your setting
- Interactive approaches to support children and young people with autism.



#### Fetal Alcohol Spectrum Disorders: supporting children and young people

Date: Tuesday, 19 June 2018 (Glasgow) Monday, 24 September 2018 (Aberdeen) Trainer: Eileen Calder, FASD Scotland Cost: from £79

Exposure to alcohol prenatally can interfere with a child's development, and cause growth deficiency and alterations to the internal organs, skeleton and central nervous systems. Often the conditions may go undiagnosed, or be misdiagnosed, for example as autism.

This workshop illustrates the wide range of conditions encompassed by Fetal Alcohol Spectrum Disorders (FASD) and explores practical ways of supporting children who are affected.

#### Key learning:

- Conditions and symptoms by age and stage, and diagnosis
- Secondary disorders
- Impact on learning and development
- Support tools and strategies for building on strengths.

#### Understanding Pathological Demand Avoidance (PDA) Syndrome in children

Date: Tuesday, 25 September 2018 (Edinburgh) Trainer: Ruth Fidler Cost: from £89

This seminar will help you develop a better understanding of the distinct behaviour profile associated with PDA Syndrome and explore how to provide better support to pupils affected.

Although the Syndrome is not yet officially recognised as being part of the autism spectrum, parents, carers and the sector have identified a need for improved support.

#### Key learning:

- The distinctive profile of PDA, in particular the way children are driven to avoid demands and expectations
- Issues for educational settings in meeting the needs of pupils with PDA
- Effective strategies for engaging with children with PDA and promoting their emotional wellbeing.



#### Supporting early years children with autism spectrum disorders (ASD)

Date: Wednesday, 29 August 2018 (Glasgow) Trainer: Corrie McLean and Christine Collingwood, Autism Network Scotland

Cost: from £79

More children are being diagnosed with autism in their early years. It is widely accepted that the earlier the intervention, the better the support that can be provided to children and their families.

The course will explore different autism spectrum disorders, how they present in young children, and how to encourage children with their learning and behaviours.

- Key identifiers of autism at an early age and diagnostic pathways
- How autism can affect sensory and environment issues and behaviours within your setting
- The importance of working with families
- Relevant strategies, resources and signposting.

## Music therapy for children with autism and related conditions

Date: Friday, 16 November 2018 (Glasgow) Trainer: Janet McLachlan and Gráinne Foster, Nordoff Robbins Scotland Cost: from £79

Research shows that children with autism respond positively to music. This workshop will provide an introduction to music therapy and offer participants practical skills in relation to using music with children with autism / social-communication difficulties.

#### Key learning:

COMMUNICATION &

ARNING DIFFICULTIES

- A theoretical understanding of music therapy
- Why music? The significance and impact of music for children with social communication needs
- Practical skills and confidence to use music as a medium to encourage self-expression and social communication.



# NEW Relationships, sexual health and parenthood (RSHP) education in autism

Date: Wednesday, 24 October 2018 (Edinburgh) Trainer: Corrie McLean and Christine Collingwood, Autism Network Scotland Cost: from £79

Relationships, sexual health and parenthood (RSHP) education is often avoided or mismanaged when working with children and young people with autism.

This training workshop looks at the importance of RSHP education and helps you gain confidence in supporting autistic children and young people.

#### Key learning:

- How autism may affect the way children and young people learn about sex and relationships
- Sex and the law
- Milestones and topics that need to be tackled (puberty, consent)
- Case studies and practical tips to help boost confidence among staff.

# **NEW** Supporting children and young people with ADHD

Date: Monday, 3 December 2018 (Edinburgh) Trainer: Colin Foley, ADHD Foundation Cost: from £79

This training workshop will equip you with the knowledge and skills to effectively support the needs of children and young people with ADHD. It will help you understand what ADHD is – and isn't – and which strategies and therapeutic approaches may support the children and young people you work with to strengthen their learning experience.

#### Key learning:

- Current research, key features and diagnostic criteria
- Executive functioning impairments, emotional dysregulation and the different presentations of ADHD
- The learner's experience of ADHD
- Practical strategies to support executive functioning, literacy, anxiety, movement and activity.



#### NEW The Autism Toolbox: support for children in mainstream schooling

Date: Monday, 23 April 2018 (Edinburgh) Trainer: Corrie McLean and Christine Collingwood, Autism Network Scotland

Cost: from £79

This training introduces the Autism Toolbox, an online resource developed through the Scottish Strategy for Autism which promotes inclusive learning and teaching for autistic children and young people in mainstream environments.

You can use the tool to enhance your knowledge and learn more about how to make your approach and setting more autism-friendly.

- Basic introduction to autism
- How autism might affect a child's experience of learning
- Identifying triggers and understanding challenging behaviour
- Case studies to put learning into practice.

# EARLY YEARS

#### **Early years**



Our early years training is aimed at those working with children aged 0-7. This season's programme provides opportunities to connect with renowned experts including Dr Suzanne Zeedyk and Stella Louis. We also have a new seminar focusing on the fascinating topic of gender and toys

## NEW Let toys be toys: gendered toys and learning through play

Date: Tuesday, 26 June 2018 (Edinburgh) Trainer: Sarah Goldsmith Cost: from £79

Drawing on Sarah's doctoral research, which explored primary school children's knowledge and understanding of toys and gender in playwork settings, this training workshop will discuss some of the initial findings and explore the practical implications for practitioners.

#### Key learning:

- Considering different understandings and constructions of gender
- Exploring some of the emerging findings from relevant recent research
- Looking at how the findings could impact on practice.

#### Developing empathy and resilience with early and primary years children

Date:Thursday, 25 October 2018 (Edinburgh)Trainer:TBCCost:from £89

Developing an ability to tune into the feelings of others is vital to the processes of socialisation and self-regulation. Failure to develop an empathetic capacity can lead to relational and behavioural difficulties in the primary stage and throughout adolescence.

