

Children in Scotland

THE LEARNING GUIDE

Spring - Autumn 2019



ADVERSITY AND HEALING

HEALTH AND WELLBEING

EARLY YEARS CARE AND LEARNING

RAISING ATTAINMENT AND PROMOTING ACHIEVEMENT

SUPERCHARGE YOUR CPD

Training and events for Scotland's children's sector
Child protection Wellbeing Equalities Inclusion Play Trauma Mental health



Empowering young lives

Kibble is a specialist provider of services supporting at risk children and young people (aged 5-26) across the UK. Many of the young people we care for have experienced significant trauma in their lives and Kibble offers dedicated care and support to help them move forward.

We provide a safe, stable environment that is both nurturing and therapeutic. With a robust support network and wide range of services, Kibble offers young people opportunities. We encourage them to believe in themselves, feel a sense of belonging, and realise their own self-worth.

As a national charity and a leading social enterprise, we've been helping young people for over 150 years.

www.kibble.org @KibbleCharity

Kibble Scottish Charity No. SC026917
Registered in Scotland No. 158220



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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 23). 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

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Welcome...

... to our Learning Guide for Spring – Autumn 2019!



Karin McKenny
[@karinmckenny](https://twitter.com/karinmckenny)
Learning & Events Manager

This past year has been our busiest yet and included:

- 4,482 people from 920 organisations attending our open events
- 82 training workshops, 28 seminars and four conferences
- 18 member events, including strategic forums, free training workshops and the launch of our 25 Calls campaign
- 30 commissioned training workshops attended by more than 500 people
- 1 trip by our colleagues to lead participation and engagement training at UNICEF Romania
- 58 intrepid travellers over two study visits to Finland
- 1 group of 20 Russians and another of 15 Italians visiting Scotland to learn about GIRFEC and early years
- The first-ever First Minister's Question Time with 100 young people grilling Nicola Sturgeon on issues that matter to them.

This coming year is looking to be just as busy, so we look forward to sharing it with you, and if you have any suggestions, reflections or feedback then we'd love to hear from you.

Karin McKenny

Prices for 2019-20

	Member rate	Non-member rate
Training workshops, seminars and conferences	From £89 for a full day	From £109 for a full day

Contents

Adversity & healing | page 4

Child protection | page 7

Communication & learning difficulties | page 9

Early years | page 16

Health & wellbeing | page 18

Raising attainment | page 21

Free member events | page 23

Conferences & study visits | page 25

**Want to find an event fast?
Use our planner: pages 14-15**

Contact

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/events

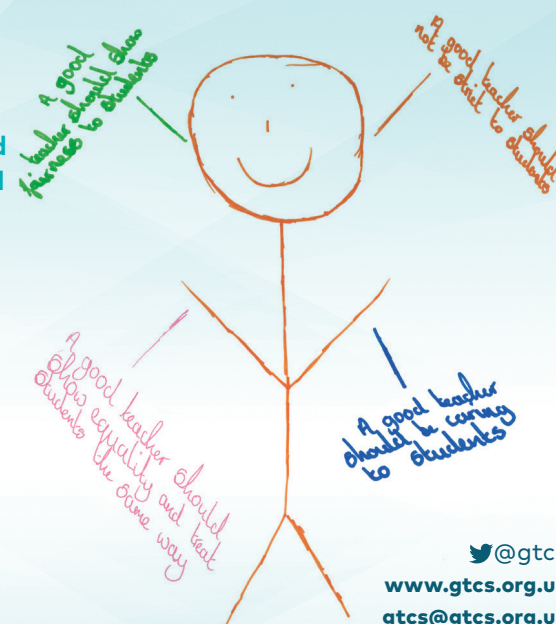
"If a teacher is kind, it travels across the class and puts everyone in a good mood."

gtc
SCOTLAND

Children and young people had their say on what makes a good teacher in the *Review of the Professional Standards: The Experiences of Children and Young People*, completed by Children in Scotland as part of GTC Scotland's refresh of the Professional Standards for Teachers.

