

# Children in Scotland

The Learning Guide  
Winter 2018 - Spring 2019



1993-2018:  
Celebrating 25 Years

Training and events for Scotland's children's sector  
Child protection Wellbeing Equalities Transitions Play Trauma

## Looking for a new career or a new challenge?

Help children with social, emotional and behaviour problems



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[www.playtherapyregister.org.uk](http://www.playtherapyregister.org.uk)

When trained to the required standards you can work full time, part time or as an independent private practitioner. It's a rewarding career in all respects.

APAC are currently training over 500 therapists worldwide.

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[www.playtherapy.org.uk](http://www.playtherapy.org.uk)



## At Kibble, the journey begins with the young person.

Based in Renfrewshire, but with referrals from across the UK, Kibble offers a uniquely integrated array of services to young people at risk aged 5 to 26.

Operating at the intersection of child welfare, youth justice and adolescent mental health, all of Kibble's residential services offer a specialised type of non-secure residential care that is therapeutic and structured, evidence-informed and delivered through a welfare approach. In addition, our total service provision is contributing significantly to keeping young people out of secure care.

As a charity with over 150 years' experience, our social enterprise business model allows us to reinvest in the organisation. We support and empower young people to move forward and lead happy, fulfilled lives.

[www.kibble.org](http://www.kibble.org)  
 @KibblePaisley



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## Children in Scotland

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### 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 25). 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](mailto:membership@childreninscotland.org.uk) or apply for membership online at [childreninscotland.org.uk/join](http://childreninscotland.org.uk/join)

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Lisa Clark (p25).

# Welcome...

## ... to our new guide covering Children in Scotland's learning and events from September 2018 to March 2019!



**Karin Mckenny**  
@karinmckenny  
Learning and Events Manager

Welcome to the latest edition of our Children in Scotland Learning Guide.

We had a busy start to our 2018-19 learning and events year, with another Finnish study visit and our sold-out Mental Health in the Digital Age conference – and the second half of our year isn't any quieter!

We often hear people talking about our 'big' events, such as the famous Finland trip and of course our flagship national annual conference (see page 31 for more), but of course our programme is so much more than these, important though they are.

The events team spends an awful lot of time researching topics and speakers to ensure we have a diverse, educational and exciting programme each year. We do this by meticulously reading your evaluation feedback, talking to our colleagues across Children in Scotland, and of course speaking to you at events to find out what challenges you're facing and how we can support you.

We also have a number of learning events which you don't hear so much about, as we run several in-house training and development programmes for our members throughout the year. This can prove to be a more time and cost-efficient way for your staff to receive tailored learning interventions.

As we mark our 25th anniversary, we're more eager than ever to move into our next 25 years as the children's sector's leading multi-disciplinary learning and development provider. With this in mind, please do get in touch with your ideas for topics, speakers and learning events – and we hope to see you on 10 October 2018 for our anniversary celebrations!

## Prices for 2018-19

	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

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

### Contact

Contact our Learning & Events team via email, telephone or on our website.

**E:** [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk) | **T:** 0131 313 8828 | **W:** [childreninscotland.org.uk/events](http://childreninscotland.org.uk/events)



Our events in this series will help you understand why we're talking about adverse childhood experiences (ACEs) and how negative experiences during childhood can have a huge impact on a child's health and wellbeing. This training will support you to be trauma-informed and help you gain the necessary skills and knowledge to promote healing and support recovery.

## Supporting children and young people who internalise their distress

**Date:** Tuesday, 20 November 2018 (Glasgow)  
Friday, 15 March 2019 (Dundee)

**Trainer:** Jan Montgomery

**Cost:** from £79



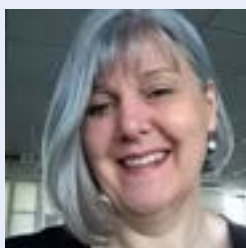
There are many reasons why children internalise their distress. Often assumed to be quiet, shy or well-behaved when actually they are in pain, they can become invisible to those working with them.

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.

### Key learning:

- 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.

### Meet the trainer



**Jan Montgomery** is a qualified Play and Creative Arts Therapist, an Accredited Adult Psychotherapist, and has a Certificate in Traumatic Stress from the Trauma Centre at Bessel van der Kolk's Justice Resource Institute in Massachusetts.

She worked with disadvantaged young people in the voluntary sector for almost a decade, moving from this to focus on foster care to support children and carers of traumatised children.

Today, she works with adults with mental health challenges which prevent them from moving into employment.

Jan believes understanding how theories apply in practice is vital if we are to offer best practice to those who use our services.

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

**Date:** Tuesday, 11 September 2018 (Edinburgh)  
Thursday, 16 May 2019 (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:

- 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 in different contexts
- Providing a safe environment for children.

## Life story work with children: with Richard Rose

**Date:** Friday, 1 February 2019 (Glasgow)

**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, 29 November 2018 (Edinburgh)  
**Trainer:** Andy Robinson  
**Cost:** from £89



This workshop is designed for those working with young people who can 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.

## Communicating with traumatised children and young people: with Richard Rose

**Date:** Thursday, 13 June 2019 (Edinburgh)  
**Trainer:** Richard Rose  
**Cost:** from £89



This seminar provides an opportunity to learn about theories and techniques for communicating with traumatised children aged 3+. Through a practical approach it will focus on practice-rich examples and invites contribution and group engagement. You will have the opportunity to try out these techniques and consider how they might benefit the children and young people you currently work with.