This course offers a working understanding of what we mean by empathy, how it develops and how to help children whose capacity for demonstrating empathy has been impaired.

#### Key learning:

- Empathy and its role in curbing aggressive behaviour
- What Attachment Theory and Neuroscience tell us about empathy
- Developing children's empathetic capacity through play, mindfulness, visualisation and storytelling.

## Nursery to primary: easing transitions through play

Date: Friday, 1 June 2018 (Edinburgh) Trainer: Kate Johnston Cost: from £79

A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary.

As this is a significant departure from the norm for many schools in Scotland, this workshop has been designed to explore how transformation can be achieved and the opportunities it presents.

#### Key learning:

- Adapting current settings to include more play whilst ensuring progression in learning
- The role of the teacher in supporting transitions
- Finding confidence to be more adventurous and try out a different way of working.

"Helped me to lead play-based learning in P1, inspire colleagues and support development of their knowledge"

Delegate, Nursery to primary: easing transitions through play

# NEW Trauma-informed early years practice: what it looks like

Date:Friday, 20 April 2018 (Edinburgh)Trainer:Dr Suzanne ZeedykCost:from £89

Stress brought on by adverse childhood experiences (ACEs) can cause biological change, with consequences ranging from heart disease to mental health problems and addictive behaviour.

This seminar focuses on the role of attachment in protecting children against such outcomes. Given the importance of relationships to human health and happiness, you'll explore practice changes to improve the relational care in your setting for children who have experienced trauma in early childhood.

#### Key learning:

- The latest research on links between attachment and ACEs
- How professional services are currently conceived, designed and delivered
- Practice changes to improve relational care for children who have experienced trauma.



#### Delivering better environments and learning for two-year-olds

Date: Monday, 30 April 2018 (Edinburgh) Trainer: Jane Brumpton and Marie McQuade, Early Years Scotland Cost: from £79

Funded early learning and childcare was extended to some two-year-olds in 2015. Although children develop at different rates, the overall developmental changes between the ages of two and three can be enormous.

This course focuses on ensuring that your setting can meet the specific learning and development needs of two-yearolds and continue to deliver quality early learning and childcare for every child.

#### Key learning:

- Planning and managing positive transitions
- Creating effective environments for two-year-olds, exploring both mixed age and dedicated spaces
- Understanding schemas and behaviour to support and enrich learning and development.

#### Learning through play the Froebel way

Date:	Fridays 25 May, 24 August and 16 November 2018 (Edinburgh)
	Cowgate Under 5s Centre

Pioneer Friedrich Froebel's theory that "play is the highest expression of childhood development; it alone is the free expression of a child's soul" has been applied within early years establishments across the globe.

This workshop with the acclaimed Cowgate Under 5s Centre in Edinburgh explores practical ways to put Froebel's theories into action in your own setting.

#### Key learning:

Practical ways to meet children's needs in the following areas identified by Froebel:

- Physical activity and sensory awareness
- Creative expression and exploration of ideas
- The experience of living among others.



#### There's more to tears and tantrums: early years behaviours and you

Date: Thursday, 6 September 2018 (Edinburgh)Trainer: Jan MontgomeryCost: from £89

We've all heard about the "terrible twos" being one of the most challenging times in a child's development. However, before the age of two a lot of brain development has already taken place.

This course provides an understanding of early brain development, what may bring out challenging behaviours, and ways to manage and engage therapeutically with our youngest children.

- Brain development pre-birth, post-birth and throughout infancy
- How children self-regulate emotional states, what impedes this and the impact of unregulated stress
- Tools and techniques for dealing with behaviours that challenge you.



**AVIGUK-accredited Initial Training Courses in** 

#### Video Interaction Guidance (VIG)

Video Interaction Guidance (VIG) offers a therapeutic intervention to help clients repair their important relationships e.g parent with child. VIG Orkney delivers:

- regular face-to-face VIG training and supervision throughout Scotland for professionals from health, education, social work and voluntary sectors
- distance learning in VIG throughout the world
- professional development projects and training through Video Enhanced Reflective Practice (VERP)
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# Events planner: April

Mindfulness and anger management: Module 1

> June

#### > April

Group work with young people	Date: Location: Page:	19 April Edinburgh 20
Data protection: getting to grips with updated legislation	Date: Location: Page:	19 April Edinburgh 28
NEW Trauma-informed early	Date:	20 April
years practice: what it looks	Location:	Edinburgh
like	Page:	14
Finland study visit 2018	Date: Location: Page:	22-26 April Helsinki 30
NEW The Autism Toolbox:	Date:	23 April
support for children in	Location:	Edinburgh
mainstream schooling	Page:	12
Child-centred early years	Date:	23 April
planning, provision and	Location:	Glasgow
practice	Page:	19
Supporting children and	Date:	25 April
young people who internalise	Location:	Edinburgh
their distress	Page:	4
There's more to tears and	Date:	26 April
tantrums: early years	Location:	Dundee
behaviours and you	Page:	14
Child protection for all: an introduction and refresher	Date: Location: Page:	26 April Glasgow 7
Online safety in Scotland:	Date:	27 April
Keeping children safe in the	Location:	Glasgow
digital world	Page:	9
Schemas and the characteristics	Date:	27 April
of effective learning: a seminar	Location:	Edinburgh
with Stella Louis	Page:	19
Delivering better	Date:	30 April
environments and learning	Location:	Edinburgh
for two-year-olds	Page:	14