The report includes a series of recommendations that will inform the development of a new suite of Professional Standards and help to ensure that they are contemporary, relevant and reflect the demands of teaching, now and in the future.

Read the report here:
<https://bit.ly/2PLHvNW>



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Adversity & healing



NEW When the adults change, everything changes

Date: Thursday, 25 April 2019 (Edinburgh)
Trainer: Chris Sweeney, Pivotal Education
Cost: from £89

When adults focus on their own behaviour, and rewards are replaced by recognition and pride, dramatic positive change can take place in the behaviour of children and young people.

This seminar will focus on the behaviour of adults when supporting children and young people with distressed behaviours. Practitioners are provided with the tools to remove low-level disruption from the classroom and return the focus to learning. This training is based on Paul Dix's The Five Pillars of Pivotal Practice, which highlights the importance of children being respected regardless of their behaviour.

Key learning:

- Consistent, calm adult behaviour: human beings and the emotional versus rational brain
- First attention to best conduct: material rewards versus recognition rewards
- Teaching learning behaviours: establishing and enforcing rules
- Scripting difficult interventions: structuring interventions without confrontation
- Restorative follow-up: the benefits of personal follow-up.

"Very knowledgeable, experienced trainer with the ability to convey the essence of complex theories in an understandable way"

*Delegate, September 2018
 (Working with children and young people who have experienced traumatic stress)*

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.

Working with children and young people who have experienced traumatic stress

Date: Thursday, 16 May 2019 (Edinburgh)
 Thursday, 10 October 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89

This training workshop will explore the developmental impact of trauma and introduce 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 through different contexts, including daily, community and cultural
- Providing a safe context for children.

Communicating with traumatised children and young people: with Richard Rose

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

This seminar will provide 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 invite 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.

ADVERSITY & HEALING

Life story work with children: with Richard Rose

Date: Friday, 20 September 2019 (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 will show 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.

"One of the best trainings I have attended – lots of relevant info, practical examples to take away which I can apply immediately"

*Delegate, February 2019
 (Life story work with children)*

Meet the trainer



Steve Sweeney is a qualified social worker who has specialised in trauma and grief since he developed the Barnardo's Rollercoaster Service in 2003. Steve provides direct support to children and families through a variety of interventions including Solution Focused

Brief Therapy and Eye Movement Desensitisation and Reprocessing Therapy (EMDR).

A significant part of Steve's role is to provide training and consultancy for those who have roles in supporting children and families. As Steve says, "children and young people tell us they want to access support from people whom they already know and who are knowledgeable, confident and skilful. By working to increase the capacity and sustainability of communities, we increase the likelihood of positive outcomes not just for individual children and families but for communities across the nation."

Trauma-informed practice: bereavement, trauma and loss

Date: Friday, 7 June 2019 (Edinburgh)
Trainer: Steve Sweeney, Barnardo's
Cost: from £89

This workshop will begin with the theories of attachment, trauma and grief that underpin your work with children and young people. It will introduce 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.



Solution-focused approaches to bereavement

Date: Monday, 28 October 2019 (Glasgow)
Trainer: Steve Sweeney, Barnardo's
Cost: from £89

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.

ADVERSITY & HEALING

Understanding trauma and healing

Date: Thursday, 29 August 2019 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89


 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 it is, how it's caused and what the 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.

Supporting children and young people who internalise their distress

Date: Thursday, 18 July 2019 (Edinburgh)
 Thursday, 21 November 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89

 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.

"Interesting content delivered in a generous and supportive way"
"I will be able to put the games into practice, not just understand the theory"

*Delegates, July 2018
 (Supporting children and young people who internalise their distress)*

Understanding teenage behaviour

Date: Friday, 23 August 2019 (Glasgow)
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.