### Key learning:

- Listening, interpreting and recording information
- The significance of feelings and 'magical thinking'
- Trauma and recovery
- Issues of confidentiality
- Addressing sensitive issues and providing appropriate responses.



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

**Date:** Monday, 26 November 2018 (Glasgow)  
 Friday, 7 June 2019 (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.



## NEW Solution-focused approaches to bereavement

**Date:** Friday, 8 March 2019 (Edinburgh)  
**Trainer:** Steve Sweeney, Barnardo's  
**Cost:** from £79



This training workshop will look at how to support children, young people and their families experiencing bereavement using a solution-focused approach. It is suitable for those who work directly with children, young people and families, and who are willing to have supportive conversations around bereavement needs.

### Key learning:

- Understanding the solution-focused principles and techniques involved in providing support
- Applying the principles and techniques within a framework of healthy grieving
- Describing a variety of models of grief
- Understanding the physical, emotional and cognitive impact of grief
- Beginning to practice the techniques with other participants drawing upon their own personal or professional experiences.

## NEW An introduction to trauma

**Date:** Friday, 7 February 2019 (Glasgow)

**Trainer:** Jan Montgomery

**Cost:** from £79



This training workshop is aimed at anyone who works directly with children and young people who have experienced trauma. It is a basic introduction to trauma, helping you to understand what trauma is, how it's caused and what its impact can be on children's health and wellbeing. You will also learn how best to support the children and young people who are affected.

### Key learning:

- Understanding what trauma is and how we react to it
- How trauma is experienced in the body and mind
- How behaviour that stems from trauma is understood
- Approaches to help children and young people who have experienced trauma
- Communicating with children and young people about trauma.

**"I will leave here feeling inspired, enlightened and changed in my opinions"**

*Delegate, May 2017*

## 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 hard-wired 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.

### Key learning:

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

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

**Date:** Wednesday, 10 October 2018 (Glasgow)

**Trainer:** Betsy de Thierry

**Cost:** 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.



## Do you teach a vision impaired pupil?

We offer FREE online resources and teacher training seminars to educators working with vision impaired children and young people in mainstream schools.



ROYAL BLIND  
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[royalblind.org/learninghub](http://royalblind.org/learninghub)

Registered Charity No. SC017167

## Child protection



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TRAINING WORKSHOP


Our forthcoming child protection training will bring you up to date with the latest legislation and best practice. Due to high demand, it sees the return of specialist sexual health worker Sara Rowbotham, who exposed the Rochdale child sexual exploitation scandal. We are also pleased to continue our partnership with NSPCC to offer our basic and more advanced child protection training.

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

**Date:** Thursday, 11 October 2018 (Edinburgh)  
Wednesday, 23 January 2019 (Glasgow)

**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 to understand 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.

**“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*

### Designated child protection officer training

**Date:** Wednesday, 14 November 2018 (Edinburgh)  
Wednesday, 6 March 2019 (Glasgow)

**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.

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

**Date:** Thursday, 13 September 2018 (Edinburgh)  
Friday, 29 March 2019 (Glasgow)

**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.

## Identifying and responding to child sexual exploitation (CSE)

**Date:** Thursday, 22 November 2018 (Edinburgh)  
**Trainer:** Daljeet Dagon, Barnardo's  
**Cost:** 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 multi-agency partnerships.

**“Excellent course with fantastic info and content. The speaker was great – very relatable and friendly”**

*Delegate, Identifying and responding to child sexual exploitation*

## Providing practical and emotional support to young people at risk of CSE

**Date:** Thursday, 31 January 2019 (Glasgow)  
**Trainer:** Sara Rowbotham  
**Cost:** 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.

### Key learning:

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

## Supporting children and young people who self-harm

**Date:** Tuesday, 4 December 2018 (Edinburgh)  
**Trainer:** Penumbra  
**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 what self-harm is (and is not), why people self-harm, and look at good and bad practice for supporting those who self-harm with signposting to a variety of resources for use in practice.


### Key learning:

- Develop your understanding of self-harm and the reasons why a child or young person might self-harm
- Exploring best practice in supporting children and young people who self-harm.



## NEW Positive pathways for young people who have displayed harmful sexual behaviour

**Date:** Friday, 15 March 2019 (Edinburgh)  
**Trainer:** Stuart Allardyce  
**Cost:** from £79

 Research suggests that around a third of sexual abuse is caused by children and young people themselves, and the numbers of young people being charged with sexual offences in Scotland is rising. Professionals and carers must ensure they have the knowledge to see the signs and take appropriate action.

### Key learning:

- Distinguish between age-expected behaviours and those which raise concern
- Understand up-to-date research about harmful sexual behaviour in adolescence
- Appreciate the influence of attitudes and values on work with this client group
- Gain tools and skills to respond appropriately and effectively to young people who exhibit harmful behaviours
- Explore what prevention might mean for the setting you work in.



## NEW Substance use and young people

**Date:** Friday, 22 March 2019 (Edinburgh)  
**Trainer:** Scottish Drugs Forum  
**Cost:** FREE for members



This training is designed for those who want to improve their knowledge of appropriate intervention techniques for use with young people whose use of alcohol and other drugs is causing harm or potential harm. Aimed at youth workers, social workers, health professionals, teachers and other parents or practitioners working with young people, the course will also include content around New Psychoactive Substances (NPS), often referred to as legal highs.