#### > May

Resilience film screening	Date: Location: Page:	1 May Edinburgh 27
Positive mental health in children and young people	Date: Location: Page:	2 May Edinburgh 22
Child protection: designated officer training	Date: Location: Page:	10 May Glasgow 7
NEW 5 Ways to wellbeing	Date: Location: Page:	10 May Edinburgh 27
Raising attainment, closing the gap: a seminar with Dr Val Corry	Date: Location: Page:	11 May Edinburgh 24
NEW Child inclusive practice with Bill Hewlett	Date: Location: Page:	15-16 May Edinburgh 4

Communication &:learning:difficulties

Health & wellbeing

Adverse childhood experiences

e:	17 May
ation:	Edinburgh
e:	21
~	10 May

Dat

Loc Pag

Life story work with troubled children: with Richard Rose	Date: Location: Page:	18 May Edinburgh 5
Girls and autism: a seminar with Sarah Hendrickx	Date: Location: Page:	
Learning through play the Froebel way	Date: Location: Page:	25 May Edinburgh 14
NEW Supporting children and young people who self harm	Date: Location: Page:	29 May Edinburgh 8
Understanding conflict, anger and aggression in teenagers	Date: Location: Page:	31 May Edinburgh 5
	Date:	May

Child and adolescent mental health in the digital age Location: To be confirmed Page: 30

Nursery to primary: easing transitions through play	Date: Location: Page:	1 June Edinburgh 13
Nursery to primary: easing transitions through play	Date: Location: Page:	1 June Edinburgh 26
Trauma-informed practice:	Date:	5 June
bereavement, trauma and	Location:	Edinburgh
loss	Page:	4
Teaching writing in the upper	Date:	6 June
years of primary: a seminar	Location:	Glasgow
with Sue Palmer	Page:	25
25th anniversary Networking Event 2018	Date: Location: Page:	6 June Edinburgh 29
Mindfulness work with	Date:	7 June
children and young people:	Location:	Edinburgh
Module 1	Page:	21
Raising attainment through parental engagement	Date: Location: Page:	12 June Glasgow 25
NEW The power of presence	Date:	12 June
in relationships: the Potent 6	Location:	Edinburgh
Constellation	Page:	22
NEW Promoting emotional	Date:	13 June
wellbeing in children and young	Location:	Edinburgh
people on the autism spectrum	Page:	11
NEW Support for young	Date:	14 June
people at risk of CSE,	Location:	Edinburgh
with Sara Rowbotham	Page:	8
NEW Sensory stories – helping autistic children access literacy	Date: Location: Page:	15 June Edinburgh 10
Fetal Alcohol Spectrum	Date:	19 June
Disorders: supporting children	Location:	Glasgow
and young people	Page:	11

NEW Let toys be toys: Gendered toys and learnin through play

#### > July

Supporting children and young people who internal their distress

**NEW Mindfulness and auti** 

#### > August

NEW A map to the future: helping children with their personal development

NEW Mindfulness and ang management: Module 2

Unprotected, overprotected Child sexual exploitation (CSE) and learning disability

NEW An introduction to safer interviewing

Supporting early years child with autism spectrum disord (ASD)

Group work with young people

Learning through play the Froebel way

#### > Septembe

There's more to tears and tantrums: early years behaviours and you

NEW Everything teachers no to know about grammar... ar how to teach it creatively

NEW How ACEs impact on th attachment system: a residen with Suzanne Zeedyk

Working with children and young people who have experienced traumatic stre

Online safety in Scotland: Keeping children safe in the digital world

NEW Messy Maths: an outdoor, playful approach

**Raising attainment** 

#### www.childreninscoland.org.uk/events

# ecember 2018



sm	Date: Location: Page:	21 June Edinburgh 20
g	Date: Location: Page:	26 June Edinburgh 13
ise	Date: Location: Page:	19 July Edinburgh 4
	Date: Location: Page:	20 August Edinburgh 22
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	Date: Location: Page:	24 August Edinburgh 28
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	Date: Location: Page:	30 August Dundee 20
	Date: Location: Page:	31 August Edinburgh 14
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ss	Date: Location: Page:	12 September Edinburgh 6
e	Date: Location: Page:	13 September Edinburgh 9

Mindfulness and anger management: Module 1	Date: Location: Page:	20 September Edinburgh 21
Guardianship and power of attorney for children, young people and families	Date: Location: Page:	20 September Edinburgh 29
Fetal Alcohol Spectrum Disorders: supporting children and young people	Date: Location: Page:	24 September Aberdeen 11
Understanding Pathological Demand Avoidance (PDA) Syndrome in children	Date: Location: Page:	25 September Edinburgh 10
Practising yoga with children and young people with ASD	Date: Location: Page:	26 September Edinburgh 10
NEW Listening to children and young people: exploring participative methodologies	Date: Location: Page:	27 September Edinburgh 27
Finland study visit 2018	Date: Location: Page:	30 Sep - 4 Oct Helsinki 30
2018 Food Conference	Date: Location: Page:	September To be confirmed 30

#### > October

NEW Get listening: building	Date:	1 October
healthy relationships with	Location:	Edinburgh
children and young people	Page:	23
NEW The teenage brain:	Date:	4 October
implications for behaviour	Location:	Edinburgh
and learning	Page:	23
Transforming school	Date:	5 October
improvement planning:	Location:	Edinburgh
a seminar with Frank Crawford	Page:	25
NEW Managing young	Date:	9 October
people's anxiety in school	Location:	Edinburgh
settings	Page:	23
Sharing the impact and	Date:	9 October
challenges of parental	Location:	Glasgow
engagement	Page:	26
Trauma, complex trauma,	Date:	10 October
symptoms and recovery:	Location:	Glasgow
with Betsy de Thierry	Page:	6
Child protection for all: an introduction and refresher	Date: Location: Page:	11 October Edinburgh 7
Foundations of literacy: a seminar with Sue Palmer	Date: Location: Page:	12 October Edinburgh 19
Foundations of literacy: a seminar with Sue Palmer	Date: Location: Page:	12 October Edinburgh 24
NEW Relationships, sexual	Date:	24 October
health and parenthood (RSHP)	Location:	Edinburgh
education in autism	Page:	12