NEW De-escalation techniques and self-protection

Date: Tuesday, 8 October 2019 (Edinburgh)
Trainer: Andy Robinson
Cost: from £89

 This practical training workshop will help you recognise, defuse and control aggressive behaviour in children and young people, as well as when working with adults, such as parents or carers. It will help you understand different attitudes, emotions and behaviours and give you practical intervention techniques to de-escalate crisis situations as well as to help you protect yourself and the people you engage with.

Key learning:

- Understanding different behaviours and why some children, young people and adults behave as they do
- Considering the impact of your own behaviour and body language
- Practising de-escalation and emergency relaxation techniques
- Using non-verbal techniques to communicate
- Improving relationships and promoting recovery.


Child protection



We all have a responsibility for child protection – this training will provide you with an understanding of the current legislation and best practice to deliver on that responsibility with confidence. Ensuring that we understand how children can safely learn and socialise has never been more relevant than now. These themes are explored in our online safety, self-harm and child protection training.

Child protection for all: an introduction and refresher

Date: Wednesday, 12 June 2019 (Glasgow)
 Wednesday, 13 November 2019 (Edinburgh)
Trainer: NSPCC
Cost: from £89

 This training will offer 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.

"It gave me the confidence to address and deal with any possible situations that may arise in the future"


*Delegate, October 2018
 (Child protection for all: an introduction and refresher)*

"Excellent course – good level and mix of content"

*Delegate, November 2018
 (Designated child protection officer training)*

Designated child protection officer training

Date: Thursday, 16 May 2019 (Glasgow)
 Wednesday, 7 August 2019 (Edinburgh)
 Thursday, 5 September 2019 (Edinburgh)
Trainer: NSPCC
Cost: from £89

 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.



Identifying and responding to child sexual exploitation (CSE)

Date: Tuesday, 4 June 2019 (Glasgow)
Tuesday, 3 December 2019 (Edinburgh)
Trainer: Daljeet Dagon, Barnardo's
Cost: from £89


 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.

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

Date: Thursday, 22 August 2019 (Edinburgh)
Trainer: Jess McBeath
Cost: from £89

 This course will bring you up to date with technology trends including relevant research and highlighting current apps that children and young people are using. It will take a scenario-based approach to consider a wide range of online safety risks for children and professionals. The training will include a brief summary of the Scottish policy landscape and conclude with a personal action-planning exercise.


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.



Supporting children and young people who self-harm

Date: Wednesday, 1 May 2019 (Glasgow)
Trainer: Torin Forst, Penumbra
Cost: from £89

 This course will enhance your 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 how to support someone who self-harms, and discuss useful tools and techniques to employ.

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.

"A very informative course with lots of useful supports and strategies."

*Delegate, December 2018
(Supporting children and young people who self-harm)*

NEW Poverty, children and young people

Date: Tuesday, 11 June 2019 (Edinburgh)
Trainer: NSPCC
Cost: from £89

 This course will provide an overview of families locked in poverty and explore the culture of change in tackling this. It will consider the importance of avoiding stigma and developing an understanding of the challenges of living on a very low income through a respectful, person-centered approach.

Key learning:

- Explore the context of child poverty in Scotland and its impact on families
- Explore your own values, beliefs and interactions when working with families impacted by poverty
- Examine why tackling poverty and the stigma attached matters
- Understand how family life is impacted by service processes
- Gain an understanding of the links between poverty and neglect
- Increase understanding of how to support a family to access benefits and explore routes out of poverty
- Introduction to a cutting edge approach of using tested metaphors that help explain poverty.


Communication & learning difficulties

 CONFERENCE
 SEMINAR
 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. We are delighted to welcome back key experts in the field such as Dr Peter Vermeulen, Ruth Fidler and Sarah Hendrickx.

NEW Autism and happiness: a seminar with Dr Peter Vermeulen

Date: Thursday, 23 May 2019 (Edinburgh)
Trainer: Dr Peter Vermeulen
Cost: from £89

 Happiness has received little attention in the field of autism spectrum disorders. Outcome and effect studies, for instance, rarely take emotional wellbeing as a desired outcome. And when the focus is on wellbeing, it is often from a negative perspective, namely the lack of wellbeing and quality of life in autism.