### Key learning:

- Identify and understand the key effects of the most common substances used by young people, and the reasons why young people might choose to use them
- Recognise prevention, recovery and harm reduction interventions
- Identify effective strategies to work with young people through non-judgemental conversations that support behavioural change.

## NEW Listening and responding to children affected by parental substance use

**Date:** Friday, 30 November 2018 (Edinburgh)  
**Trainer:** Scottish Drugs Forum  
**Cost:** from £79



This training is designed to support practitioners to listen and respond effectively and appropriately to children affected by parental substance use. It is aimed at all managers and practitioners whose work involves children and/or parental substance use, including teachers, early years practitioners, social workers, youth workers, housing officers, those working in residential/foster care, and more.

### Key learning:

- Identify the impact of substance use on children
- Describe the child's cycles of change in parental substance use and recovery
- Discuss key issues in assessing needs and risks of children affected by parental substance use
- Recognise the impact of change/recovery on children's lives
- Identify ways to actively engage with and hear young people's stories
- Explore what prevention might mean for the setting you work in.



Join Children in Scotland and 150 representatives from across the sector as we announce our calls for change in policy, legislation and practice to improve children's lives.

Attend our launch event from 5.30pm on Wednesday 10 October at the City Art Centre in Edinburgh

Sign up to receive the 25 Calls special edition of our magazine

Follow the campaign on our website and social media channels:

@cisweb  
 #25Calls  
[childreninscotland.org.uk](http://childreninscotland.org.uk)

Our calls will span all areas of public life and address 25 key issues which impact children and families' ability to realise their rights, participate in Scottish society, and access support and education in their communities. Key influencers, leaders and young people will be making these calls, but change will only happen if you contribute your voice to the campaign!



## Mental illness is a growing concern for Scotland's children and teachers.

*Zippy's Friends* and *Apple's Friends* teach healthy coping and social skills to young children to promote good mental health for life.

- International
- Evidence-based
- Work with the whole class
- Support Curriculum for Excellence

Over 1.7 million children internationally have taken part in our programmes.



For more information and details of up-coming training visit:  
[www.partnershipforchildren.org.uk/scotland](http://www.partnershipforchildren.org.uk/scotland)  
 or email:  
[lizzie.poulton@partnershipforchildren.org.uk](mailto:lizzie.poulton@partnershipforchildren.org.uk)



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Registered Charity number: 1089810



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TRAINING WORKSHOP

This series will offer you a broad range of techniques to provide the right support at the right time for children and families affected by disorders including autism, ADHD, Fetal Alcohol Spectrum Disorders and Pathological Demand Avoidance Syndrome.

## Context learning for learners with autism

**Date:** Wednesday, 23 January 2019 (Glasgow)

**Trainer:** Lindsay Graham

**Cost:** from £79



Children with autism can have difficulty transferring or generalising knowledge, which gives learning in context greater significance.

This training workshop will help you understand the different ways in which an individual can learn, and how to use this knowledge to break down everyday tasks and situations to promote effective learning.

### Key learning:

- The characteristics of learners with autism and the difficulties they face in learning environments
- Understanding a variety of learning styles and how learning can happen 'in context'
- Analysing tasks and situations to identify opportunities for maximising learning.

## 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 practitioners have identified a need for improved support, which this seminar will contribute to.

### 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

## The engagement model: looking differently at learners with complex needs

**Date:** Tuesday, 5 February 2019 (Edinburgh)

**Trainer:** Lindsay Graham

**Cost:** from £79



This course presents the engagement model as a form of personalised learning. It shifts the emphasis away from the learner's interests as a way of personalising learning and, instead, looks at the particular way(s) they engage. You will learn how to analyse what is happening when learners are engaged, and how the information gained from this can then be used to motivate these learners in other contexts.

### Key learning:

- Understanding the different elements within the engagement model that will assist in analysing how an individual engages
- Understanding the difficulties faced by those who find it hard to engage in learning
- Understanding the long-term nature of personalised support
- Using case studies to practise developing the model of engagement
- Key strategies for developing a learning plan, using the ways the student has engaged in activities.

## NEW Autism and wellbeing: a seminar with Dr Peter Vermeulen

**Date:** Thursday, 23 May 2019 (Edinburgh)

**Trainer:** Dr Peter Vermeulen

**Cost:** from £89




We are delighted to welcome autism expert Dr Peter Vermeulen back to Scotland. Dr Vermeulen has extensive experience in working with children and young people with autism spectrum disorders (ASD) and their families. He is an internationally respected lecturer and trainer and presents all over Europe and beyond. He has written more than 15 books and many articles on autism.

Dr Vermeulen will be speaking about current issues, research and best practice around supporting children and young people with ASD.

## Sensory Stories – helping children with autism access literacy

**Date:** Monday, 29 April 2019 (Edinburgh, am)  
**Trainer:** Liliás Nicholls  
**Cost:** 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 a severe cognitive loss.


### Key learning:

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



## Practising yoga with children and young people with ASD

**Date:** Wednesday, 26 September 2018 (Edinburgh)  
**Trainer:** Liliás Nicholls  
**Cost:** 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 Liliás 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 children with autism's physical and mental wellbeing
- Implementing a short programme of Asanas (poses) for use in different settings

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

**Date:** Wednesday, 24 October 2018 (Edinburgh)  
**Trainer:** Corrie McLean, Three Sisters Consultancy  
**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 such as puberty and consent
- Case studies and practical tips to help boost confidence among staff.