NEW How to build a brand and help your organisation communicate with impact Date: 30 October Location: Edinburgh Page: 28	Developing empathy and resilience with early and primary years children	Date: Location: Page:	25 October Edinburgh 13
	NEW How to build a brand and help your organisation communicate with impact	Location:	Edinburgh

#### > November

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Mindfulness work with children and young people: Module 1	Date: Location: Page:	1 November Edinburgh 21
NEW An introduction to digital citizenship	Date: Location: Page:	2 November Edinburgh 26
Child protection: designated officer training	Date: Location: Page:	14 November Edinburgh 7
Understanding and embedding good governance	Date: Location: Page:	15 November Edinburgh 29
Music therapy for children with autism and related conditions	Date: Location: Page:	16 November Glasgow 12
Supporting children and young people who internalise their distress	Date: Location: Page:	20 November Glasgow 4
Identifying and responding to child sexual exploitation	Date: Location: Page:	22 November Edinburgh 8
A self-esteem approach to building body confidence for children aged 4-13	Date: Location: Page:	27 November Glasgow 23
Understanding conflict, anger and aggression in teenagers	Date: Location: Page:	29 November Edinburgh 5
Schemas and the characteristics of effective learning: a seminar with Stella Louis	Date: Location: Page:	30 November Glasgow 19

#### > December

NEW Supporting children and young people with ADHD	Date: Location: Page:	3 December Edinburgh 12
NEW Mindfulness and autism	Date: Location: Page:	6 December Edinburgh 20
NEW Bouncebackability: helping children cope with stress and adversity	Date: Location: Page:	7 December Edinburgh 6
Mindfulness in your setting: Module 2		13 December Edinburgh 21

**Member events** 

Date: 14 September Location: Edinburgh Page: 26

**Child protection** 





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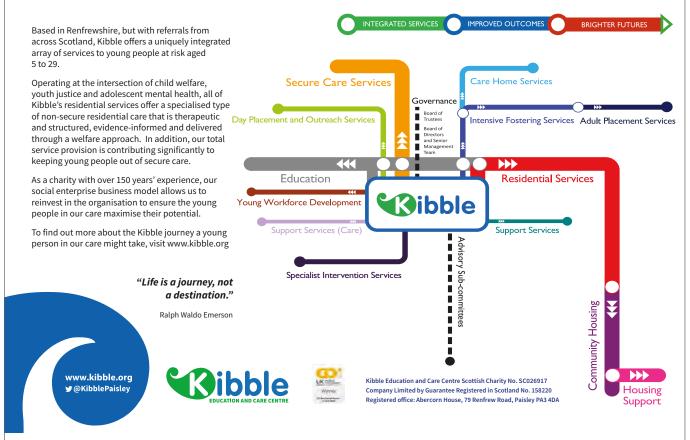
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#### AT KIBBLE, THE JOURNEY BEGINS WITH THE YOUNG PERSON



# Child-centred early years planning, provision and practice

Date: Monday, 23 April 2018 (Glasgow) Trainer: Suzanne Zeedyk Cost: £120

This full-day seminar provides an opportunity for leaders in education, learning and childcare to work together to explore the opportunities and challenges presented by the plan to increase early learning and childcare entitlement by 2020.

#### Key learning:

- Prioritising child wellbeing while managing logistical constraints
- Achieving more with what we have
- Sharing and building on existing plans for the expansion
- Identifying ways in which to work together towards 2020.



#### Schemas and the characteristics of effective learning: a seminar with Stella Louis

Date: Friday, 27 April 2018 (Edinburgh) & Friday, 30 November 2018 (Glasgow) Trainer: Stella Louis Cost: from £89

Schemas are patterns of repeated behaviour that allow children to explore and express developing ideas and thoughts through play and exploration. They are essential for children's development.

In this seminar you will learn how to facilitate schematic exploration so that children become engaged and sustained in their self-chosen activities.

#### Key learning:

- The links between schemas and effective learning
- How children use play as a starting point to extend their schematic explorations
- Supporting children to explore and represent their symbolic ideas, thoughts and actions through use of each of the various senses.

#### Foundations of literacy: a seminar with Sue Palmer

Date:Friday, 12 October 2018 (Edinburgh)Trainer:Sue PalmerCost:from £89

To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

This seminar draws on research in speech and language therapy, developmental psychology, literacy, music, storytelling, physical development and play, to explore 'literacy readiness' between the ages of three and seven.

#### Key learning:

- Supporting children's language development, including listening skills in a visual child
- Integrating music, movement, stories and songs into daily practice to support literacy
- Developing children's concepts about print and building phonic knowledge
- The relationship between mark-making, emergent writing and explicit teaching.

"Lots of fantastic ideas and the confidence to use evidencebased research to lead change"

Delegate, Foundations of Literacy seminar with Sue Palmer

#### Health & wellbeing



CONFERENCE SEMINAR TRAINING WORKSHOP

Our expert trainers focus on a broad range of techniques designed to help you support children's health and wellbeing, strengthening your knowledge and skills in areas such as mental health, reflective practice and communication

## **NEW Mindfulness and autism**

Group work with young people

Date: Thursday, 19 April 2018 (Edinburgh) Thursday, 30 August 2018 (Dundee) Trainer: Jan Montgomery **Cost:** from £89

Designed for teachers, support staff, youth workers and others who work with children and young people, this training provides both theoretical and practical insight into a range of techniques for effective group work.