It is time to take a u-turn from a negative, clinical and medical approach of happiness in people with autism (lack of distress) towards a shared and positive focus (we all want to be happy). In other words: let's move from neurodiversity to neuroharmony.


Key learning:

- Understanding that people with autism have the same needs as everyone, the most fundamental one: wellbeing
- Knowing that wellbeing is more than having good feelings and that wellbeing or happiness involves both hedonic (a pleasant life) and eudemonic aspects (a meaningful life)
- Identifying strategies to increase the hedonic and eudemonic aspects of wellbeing of people with autism
- Taking a positive psychology perspective in the approach of autism
- Reflecting on the extent to which your own practice focuses on positive strategies aiming at more wellbeing for your pupils/students/clients with autism.



Sensory Stories: helping children with autism access literacy

Date: Monday, 29 April 2019 (Edinburgh, am)
Trainer: Liliias 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 half-day will workshop explores a variety of simple sensory stories and give you the opportunity to make 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.

"Really enjoyed the interactive nature of the day and the ability for all participants to get involved. Lots of great ideas and suggestions as to how sensory stories can be developed and incorporated into lessons."

*Delegate, June 2018
(Sensory Stories: helping children with autism access literacy)*

NEW Signalong: giving children with communication difficulties a voice

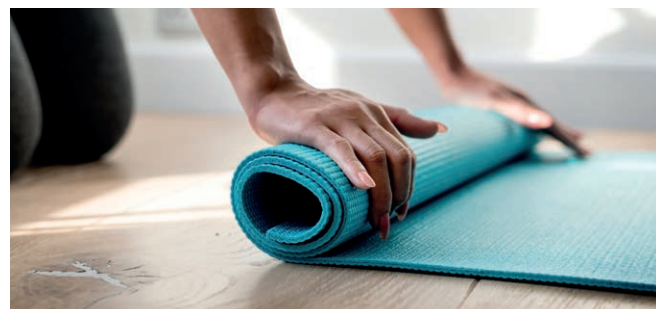
Date: Thursday, 30 May 2019 (Edinburgh)
Trainer: Liliás Nicholls
Cost: from £89

 Signalong is a supporting system which can help children and young people with communication difficulties to acquire and develop language skills. Because signing is visual, it promotes the comprehension of language in children on the autism spectrum, with Down Syndrome and those who are developmentally young.

This training workshop will offer you a comprehensive introduction to Signalong. It will teach you a great number of signs including nouns, verbs and adjectives. You will practice these in sentences and experience conversations through role play and scenarios.


Key learning:

- The philosophy of Signalong and how it works
- Practising signs, sentences and conversations in role play
- How to use Signalong with the children and young people you work with and/or care for.



Practising yoga with children and young people with ASD

Date: Monday, 17 June 2019 (Glasgow)
Trainer: Liliás Nicholls
Cost: from £89

 This practical training workshop will look at the potential benefits of including yoga in your setting to support children and young people with autism. It will show how yoga can help children and young people regulate their emotions, as well as increase body confidence and awareness.


The session will reflect on the trainer's doctoral research in following the progress of six school-age pupils severely affected by autism, over the course of a year, while they participated in a yoga programme. You will be able to try out a range of Asanas (poses) throughout the day.

Key learning:

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

NEW Twilight event: practical techniques to enhance communication

Date: Wednesday, 28 August, 4, & 11 September 2019 (5-7pm) (Edinburgh)
Trainer: Liliás Nicholls
Cost: from £89

 This twilight event will offer practical advice on how you can best support children and young people with speech, language and communication difficulties. It will explore what communication can mean and look like in different circumstances, and how augmentative and alternative communication can help children make themselves understood and express their needs and wants.

The course will take place on three consecutive Wednesday evenings and can only be booked as part of a block of three twilight sessions.