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

**Date:** Monday, 24 September 2018 (Aberdeen)  
 Thursday, 28 March 2019 (Edinburgh)  
**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.

**“Best course I’ve been on for years!”**  
*Delegate, Practising yoga with children...*

## 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:

- 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 Music therapy for children with complex learning disabilities

**Date:** Tuesday, 26 February 2019 (Edinburgh)

**Trainer:** Mary Veal, Nordoff Robbins Scotland

**Cost:** from £79



Nordoff and Robbins founded their music therapy approach on the work that they carried out in the 1960s with children who had profound and complex needs. Although music therapy has significantly extended and developed, this client group remains one of the largest accessing music therapy input today.

This workshop will include an introduction to music therapy and offer participants some practical skills in relation to using music with children who have more profound and complex needs.

### Key learning:

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



## NEW Understanding and managing 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.

## Additional courses - find out more on our website!

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

**Date:** Monday, 4 February 2019 (Edinburgh)

**Trainer:** Autism Network Scotland

**Cost:** £25

### Girls and autism: a seminar with Sarah Hendrickx

**Date:** Thursday, 21 February 2019 (Edinburgh)

**Trainer:** Sarah Hendrickx

**Cost:** from £89

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

**Date:** Thursday, 21 March 2019 (Edinburgh)

**Trainer:** Ruth Fidler

**Cost:** from £89

### Supporting early years children with autism spectrum disorders

**Date:** Wednesday, 27 February 2019 (Edinburgh)

**Trainer:** Autism Network Scotland

**Cost:** from £25

## Early years



CONFERENCE



SEMINAR



TRAINING WORKSHOP

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 seminar focusing on gender in the early and primary years.

### Learning through play the Froebel way

**Date:** Friday, 16 November 2018 (Edinburgh)  
Friday, 22 February 2019 (Edinburgh)  
Friday, 26 April 2019 (Edinburgh)

**Trainer:** Cowgate Under 5s Centre

**Cost:** from £79



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.

### How ACEs impact on the attachment system: a residential with Suzanne Zeedyk

**Date:** Friday 22 to Sunday 24 March 2019

**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. 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.

### NEW Supporting parents in the early years

**Date:** Thursday, 25 October 2018 (Edinburgh)

**Trainer:** Jan Montgomery

**Cost:** from £79



This training workshop will look at challenging behaviours in the early years, with a focus on the impact of adult behaviour on young children. It will consider practical examples to observe different behaviours and responses to behaviour. As a carer or practitioner, it will also reflect on how your own adult behaviour can enable a young child to build a resilient brain.

#### Key learning:

- Understanding challenging behaviour and its impact
- What neurosciences and attachment theory tell us about behaviour
- The impact of adult behaviour on children
- Strategies to change behaviour and build resilience.

### Attachment-led early years practice: a seminar with Suzanne Zeedyk

**Date:** Friday 22 February 2019 (Glasgow)

**Trainer:** Dr Suzanne Zeedyk

**Cost:** from £89



In our society, caring for children usually includes a large component of professional input. We use the language of 'services' to describe that input. Yet science tells us that children aren't looking for services. They want relationships and emotional connection with others, especially with the adults who are significant in their lives, at home, with friends or within childcare settings.

#### Key learning:

- Observations and key scientific insights into the human drive for relationships
- How professional services are currently conceived, designed and delivered
- Identifying gaps between children's services and children's needs, and finding ways of closing those gaps.

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

**Date:** Wednesday, 3 October 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-year-olds 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.



## Foundations of literacy: a seminar with Sue Palmer

**Date:** Friday, 12 October 2018 (Edinburgh)  
 Tuesday, 2 April 2019 (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 3 and 7.

### 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.

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

**Date:** 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.

## NEW Equality in early primary settings

**Date:** Wednesday, 6 February 2019 (Edinburgh)  
**Trainer:** Zero Tolerance  
**Cost:** FREE for members; £60 for non-members



There is mounting evidence demonstrating that gender inequality and stereotyping underpin the attitudes which normalise violence, as well as producing other negative consequences.

This session, based on research compiling the views of teachers, parents and early primary school children, will consider how we as practitioners can work together to actively promote inclusiveness for all, challenge unhelpful gender stereotypes and encourage healthy relationships at all ages – including among nursery and early primary-aged children.

### Key learning:

- Understanding the research background and work currently being carried out with children aged 5-8 on encouraging healthy relationships
- Exploring current resources available to teachers, parents and practitioners to foster enabling environments free from gender stereotypes
- Recommendations to put in place in your own setting to promote inclusiveness.

## Understanding gender in the early and primary years: practical implications

**Date:** Wednesday, 5 December 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

- Consider different understandings and constructions of gender
- Explore some of the emerging findings from research
- Look at how the findings could impact on your practice.