#### **Key learning:**

- The purpose, nature, aims and objectives of group work, including its strengths and limitations
- Organisation and communication skills, group dynamics and dealing with resistance and conflict
- Types of groups: task-centred, activity based, discussion, and peer education
- Understand leadership skills and behaviours.

#### Thursday, 21 June 2018 (Edinburgh) Date: Thursday, 6 December 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £89

This training workshop will discuss how autism affects the way a child communicates, interacts with others, processes information and the impact of stress on all of these areas.

You will learn how to use mindfulness-based stress reduction techniques to help autistic children self-regulate their stress reaction and increase their impulse control.

- How stress impacts on a child's thinking, emotional experience and behaviour
- How mindfulness can help autistic children and why
- Practising a range of techniques and developing programmes for individual children and groups/classes.





#### Mindfulness work with children and young people: Module 1

Date: Thursday, 7 June 2018 (Edinburgh) Thursday, 1 November 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £89

This very practical workshop is an introduction to mindfulness, focusing on its origins and how it can benefit children and young people.

#### Key learning:

- What mindfulness is and what it offers children and young people
- How to explain mindfulness in a meaningful way to children and young people
- The link between regulating emotions and impulsive behaviour
- How to apply mindfulness techniques in your work with children and young people.

#### "I feel able to support children and have ideas and the language to explain why to my colleagues"

Delegate, Mindfulness and anger management: Module 1

#### Mindfulness in your setting: Module 2

Date: Thursday, 13 December 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £89

This workshop follows on from the introductory training course. It is suitable if you have begun to use mindfulness techniques in your work or are considering developing a mindfulness programme.

This course will offer guidance on which mindfulness techniques to use and how to develop and deliver a programme.

#### Key learning:

- How stress arises and how it affects us both physically and psychologically, and mindfulness-based stress reduction
- Case study analysis the Royal Blind School's mindfulness programme
- How to develop your own mindfulness programme
- Mindfulness exercises learning through practice.

#### Mindfulness and anger management: Module 1

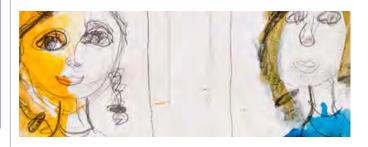
Date: Thursday, 17 May 2018 (Edinburgh) Thursday, 20 September 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £89

This workshop is designed for anyone working with children or young people whose levels of anger have become a source of concern.

It will explore mindfulness-based stress reduction and cognitive techniques to help regulate and manage emotions like anger and anxiety.

#### Key learning:

- Helping young people understand what anger is and where their anger comes from
- What the cognitive approach tells us about anger and what our brain does when we experience angry feelings
- The trigger, escalation and crisis phases in the Arousal Cycle
- Mindfulness exercises to help children manage their angry feelings.



#### NEW Mindfulness and anger management: Module 2

Date: Thursday, 23 August 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £89

This workshop is designed for those who have attended *Mindfulness and anger management:* Module 1.

It will reprise the work on the physical symptoms of anger and how our stress response system affects us physically. You will then develop and practise a programme of mindfulness-based exercises for use in helping children and young people understand what anger does psychologically and physically and to manage their anger more effectively.

- Body awareness and progressive relaxation
- Breathing and counting meditative techniques
- The concepts of Sensory Stations and Nesting for children with additional needs.

# Positive mental health in children and young people

Date: Wednesday, 2 May 2018 (Edinburgh) Trainer: Frances Griffin, Place2Be Cost: from £79

Just as first aid can help prevent physical injury from becoming worse, mental health first aid can support improvement in mental wellbeing.

While this course does not train you to become a mental health professional, it will give you an invaluable understanding of mental health and relevant strategies to support young people.

#### Key learning:

- How to discuss mental distress
- Provision of initial support
- Signposting to appropriate help
- Signs and symptoms of conditions, including: depression and anxiety, eating disorders, substance misuse and self-harm.



#### NEW The power of presence in relationships: the Potent 6 Constellation

# Date:Tuesday, 12 June 2018 (Edinburgh)Trainer:Karen Beveridge and Louie GardinerCost:from £89

This training workshop introduces the P6 constellation – a systemic framework, which illustrates and helps transform personal and intrapersonal relationships within and between individuals.

The tool will help you become better able to see, adapt, communicate and take action and can be used in 1-1 settings with children and young people and their parents, in mediation training, within community groups and in coaching sessions.

#### Key learning:

- Developing greater self-awareness and becoming more mindful and present
- Navigating through personal and professional challenges
- Leading and supporting others in their journeys
- Using simple but highly effective models, methods and metaphors.



#### NEW A map to the future: helping children with their personal development

Date: Monday, 20 August 2018 (Edinburgh) Trainer: Jan Montgomery Cost: from £79

This creative workshop uses a visual map to help children and young people with their personal development. It helps them understand where they are in life and what they want to work towards – supporting their focus and motivation.

As you develop your own map, you will learn how to adapt the tool for the children and young people, individuals and teams you work with.

- The importance of 'future planning'
- Helping children and young people identify what is important to them, their strengths and who can support them
- Providing a timeline for moving towards goals.

# **HEALTH & WELLBEING**

#### NEW The teenage brain: implications for behaviour and learning

Date: Thursday, 4 October 2018 (Edinburgh) Trainer: TBC Cost: from £89

This workshop will focus on the adolescent brain and how it develops. It will explore why teenagers behave as they do, how they learn, and how they make decisions about their lives. You will learn how best to engage in these areas to ensure our young people receive the support they need to become healthy and happy individuals.

#### Key learning:

- Brain development in adolescence
- The impact of hormonal activity on the brain
- The impact of stress chemicals on behaviour and learning
- Supporting young people with anxiety disorders, anger, aggression and panic attacks.