Key learning:

- The how, why and where of communication
- Understanding good communicative practice
- Practising augmentative and alternative communication, including pointing, picture exchange and signing
- Testing engaging activities such as the brain gym, bucket time and sensory games.

Meet the trainer



Liliás Nicholls is a speech and language therapist with many years' experience of working with children and young people at the most severe end of the autistic spectrum.

She combines traditional methods of interventions with the practice of yoga, sensory stories and signing. She is especially interested in how yoga can facilitate a readiness to learn and open up a path to early literacy in pre- and primary school children.

Liliás uses sensory stories as interactive and fun ways to engage children with autism. She is also a Signalong trainer and believes that, as mostly visual learners, young people with autism can benefit from being exposed to and being shown basic signs as a means of improving communication skills.


"It is so easy to incorporate into health and wellbeing. I don't know why we haven't done it already!"

"Really applicable and relevant"

*Delegate, December 2018
 (Practising yoga with children and young people with ASD)*

NEW Supporting learners with autism in non-education settings

Date: Wednesday, 8 May 2019 (Edinburgh)
Trainer: Lindsay Graham
Cost: from £89


 Often we make assumptions about what children will 'pick up' and what needs 'taught', sometimes making it particularly difficult for children with autism to participate in activities. The autism spectrum is wide and varied, and this course will offer an understanding of the different ways a learner with autism needs support. It will also look at different learning styles – visual, auditory and kinesthetic – as well as the ways differences in sensory processing can impact on what is understood.

Key learning:

- Understanding the characteristics of children on the autism spectrum
- Understanding the sensory processing experiences of those with ASD
- Understanding a variety of learning styles
- Analysing non-educational settings to examine ways in which children with autism might be supported to learn.

The engagement model: looking differently at learners with complex needs

Date: Thursday, 24 October 2019 (Glasgow)
Trainer: Lindsay Graham
Cost: from £89

 This course will present the engagement model as a form of personalised learning. It will shift the emphasis away from the learner's interests as a way of personalising learning and, instead, will look at the particular way(s) they engage. Participants are taught 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 The significance of sensory input in enhancing learning

Date: Monday, 24 June 2019 (Edinburgh)
Trainer: Lindsay Graham
Cost: from £89

 In teaching, we tend to rely heavily on verbal communication. However, for some learners it can be important to support their learning through other sensory input. This course will look at the value of sensory input in relation to self-regulation strategies and alternative learning methods. It is particularly useful for those working with children with communication and learning difficulties.


Key learning:

- Understanding sensory processing issues
- Understanding sensory input and its link with self-regulation and interoceptive processing
- Looking at the benefits of sensory play
- Trying out different sensory experiences and developing a 'sensory menu' of activity.



Growing up: discussing puberty and managing change with children with learning disabilities

Date: Tuesday, 21 May 2019 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89

 This practical training workshop will help you understand how having a learning disability and/or autism affects the way young people learn about sex and relationships. It will explore sexual rights and stigmas related to people with a learning disability and/or autism, as well as offer practical tips and resources that will improve your knowledge and confidence in providing support to the young people you work with.

Key learning:

- Key age and intellectual milestones and important topics: talking about body parts, puberty, sex, relationships and consent
- Case studies and practical tips to help improve confidence and knowledge in your delivery
- Key resources and examples of how to adapt and use them in your everyday practice.

Understanding Pathological Demand Avoidance (PDA) Syndrome in children

Date: Wednesday, 12 June 2019 (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.