## Child-centred early years planning, provision and practice

**Date:** Tuesday, 29 January 2018 (Edinburgh)  
**Trainer:** Suzanne Zeedyk  
**Cost:** from £89



This full-day seminar, run in partnership with the Association of Directors of Education in Scotland (ADES), 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



**Supporting services to learn, improve and innovate**  
[www.careinspectorate.com](http://www.careinspectorate.com) [hub.careinspectorate.com](http://hub.careinspectorate.com)

### Good practice resources:



### Sector information:



### Free online professional development for childminders:



[childminding.journey.scot](http://childminding.journey.scot)

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# The Learning Guide: Eve

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## > December

- Child protection
- Health & wellbeing
- Raising attainment
- Conferences and study visits
- Early years
- Adversity and healing
- Member events
- Communication and learning difficulties



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Attachment-led early years practice: a seminar with Suzanne Zeedyk	<b>Date:</b> 22 February <b>Location:</b> Glasgow <b>Page:</b> 13
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Raising attainment and closing the gap: a seminar with Dr Val Corry	<b>Date:</b> 27 February <b>Location:</b> Edinburgh <b>Page:</b> 22


## > March

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How ACEs impact on the attachment system: a residential with Suzanne	<b>Date:</b> 22 - 24 March <b>Location:</b> TBC <b>Page:</b> 13
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Online safety in Scotland: Keeping children safe in the digital world	<b>Date:</b> 29 March <b>Location:</b> Glasgow <b>Page:</b> 7

Our expert training will give you the understanding, knowledge and skills to support children's health and wellbeing in areas including mental health, anxiety, body confidence, healthy relationships and mindfulness.

## 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.

## NEW Practising self-compassion with children and young people

**Date:** Wednesday, 30 January 2019 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79

 Having compassion means offering understanding and kindness to others when they fail or make mistakes, rather than judging them. Self-compassion means reacting the same way towards yourself. Children and young people are often their own worst enemies – their internal talk can be very negative and punishing, severely affecting the child's mental wellbeing.


This training workshop will help you to teach children a positive and encouraging way of talking to themselves using a variety of practical techniques.

### Key learning:

- Considering the cultural context we live and learn in
- Exploring what is meant by self-compassion
- Learning about the emotional regulation system
- Exploring ways to practice self-compassion skills and attributes, including mindfulness-based techniques.

## Mindfulness and autism

**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.

### Key learning:

- 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: Introduction

**Date:** Monday, 29 October 2018 (Edinburgh)  
Friday, 26 April 2019 (Glasgow)

**Trainer:** Jan Montgomery

**Cost:** from £89



This very practical workshop is an introduction to mindfulness, focusing on the origins of mindfulness 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 very much enjoyed listening and practising techniques both for myself and children and young people I work with on a daily basis”**

*Delegate, Mindfulness and working with children and young people*

## Mindfulness and working with anger

**Date:** Thursday, 20 September 2018 (Edinburgh)  
Friday, 1 March 2019 (Glasgow)

**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.

## Mindfulness in your setting

**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
- Develop your own mindfulness programme
- Mindfulness exercises – learning through practice.

## NEW Hidden Dynamics: The emotional experience of working with children and adolescents

**Date:** Thursday, 15 November 2018 (Edinburgh)

**Trainer:** Rachel Melville-Thomas

**Cost:** from £89



Why do some of our interactions with children and adolescents affect us more than others? These may interfere with our ability to think clearly about their needs and remain objective, or it can simply be unsettling or distressing to us as human beings. Repeated exposure to difficult emotional experiences can be part of the path to burnout. So how do we hold on to our intentions to be helpful, empathic and effective workers and carers?

This seminar will explore the 'hidden dynamics' in child and youth work which play out under the surface of the behaviour we can see and describe.


### Key learning

- Understanding what constitutes the 'hidden dynamics' between worker and client
- How to re-think and re-frame difficult relationships with young people and their families
- Understanding our own responses through reflective practice and awareness of the body and non-verbal reactions
- Learning to protect ourselves through enhanced self-awareness and professional support.



## NEW Attunement in practice: working with children and young people

**Date:** Tuesday, 26 March 2019 (Edinburgh)  
**Trainer:** Sandra Strathie  
**Cost:** from £79

 This course is for anyone working with children, young people or families.


Attunement describes a harmonious and responsive interaction where those involved share positive emotions and cooperate with each other. This is a desirable state for children's and adults' wellbeing, growth and learning. It supports adults to judge the amount and kind of help that a child needs to be successful in learning and works equally well for those with a role in developing adults, carers or parents.

### Key learning:

- The 'attunement principles' and how to use them to develop others
- Increased observation skills through using the attunement principles for the analysis of interactions
- The theories of adult/child interactions
- Self-assessment of your own attunement to others and analysis of their own patterns of communication.

## NEW Attuned group work with children and young people

**Date:** Wednesday, 20 February 2019 (Edinburgh)  
**Trainer:** Sandra Strathie  
**Cost:** from £79

 This course will suit anyone who works with groups of children or young people or who is planning to start group work. It will suit those new to group work theory and practice as well as experienced practitioners.

The main focus of this course will be on the facilitation skills and knowledge base required to bring about cooperative, purposeful group work. The course will be highly interactive, drawing on the experience of the course participants.


### Key learning:

- Understanding group work theory such as strategy, types of groups and processes that meet desired outcomes
- Designing exciting and creative groups through using whole brain activities
- Keeping groups on task through skilled guidance, scaffolding and managing conflicts
- Developing attuned interactions in groups through skilled facilitation and teaching
- Self-assessment of your own group work skills.



## Positive mental health in children and young people

**Date:** Monday, 4 March 2019 (Edinburgh)  
**Trainer:** Sian Chaffer, Place2Be  
**Cost:** from £79

 Mental health is a key ingredient in helping children to become successful learners, confident individuals, responsible citizens and effective contributors.