#### NEW Get listening: building healthy relationships with children and young people

Date: Monday, 1 October 2018 (Edinburgh) Trainer: Marie Ogilvie, Listen Well Scotland Cost: from £79

It is very important to listen well, particularly when children feel the need to talk to someone in a safe and confidential environment.

This interactive training workshop will explore the positive impacts of active listening on your communication with the children, young people and families you work with, and will provide you with the necessary skills to build healthy relationships.

#### Key learning:

- Using listening to reflect on your relationships
- Considering what has shaped how you listen and respond, and when listening can be difficult
- Drawing on skills learned in different contexts.

#### A self-esteem approach to building:body:confidence:for: children aged 4-13

#### Date: Tuesday, 27 November 2018 (Glasgow) Trainer: Nicky Hutchinson and Chris Calland Cost: from £89

Poor body image and its impact on self-esteem and mental health is an issue that is increasingly affecting younger children. Research has found that body image is the single biggest worry for one in three girls and one in five boys aged 10.

This seminar will improve your understanding of the issue. It will equip you to offer practical support and help improve children's emotional resilience to the pressures they are under.

#### Key learning:

- The impact of poor body image on children and how to spot the warning signs
- The link between poor body confidence and eating disorders
- Evidence-based strategies and activities for raising children's body confidence.



# NEW Managing young people's anxiety in school settings

Date: Tuesday, 9 October 2018 (Edinburgh) Trainer: Colin Foley, ADHD Foundation Cost: from £79

This training workshop explores what anxiety is and how it presents in children and young people in schools. It will explore effective strategies for teachers and teaching assistants, including one-to-one, small group and whole class therapeutic approaches.

- Understanding anxiety and diagnosable anxiety disorders
- Identifying learners that are particularly vulnerable
- Developing a whole school approach to managing anxiety.

#### Raising attainment



SEMINAR TRAINING WORKSHOP This series of learning opportunities brings new thinking and ideas for educators delivering Curriculum for Excellence. We're excited to introduce several new topics this season, including teaching grammar creatively, digital citizenship, and an outdoor, playful approach to maths

#### Foundations of literacy: a seminar with Sue Palmer

Date: Friday, 12 October 2018 (Edinburgh) Trainer: Sue Palmer Cost: from £89

To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

This seminar draws on research in speech and language therapy, developmental psychology, literacy, music, storytelling, physical development and play, to explore 'literacy readiness' between the ages of three and seven.

#### Key learning:

- Supporting children's language development, including listening skills in a visual child
- Integrating music, movement, stories and songs into daily practice to support literacy
- Developing children's concepts about print and building phonic knowledge
- The relationship between mark-making, emergent writing and explicit teaching.



## Raising attainment and closing the gap: a seminar

Date: Friday, 11 May 2018 (Edinburgh) Trainer: Dr Val Corry Cost: from £89

Explore the academic literature, policies and practice relating to raising attainment in Scottish schools.

This interactive seminar focuses on the key factors known to impact on a child's learning and achievement, and the drivers that bring about sustainable impact. Practical activities will help you engage productively with the policy and academic findings, and support you to apply this knowledge in your own setting.

#### Key learning:

- Policies designed to raise attainment
- Drivers of attainment and how these can be applied in your own setting
- Identifying professional learning required to improve practice effectively and sustainably.

#### Meet the trainer



**Dr Val Corry** is an education consultant, and former secondary headteacher with more than ten years' experience in senior management roles in schools. She is a trained facilitator for Executive Arts Limited, the licensor of the transformational

change tools that she uses in her training. Val also works with the University of Glasgow, delivering leadership programmes including a postgraduate Middle Leadership and Management course and Into Headship, and delivers bespoke leadership programmes for schools.

She was part of a small group seconded to work with the Scottish Government to give advice on raising attainment, and has worked with the Scottish Government and Education Scotland as a Professional Advisor with a focus on raising attainment and reducing inequity.

# Raising attainment through parental engagement

Date: Tuesday, 12 June 2018 (Glasgow) Trainer: Dr Val Corry Cost: from £89

Parental engagement is a powerful lever for raising attainment in schools. This workshop will draw on the latest research showing why parents matter and, through practical activities, help you develop ideas and plan an approach for engaging parents in your own setting.

#### Key learning:

- The policies, practice and research that highlight the importance of engaging with parents
- Insights into parents' needs and barriers
- Strategies for engagement
- Knowledge exchange to help develop new ideas for engaging parents.

#### "I left with ideas but also ways to implement them and evaluate"

Delegate, Raising attainment through parental engagement

#### NEW Everything teachers need to know about grammar... and how to teach it creatively

Date: Friday, 7 September 2018 (Edinburgh) Trainer: Sue Palmer Cost: from £89

Knowledge about grammar is essential when teaching children how to compose written texts, but due to changes in education, linguistic analysis and terminology, it is an area in which many teachers lack confidence.

This seminar, led by literacy expert Sue Palmer, will cover the 'what, why and how' of teaching grammar to children aged 7 to 14.

#### Key learning:

- Grammatical knowledge needed by teachers to help them raise standards in writing
- A wide variety of creative activities for developing children's knowledge about (and enjoyment of) language
- Integrating grammar into the teaching of language and literacy across the curriculum.

#### Teaching writing in the upper years of primary: a seminar with Sue Palmer

Date:Wednesday, 6 June 2018 (Glasgow)Trainer:Sue PalmerCost:from £89

The latest SSLN survey showed that the attainment gap in writing is widening at P4, and even more so at S2.

In this seminar, literacy specialist and author Sue Palmer draws on experience spanning four decades to offer valuable insights and practical ideas on how to inspire, motivate, and integrate writing into teaching across the curriculum.