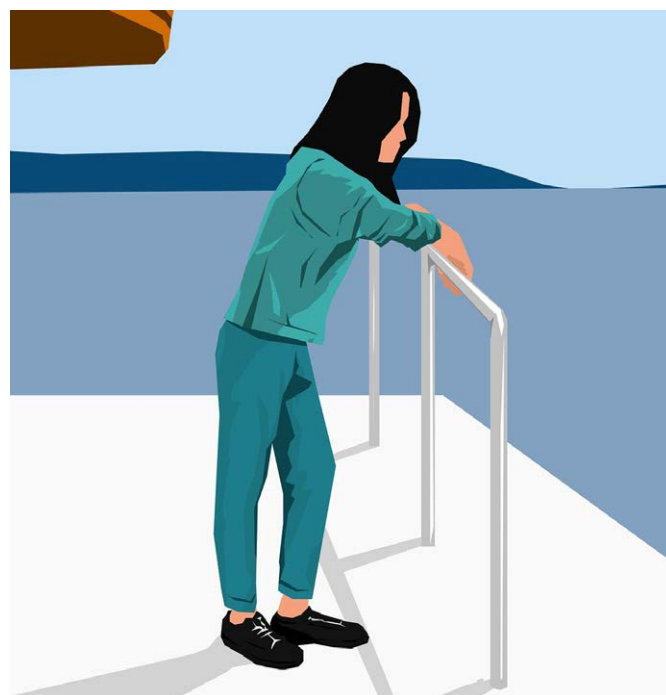
Key learning:

- 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.

"I have a much clearer understanding of PDA and what I can do to meet needs"

"Fantastic course and Ruth was excellent"

*Delegates, February 2018
(Understanding Pathological Demand Avoidance Syndrome in children)*



Fetal Alcohol Spectrum Disorders: supporting children and young people

Date: Tuesday, 3 September 2019 (Glasgow)
Trainer: Eileen Calder, FASD Scotland
Cost: from £89

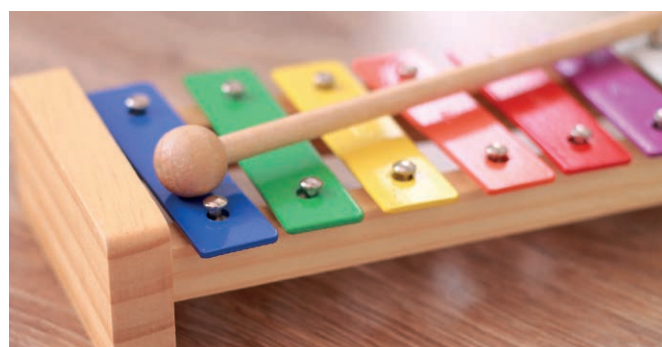


Exposure to alcohol prenatally can interfere with a child's development, and cause growth deficiency and alterations to the internal organs, skeleton and central nervous systems. Often the conditions may go undiagnosed, or be misdiagnosed, for example as autism.

This workshop will illustrate the wide range of conditions encompassed by Fetal Alcohol Spectrum Disorders (FASD) and explore 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.



Music therapy for children with autism and related conditions

Date: October 2019 (Edinburgh)
Trainer: Nordoff Robbins Scotland
Cost: from £89



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.

Understanding and managing ADHD

Date: Monday, 26 August 2019 (Glasgow)
Trainer: Colin Foley, ADHD Foundation
Cost: from £89



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 increase 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 ADHD, autism and attachment in early years

Date: Thursday, 26 September 2019 (Edinburgh)
Trainer: Emma Weaver, ADHD Foundation
Cost: from £89



This training course will equip you with the knowledge and skills to effectively support the needs of young children with ADHD, autism and/or attachment difficulties. Particular focus will be on the symptom overlap, how we identify the conditions and how we support children with early intervention.

Key learning:

- Recognising the symptoms of ADHD, autism and attachment difficulties
- Supporting practitioners to identify the symptom overlap and provide appropriate intervention
- Understanding the conditions and their impact on learning and development in the early years
- Observational tools to support early identification and intervention
- Practical strategies to support learning and development.

You might also like:

Mindfulness and autism

Thursday, 6 June 2019 in Glasgow
See page 19



Girls and autism: a seminar with Sarah Hendrickx

Date: Thursday, 3 October 2019 (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, puberty and co-morbidity
- Strategies to support girls on the spectrum and their families.