Without positive mental health, children and young people are at risk for a range of difficulties. But how does positive mental health develop, and how can we help children and young people who are struggling? This course will give you an invaluable understanding of mental health and relevant strategies to support young people.

### Key learning:

- What is mental health? Why does it matter?
- The neuroscience of brain development
- Impact of toxic stress and early life adversity
- Links between mental health and behaviour – how can we help?
- Mental health 'red flags' – when to refer on for further support
- Secondary stress and self-care.

## Relationships and the brain: helping children and young people build resilience

**Date:** Thursday, 4 April 2019 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79

 This training workshop will focus on how the relationships that practitioners and carers build with children and young people, in good and challenging times, mould developing brains and can trigger positive changes to help build resilience.

### Key learning:

- How our understanding of the brain should inform the way we view relationships
- The impact of trauma on relationships
- How to work with children and young people who have difficulties in forming relationships.

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

**Date:** Thursday, 4 October 2018 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79



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.



## 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:** Monday 26 November 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.

### Key learning:

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



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)
- Residential Initial Training Courses in VIG, hosted in Orkney, in September 2018, April and August 2019.

### Interested?

Visit [www.vigorkney.co.uk](http://www.vigorkney.co.uk) or contact  
 Miriam Landor [miriam@vigorkney.co.uk](mailto:miriam@vigorkney.co.uk)

## Raising attainment



CONFERENCE



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.

### Raising attainment and closing the gap: a seminar with Dr Val Corry

**Date:** Wednesday, 27 February 2019 (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.

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

**Date:** Friday, 1 February 2019 (Edinburgh)  
**Trainer:** Sue Palmer  
**Cost:** 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, improve organisational and thinking skills to support writing
- Learn techniques for quick bursts of word and sentence level teaching/revision
- Explore a simple model for integrating writing into teaching across the curriculum.

#### 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.



## Foundations of literacy: a seminar with Sue Palmer

**Date:** Friday, 12 October 2018 - Edinburgh  
 Tuesday, 2 April 2019 – 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.

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

*Delegate, Raising attainment through parental engagement*

## 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.

**Key learning:**

- 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.

## NEW Family engagement for improvement

**Date:** Tuesday, 29 January 2019 (Edinburgh)  
**Trainer:** Connect  
**Cost:** from £79



This training will look in detail at how effective family engagement can feed into School Improvement Planning processes and improve outcomes for children, young people and their families. It is designed to support classroom teachers and senior staff within schools to develop engagement strategies which build capacity and strengthen collaborative working.

**Key learning:**

- Review current legislation, policy and research on family engagement and reflect on own practice
- Identify the factors that affect relationships between families and the school community
- Understand the types of engagement with families and prioritise areas for improvement
- Align family engagement with school improvement approaches and develop criteria to evaluate the action proposed.



## Sharing the impact and challenges of parental engagement

**Date:** Tuesday, 9 October 2018 (Glasgow)  
**Trainer:** Dr Val Corry  
**Cost:** 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.



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

**Key learning:**

- 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.

## Raising attainment in key topics in maths

**Date:** Friday, 1 March 2019 (Edinburgh)  
**Trainer:** Amy Sinclair  
**Cost:** from £89


 This training will offer a practical and manageable overview of the key topics in maths, going beyond the theory to focus on what the learning looks like in practice. It is designed for teachers of 1st and 2nd levels but also of interest to 3rd level staff looking to consolidate learning of key topics.

**Key learning:**

- The progression of skills through a topic and how this connects with other maths concepts
- How to overcome common difficulties and misconceptions pupils have which hinder progress
- Lots of practical resources, activities and games which can be used to ensure deep learning and consolidation.

## NEW Storytelling across the curriculum as a tool to raise attainment

**Date:** Friday, 22 February 2019 (Edinburgh)  
**Trainer:** Bea Ferguson  
**Cost:** from £79

 Storytelling is highly effective in developing self-confidence, literacy and concentration skills in all pupils, as well as being an effective way to engage parents.

This highly practical workshop will draw on proven successful creative storytelling practice developed through residencies in both primary and secondary schools in Scotland. Aimed at class teachers and other education staff from primary and secondary settings, the session will demonstrate the capacity of storytelling to support pupils, while allowing you to develop your own skills as a storyteller through practical activities.

**Key learning:**

- Understand how storytelling can be used to support pupils':
  - Listening and concentration skills
  - Self-confidence
  - Oral literacy and creative writing skills
- Develop your own skills as a storyteller through practical activities.





## Member events



CONFERENCE



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TRAINING  
WORKSHOP

We have developed a programme of half-day 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 Listening to children and young people: exploring participative methodologies

- Date:** Thursday 27 September 2018  
(Edinburgh, am)
- Trainer:** Children in Scotland's Participation & Engagement team
- Cost:** FREE for members; £60 for non-members



This 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.

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

- Date:** Wednesday, 10 October 2018  
(Edinburgh, pm)
- Cost:** FREE to attend



Celebrate Children in Scotland's 25th birthday and look to the future at our special networking event. We're launching a major new campaign, revealing 25 Calls to transform children's lives. 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.