#### Key learning:

- Motivate reluctant writers, develop children's appreciation for written language patterns, and improve organisational and thinking skills to support writing
- Techniques for quick bursts of word and sentence level teaching/revision
- A simple model for integrating writing into teaching across the curriculum.



#### Transforming school improvement planning: a seminar with Frank Crawford

Date: Friday, 5 October 2018 (Edinburgh) Trainer: Frank Crawford Cost: from £89

In this seminar, Frank Crawford will take you through stages of thinking about school improvement planning in a very practical way, encouraging you to question your approach and employ a range of tools and techniques to plan for change, whilst considering the direct impact on outcomes for young people.

- Develop new skills in communicating and dealing with different types of change
- Develop clearer thinking about your school's future and plan pathways towards that future
- Develop new insights into leadership and use hands-on leadership tools and techniques to lead future change.

# Sharing the impact and challenges of parental engagement

Date:Tuesday, 9 October 2018 (Glasgow)Trainer:Dr Val CorryCost:from £89

This interactive session is designed as a follow-up to the *Raising attainment through parental engagement training* (though prior participation is not a pre-requisite). It will demonstrate how a group coaching model can be used effectively to bring about transformational change in the way that schools engage parents and families.

#### Key learning:

- The benefits of group coaching and the skills required for effective coaching
- Exchange knowledge and experiences of parental engagement
- The impact and challenges of parental engagement improvement initiatives through a group coaching model.



# NEW Messy Maths: an outdoor, playful approach

Date: Friday, 14 September 2018 (Edinburgh) Trainer: Juliet Robertson Cost: from £89

When children have opportunities to play with loose parts, their creativity, imagination and ability to problem-solve becomes evident. It provides the ideal context for developing mathematical concepts.

In this practical course (half of which will take place outdoors), you will explore the rationale behind using outdoor play to build the foundations of maths, along with a host of practical ways of making this happen.

#### Key learning:

- Outdoor play as a key, everyday approach to build the foundations of maths
- Practical ways to offer the context for exploring and developing mathematical concepts in children aged 3-7.

# Nursery to primary: easing transitions through play

Date: Friday, 1 June 2018 (Edinburgh) Trainer: Kate Johnston Cost: from £79

A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary.

As this is a significant departure from the norm for many schools in Scotland, this workshop has been designed to explore how transformation can be achieved, and the opportunities it presents.

#### Key learning:

- Adapting current settings to include more play while ensuring progression in learning
- The role of the teacher in supporting transitions
- Finding confidence to be more adventurous and try out a different way of working.



# **NEW** An introduction to digital citizenship

Date: Friday, 2 November 2018 (Edinburgh) Trainer: Jess McBeath Cost: from £79

Today's children and young people are growing up online. The broad concept of 'digital citizenship' recognises a desire to support young people's development into ethical, critical, responsible and engaged online citizens. It encompasses elements such as ethics, hate speech, participation, fake news, privacy, self-image and online persona.

This seminar will explore the concept of digital citizenship and the key elements and challenges involved, touching on a range of relevant teaching materials and resources.

- Consider the concept of digital citizenship
- Understand key elements and challenges for the digital citizen
- Build awareness of sources of relevant classroom teaching materials and resources.

#### Member events



We have developed a programme of halfday events which are free for our members to attend. These provide opportunities for you to strengthen your knowledge and practice in a range of areas and connect with others from across the sector

#### **NEW 5 Ways to Wellbeing**

Date: Thursday, 10 May 2018 (morning) (Edinburgh) Trainer: Jan Montgomery Cost: FREE for members; £60 for non-members

Wellbeing is based on our situation in life, our relationships with others, what we do, the life skills we possess, the events that occur and how resilient we are in coping with adversity.

Research has found that there are 5 ways which help people to improve their mental health: Connecting, Learning, Activity, Noticing and Giving. This event will look at how you can incorporate them into your own setting.

#### Key learning:

- Exploring the concept of wellbeing
- How the 5 Ways to Wellbeing can be introduced into everyday life for the children, young people and staff you work with to promote positive and nurturing environments.

#### **NEW** Listening to children and young people: exploring participative methodologies

Our participative methodologies session is a chance to explore commonly used participative methods and gain insights into how we gather children's and young people's views. The training is underpinned by our principles and guidelines for meaningful participation and engagement. This creative session will encourage you to express your views in a safe and welcoming space.

#### Key learning:

- Develop an understanding of different methods, using case studies based around the work of Children in Scotland and partner organisations
- Explore and experience participative exercises
- Critically assess commonly used participative methodologies.

#### Resilience:film:screening

Date:1 May 2018 (afternoon) (Edinburgh)Cost:FREE for Children in Scotland members

We are delighted to bring to you a special screening of *Resilience* – a one-hour documentary film that delves into the science of Adverse Childhood Experiences (ACEs). Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, ACEs can alter brain development and have lifelong effects on health and behaviour.

- Understanding the adverse effects of divorce, abuse and neglect, and the role of practitioners and communities in preventing them/minimising their impact
- How cutting-edge science can help the next generation break the cycles of adversity and disease.



#### **NEW** How to build a brand and help your organisation communicate with impact

Date:Tuesday, 30 October (morning) (Edinburgh)Trainer:Children in Scotland's Communications teamCost:FREE for members; £60 for non-members

Last year Children in Scotland's Communications team led on the development and launch of a new brand for the organisation. In this half-day workshop, the team will share their learning from the experience, with a focus on how to strengthen external understanding of your organisation and raise its profile through improved strategic communications.

#### Key learning:

- Advantages of rebranding and steps on the journey
- Using a brand to enhance organisational coherency and impact
- Why print communications still have power
- Involving staff and members in your brand
- How to use digital channels to promote your brand message
- Effective strategic communications and brand positioning.