"Sarah Hendrickx is an inspiration to women/girls with autism"

"Absolutely fantastic – best course I've been on in 9 years of teaching"

*Delegates, February 2019
(Girls and autism: a seminar with Sarah Hendrickx)*

The Learning Guide: Events Planner

> April 2019

Foundations of literacy: a seminar with Sue Palmer	Date: 2 April Location: Edinburgh Page: 21
Relationships and the brain: helping children and young people build resilience	Date: 4 April Location: Edinburgh Page: 18
Leadership and management: attunement in leading, supervising, developing and mediating	Date: 25 April Location: Edinburgh Page: 23
NEW When the adults change, everything changes	Date: 25 April Location: Edinburgh Page: 4
Learning through play the Froebel way	Date: 26 April Location: Edinburgh Page: 16
Mindfulness work with children and young people	Date: 26 April Location: Glasgow Page: 19
Sensory Stories: helping children with autism access literacy	Date: 29 April (am) Location: Edinburgh Page: 9

> May 2019

Supporting children and young people who self-harm	Date: 1 May Location: Glasgow Page: 8
NEW Mindfulness: 8-week twilight course	Date: 2 May-20 June Location: Edinburgh Page: 19
NEW Encouraging creativity: creative and critical thinking in early years education	Date: 3 May Location: Edinburgh Page: 22
NEW Supporting learners with autism in non-education settings	Date: 8 May Location: Edinburgh Page: 11
NEW Finding the pathway to outdoor play	Date: 11 May Location: Edinburgh Page: 21
Working with children and young people who have experienced traumatic stress	Date: 16 May Location: Edinburgh Page: 4
Designated child protection officer training	Date: 16 May Location: Glasgow Page: 7
Growing up: discussing puberty and managing change with children with learning disabilities	Date: 21 May Location: Edinburgh Page: 11
Autism and happiness: a seminar with Dr Peter Vermeulen	Date: 23 May Location: Edinburgh Page: 9
NEW The dynamics of coercive control and its impact on children	Date: 28 May Location: Edinburgh Page: 24
NEW Signalong: giving children with communication difficulties a voice	Date: 30 May Location: Edinburgh Page: 10

> June 2019

Managing anxiety in schools	Date: 3 June Location: Edinburgh Page: 20
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NEW Gambling education and prevention with young people and families	Date: 4 June Location: Glasgow Page: 23
Identifying and responding to child sexual exploitation (CSE)	Date: 4 June Location: Glasgow Page: 8
Switching off: helping children and young people cope with a busy world	Date: 5 June Location: Edinburgh Page: 25
Mindfulness and autism	Date: 6 June Location: Glasgow Page: 19
Trauma-informed practice: bereavement, trauma and loss	Date: 7 June Location: Edinburgh Page: 5
NEW Poverty, children and young people	Date: 11 June Location: Edinburgh Page: 8
Child protection for all: an introduction and refresher	Date: 12 June Location: Glasgow Page: 7
Understanding Pathological Demand Avoidance (PDA) Syndrome in children	Date: 12 June Location: Edinburgh Page: 12
Communicating with traumatised children and young people: with Richard Rose	Date: 13 June Location: Edinburgh Page: 4
Learning through play the Froebel way	Date: 14 June Location: Edinburgh Page: 16
Practising yoga with children and young people with ASD	Date: 17 June Location: Glasgow Page: 10
Voices Forum meeting	Date: 19 June Location: Edinburgh Page: 23
NEW The significance of sensory input in enhancing learning	Date: 24 June Location: Edinburgh Page: 11

> July 2019

Supporting children and young people who internalise their distress	Date: 18 July Location: Edinburgh Page: 6
How ACEs impact on the attachment system: a residential with Suzanne Zeedyk	Date: 18, 19 & 20 July Location: TBC Page: 16
Mindfulness work with children and young people	Date: 25 July Location: Edinburgh Page: 19

> August 2019

Designated child protection officer training	Date: 7 August Location: Edinburgh Page: 7
NEW Sleep hygiene for children and young people	Date: 20 August Location: Edinburgh Page: 18
Attuned group work with children and young people	Date: 21 August Location: Glasgow Page: 20
NEW Creating a campaign: 25 ways to make your mark	Date: 21 August Location: Edinburgh Page: 24