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

- Date:** Tuesday, 30 October 2018 (Edinburgh, am)
- Trainer:** Children in Scotland's Communications team
- Cost:** 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 Substance use and young people

**Date:** Friday, 22 March 2019 (Edinburgh)  
**Trainer:** Scottish Drugs Forum  
**Cost:** FREE for members



This training is designed for those who want to improve their knowledge and skills of appropriate intervention techniques for use with young people whose use of alcohol and other drugs is causing harm or potential harm. Aimed at youth workers, social workers, health professionals, teachers and other parents or practitioners working with young people, the course will also include content around New Psychoactive Substances (NPS), often referred to as legal highs.

### Key learning:

- Identify and understand the key effects of the most common substances used by young people, and the reasons why young people might choose to use them
- Recognise prevention, recovery and harm reduction interventions
- Identify effective strategies to work with young people through non-judgemental conversations that support behavioural change.

## Successful performance management

**Date:** Thursday, 14 February 2018 (Edinburgh, am)  
**Trainer:** Gillespie Macandrew  
**Cost:** FREE for members; £60 for non-members



This half-day workshop will discuss the principles of performance management, including proactively supporting staff, turning around poor performance, managing sickness absence, disciplinary processes and, if required, the legal tools available.

### Key learning:

- General principles of performance management
- Improvement notices and ensuring you get the best from the people in your team
- Managing disciplinary processes for poor performance
- Managing absence
- The legal tools available to help you tackle performance issues.

## Understanding and embedding good governance

**Date:** Thursday, 15 November 2018 (Edinburgh, am)  
**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.

## NEW Equality in early primary settings

**Date:** Wednesday, 6 February 2019 (Edinburgh)  
**Trainer:** Zero Tolerance  
**Cost:** FREE for members; £60 for non-members



There is mounting evidence demonstrating that gender inequality and stereotyping underpin the attitudes which normalise violence, as well as producing other negative consequences.

This session, based on research compiling the views of teachers, parents and early primary school children, will consider how we as practitioners can work together to actively promote inclusiveness for all, challenge unhelpful gender stereotypes and encourage healthy relationships at all ages – including among nursery and early primary-aged children.

### Key learning:

- Understanding the research background and work currently being carried out with children aged 5-8 on encouraging healthy relationships
- Exploring current resources available to teachers, parents and practitioners to foster enabling environments free from gender stereotypes
- Recommendations to put in place in your own setting to promote inclusiveness.

## CHANGE Knowledge Exchange: childcare and play services

**Date:** Monday, 8 October 2018 (Glasgow)  
**Cost:** FREE



We are delighted to invite you to our second knowledge exchange event for the CHANGE: Childcare and Nurture Glasgow East project. The event is for anyone who has an interest in contributing to a discussion about supporting childcare and play services for children and families in the East of Glasgow.

- Share the work that the CHANGE: Childcare and Nurture Glasgow East project has carried out in the last year
- Strengthen connections with service providers in the project area and allow them to contribute to the project plans for the coming year
- Explore greater use of the outdoors for children's services in the area
- Consider how we can best work together to enact positive change for children and families.

## Voices Forum meeting

**Date:** Monday, 8 October 2018 (Edinburgh)  
Tuesday, 4 December 2018 (Glasgow)  
**Cost:** FREE for members



Voices brings together the diverse knowledge, skills and experience of our members to seek solutions for the most pressing issues affecting children in Scotland today.

Combined with participation from children and young people, and outputs from our Children's Sector Strategic and Policy Forum, it is a powerful collection of voices calling on decision-makers to improve children's lives.

The Forum holds four events per year, complemented by opportunities for members to feed in their views and ideas remotely.

Our next Forum will meet on 8th October to learn more and share views on ensuring the Planning (Scotland) Bill meets the needs of children and young people.

The topic of future meetings will be decided closer to the time so please make sure you are signed up to receive our communications and follow us on social media.



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

**Date:** Thursday, 20 September 2018 (Edinburgh)  
**Trainer:** Gillespie McAndrew  
**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 is living with 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.

## Nurturing citizenship in the early years

**Date:** Thursday, 31 January 2019 (Edinburgh)  
**Trainer:** Andrew Gadda and Christine Stephen  
**Cost:** FREE for members; £60 for non-members



Identifying ways of fostering positive citizenship, resilient communities and effective leadership are key policy concerns in Scotland, with education playing a significant role in the process. Becoming a responsible citizen is one of the four goals of Curriculum for Excellence, but despite this, no explicit definition of 'responsible citizen' is offered – nor is any specific pedagogic practice promoted.

This research-based seminar will explore the meaning of citizenship and consider the ways in which early learning and childcare settings can support children to become responsible citizens.

### Key learning:

- Exploring the concept of citizenship in early childhood
- Looking at how the social and learning environment fosters acts of positive citizenship, inclusion and equity
- Reflecting on own practice and exploring pedagogic materials, resources and interactions to support the skills associated with citizenship.

## Conferences & study visits



CONFERENCE



SEMINAR



TRAINING WORKSHOP

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. A further study visit in 2019 will explore approaches to health, education, learning and childcare in Finland.



### Finland study visits

**Date:** 1- 5 October 2019

**Cost:** £1250 for members / £1350 for non-members

After successful study trips in 2017 and Spring 2018, we are delighted to announce a further visit to Helsinki to learn about education, society and life in Finland from a variety of organisations and professionals in the sector.

This study trip 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 register your interest, please email [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk) or call **0131 313 8828**.