## **NEW** An introduction to safer interviewing

Date: Friday, 24 August 2018 (morning) (Edinburgh) Trainer: NSPCC

Cost: FREE for Children in Scotland members

This session is designed as a taster for NSPCC's Safer Interviewing course, and aimed at individuals who have responsibility for interviewing candidates for posts that interact with children and young people.

You will learn how to ask clear and relevant questions in structured interviews, with a distinct focus on personality, behaviour and attitudes.

#### Key learning:

- Understand how interview questions focusing on attitudes and behaviours can protect children
- Practise interviewing candidates in a style that promotes the welfare and protection of children and young people
- Consider how these techniques can be implemented within your organisation.

# Data protection: getting to grips with updated legislation

Date: Thursday, 19 April 2018 (Edinburgh) Trainer: Gillespie Macandrew Cost: FREE for members; £60 for non-members

It is essential for charities to take care when dealing with personal data – be it a donor database, employee records or anything else. New legislation due to take effect in May 2018 will overhaul the existing regime for the first time in over twenty years. This seminar will help charities and other organisations consider the necessary steps to take to ensure compliance and avoid the risk of fines and reputational damage.

#### Key learning:

- An overview of current data protection rules and of the upcoming changes
- The particular impact of GDPR on charities
- Practical steps to take in order to ensure compliance.



#### In-house training: when and where you need it

Do you have a training need that isn't in our programme?

Seen a course you'd like to attend but it's too far away or on the wrong date?

Our Learning & Events team can design any training to suit your needs, and bring it to you.

Find out more – email us: events@childreninscotland.org.uk or phone 0131 313 8828.

# Understanding and embedding good governance

Date: Thursday, 15 November 2018 (morning) (Edinburgh) Trainer: Gillespie Macandrew

**Cost:** FREE for members; £60 for non-members

Good governance is essential for all charities, with guidance available from a wide range of sources, including the Scottish charity regulator OSCR. Despite this, it can be challenging for charities to ensure that their own management structures and procedures are fully in line with regulations.

This seminar will improve your understanding of this important issue and is of particular use to trustees and board members of charities.

#### Key learning:

- Trustee statutory duties and ensuring that all trustees comply
- What constitutes misconduct
- Understanding the powers available to OSCR and when it might exercise these powers.

#### "Demystified a complex subject and gave me more knowledge on a new area of work"

Delegate, Guardianship and power of attorney

#### Guardianship and power of attorney for children, young people and families

Date: Thursday, 20 September 2018 (morning) (Edinburgh) Trainer: Gillespie Macandrew Cost: FREE for members; £60 for non-members

When a child reaches the age of 16, parents and carers lose the authority to act on their child's behalf. This can be particularly worrying if the child suffers from a condition that will make it difficult for them to look after their own welfare and finances.

#### **Key learning:**

- Steps to take to protect children's interests as soon as they turn 16
- Differences between powers of attorney and guardianship
- Consequences if a parent loses capacity and steps to take to minimise the impact
- How parents can ensure that their children are cared for after death.



#### Children in Scotland's 25th anniversary – Networking Event 2018

Date:TBC. Early Autumn (evening) (Edinburgh)Cost:FREE to attend

Celebrate Children in Scotland's 25th birthday and look to the future at our special networking event. We've launched a major new project, developing 25 Calls to transform children's lives over the next quarter century. Join us to:

- Hear what the 25 Calls are and how they could lead to change
- Celebrate your own contribution to our work
- Be part of the ongoing conversation about child policy and how to strengthen the children's sector.

At the event we will also be screening a short film about the anniversary project and members will receive a special edition of our magazine which will cover the 25 Calls in full. See our website for more information about the project.

#### Conferences & study visits



Our conferences bring together knowledge, skills and experience from across the children's sector in the UK and abroad, providing opportunities to reflect, discuss and seek solutions. Two study visits in 2018 will explore approaches to health, education, learning and childcare in Finland

# Child and adolescent mental health in the digital age

Date:May 2018 (date and location tbc)Cost:£89

This conference will explore the various risks and opportunities offered to children and young people growing up in the digital age. It will not only consider child protection and online safety issues, but more broadly it will look at how we can best support the development of children and young people into ethical, critical, responsible and engaged citizens – both in the offline and online world.

You'll hear from a range of expert speakers, participate in practical workshops, and access relevant teaching materials and resources on a wide variety of topics.

#### Key learning:

- Supporting digital participation, literacy and citizenship
- Understanding the range of online safety risks
- Exploring the latest trends in usage including taking a look at current apps
- Relevant resources to help practitioners and parents stay abreast of developments.





#### Finland study visits 2018

Date: 22-26 April and 30 Sep-4 Oct (Helsinki) Cost: £1250 for members / £1400 for non-members

After two successful study trips in 2017, we are delighted to announce further visits to Helsinki in April and October to learn about education, society and life in Finland from a variety of organisations and professionals in the sector.

Our study trips will focus on sharing best practice in education and learning, as well as covering other fascinating projects, policies and interventions that support children and young people in their everyday lives.

To find out more or book a space, please email events@childreninscotland.org.uk or call 0131 313 8828.

#### Food Conference 2018

Date:September 2018 (date and location tbc)Cost:from £89

Following our successful food conference in June 2017, which focused on the link between food, wellbeing and attainment, we are delighted to be organising another conference on the topic of food in 2018.

You will have the chance to hear from experts and children and young people on subjects including:

- Food security
- Scotland's strategy on obesity
- Food and the community
- Food and citizenship.

4

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# Supporting services to learn, improve and innovate

#### www.careinspectorate.com hub.careinspectorate.com

Good practice resources:



#### Sector information:



Free online professional development for childminders:





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