**"What I've seen and heard on the trip will help me improve my school's engagement with the community"**

**"A well-organised, thought-provoking study visit"**

*Delegates, 2018 Finland trip*



### The psychology of gender and why it hurts: Suicidality and boys

**Date:** January 2019

**Cost:** from £89



Research has consistently shown that boys grow up to report significantly lower levels of life satisfaction than women. We also know that suicide is the single biggest killer of men under 45 in the UK, and that male rates of suicide in recent years have remained three times higher than those of females. These are shocking statistics that must change.

In this full-day event, you'll hear from experts in psychology, sociology and gender studies in order to better understand the issues facing boys and young men which might lead to suicidal thoughts and feelings. We'll look at how well this group is served by suicide prevention-related policy and practice, and at the effectiveness of messages from a range of sources to 'seek help' and 'talk about feelings'.

Do boys know how to talk about feelings and does this necessarily help? Keep an eye on our website as we announce more details and key speakers, and be a part of the discussions on the day.

### 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](mailto:events@childreninscotland.org.uk) or phone **0131 313 8828**.



## Food Conference 2019

**Date:** Wednesday 20 March 2019 (Edinburgh)  
**Cost:** from £89

 Launched in December 2015, Children in Scotland is leading an innovative and award-winning project, Food Families Futures, to address a major social issue: food poverty and its links with wellbeing and education. Read more at: [childreninscotland.org.uk/food-families-futures](http://childreninscotland.org.uk/food-families-futures)


Building on our successful conference in June 2017, this upcoming event will focus on the latest research, creative approaches and current projects aimed at improving the health and wellbeing of children and their families, including increasing nourishment, reducing hunger and improving nutrition. Register your interest by contacting our Learning and Events team.

# ENQUIRE

Helping you understand additional support for learning

## Enquire Annual Conference 2019

**Date:** February 2019 (date and location tbc)  
**Cost:** from £89

 Enquire, the Scottish advice service for additional support for learning, will host its annual conference in February 2019, building on the success of its 2018 event held in Aberdeen.

Previous Enquire annual conferences have included high-level speakers such as autism expert Dr Peter Vermeulen, Professor Geraint Jones, former Scottish international rugby star Kenny Logan, and behaviour and learning specialist Fintan O'Regan.

Keep an eye out on our website and on social media as we announce the line-up for this year's conference, and join 150 delegates to learn and share practice on issues around ASL provision in Scotland.

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**Our annual conference is the flagship CPD event of the year for those working in the children's sector.**

Join colleagues from public, private and third sector organisations, as well as across the children's sector, to learn about and explore the challenges and opportunities facing the sector today, hear about good practice, and plan improvements to your own services.

**This year delegates will hear from key speakers including:**



**Richard Wilkinson** is co-author of the 2009 seminal book 'The Spirit Level', and most recently 'The Inner Level: How More Equal Societies Reduces Stress, Restores Sanity

and Improve Everyone's Wellbeing', published in June this year. He is co-founder of The Equality Trust and is currently Professor Emeritus of Public Health at the University of Nottingham.



In the aftermath of the 2017 Manchester Arena bombing, **Fiona Murphy MBE** was instrumental in setting up a support service which worked with police officers to care and support

victims and their families around the clock. As a result, a new Greater Manchester bereavement squad was formed, led by Fiona, comprising nurses, coroners, police family liaison officers and mortuary staff.



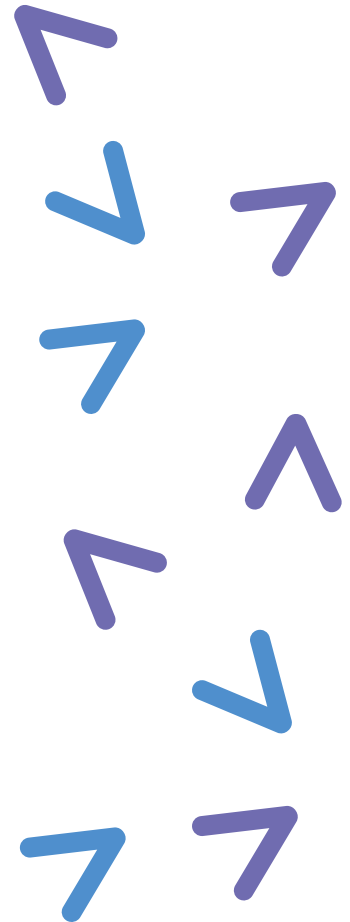
**Bruce Adamson** is the Children and Young People's Commissioner for Scotland. Bruce is a lawyer who has over 20 years of experience in children's rights.

A Member of the Children's Panel for 13 years, he has worked directly with vulnerable children and their families, listening to their experiences and making decisions about their safety and wellbeing.



**Fiona Duncan** is Chair of Scotland's Independent Care Review, the 'root and branch' review of the Scottish care system announced in 2016.

The Review, now in its third stage, aims to deliver lasting change in the care system and leave a legacy that will transform the wellbeing of children and young people.



## Three ways to book

Web: [childreninscotland.org.uk](http://childreninscotland.org.uk)

Tel: 0131 313 8828

Email: [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk)

Find out more at [childreninscotland.org.uk/children-in-scotland-annual-conference-2018/](http://childreninscotland.org.uk/children-in-scotland-annual-conference-2018/)

### Cost

Member	Two-day pass from £169.00
Non-member	Two-day pass from £199.00

*One-day passes are also available. See website for more information.*



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