Online safety in Scotland: keeping children safe in the digital world	Date: 22 August Location: Edinburgh Page: 8
Supporting parenting in the early years	Date: 22 August Location: Glasgow Page: 16
Understanding teenage behaviour	Date: 23 August Location: Glasgow Page: 6
Understanding and managing ADHD	Date: 26 August Location: Glasgow Page: 13
Raising attainment through parental engagement	Date: 27 August Location: Edinburgh Page: 22
NEW Twilight event: practical techniques to enhance communication	Date: 28 August, 4 & 11 Sept. Location: Edinburgh Page: 10
The psychology of gender and why it hurts: suicidality and boys	Date: 28 August Location: Glasgow Page: 26
Understanding trauma and healing	Date: 29 August Location: Edinburgh Page: 6
Messy Maths: an outdoor, playful approach	Date: 30 August Location: Edinburgh Page: 22

> September 2019

Fetal Alcohol Spectrum Disorders: supporting children and young people	Date: 3 September Location: Glasgow Page: 12
Designated child protection officer training	Date: 5 September Location: Edinburgh Page: 7
Mindfulness and working with anger	Date: 5 September Location: Edinburgh Page: 19
NEW Building resilience through play	Date: 7 September Location: Edinburgh Page: 17
Foundations of literacy: a seminar with Sue Palmer	Date: 10, 17, 24 Sept. Location: Edinburgh Page: 21
Person-centred pathways: helping children to be masters of their own future	Date: 12 September Location: Edinburgh Page: 20
Listening to children and young people: exploring participative methodologies	Date: 19 September Location: Edinburgh Page: 24
NEW ADHD, autism and attachment in early years	Date: 26 September Location: Edinburgh Page: 13
Practising self-compassion with children and young people	Date: 26 September Location: Glasgow Page: 18
Life story work with children: with Richard Rose	Date: 20 September Location: Edinburgh Page: 5
Learning through play the Froebel way	Date: TBC September Location: Edinburgh Page: 16
Finland study visit 2019	Date: September Location: Helsinki Page: 25

> October 2019

Attachment-led early years practice: a seminar with Suzanne Zeedyk	Date: 2 October Location: Edinburgh Page: 17
Girls and autism: a seminar with Sarah Hendrickx	Date: 3 October Location: Glasgow Page: 13
De-escalation techniques and self-protection	Date: 8 October Location: Edinburgh Page: 6
Working with children and young people who have experienced traumatic stress	Date: 10 October Location: Glasgow Page: 4
The engagement model: looking differently at learners with complex needs	Date: 24 October Location: Glasgow Page: 11
Voices Forum meeting	Date: 24 October Location: Aberdeen Page: 23
The teenage brain: implications for behaviour and learning	Date: 25 October Location: Edinburgh Page: 20
Solution-focused approaches to bereavement	Date: 28 October Location: Glasgow Page: 5
CHANGE Knowledge Exchange 2019	Date: 29 October Location: Glasgow Page: 26
Music therapy for children with autism and related conditions	Date: TBC October Location: Edinburgh Page: 12

> November 2019

Children in Scotland Annual Conference 2019	Date: 6-7 November Location: Edinburgh Page: 26
Child protection for all: an introduction and refresher	Date: 13 November Location: Edinburgh Page: 7
Supporting children and young people who internalise their distress	Date: 21 November Location: Glasgow Page: 6
Mindfulness work with children and young people	Date: 28 November Location: Glasgow Page: 19

> December 2019

Managing anxiety in schools	Date: 2 December Location: Glasgow Page: 20
Identifying and responding to child sexual exploitation (CSE)	Date: 3 December Location: Edinburgh Page: 8
Relationships and the brain: helping children and young people build resilience	Date: 5 December Location: Glasgow Page: 18

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

Early years



CONFERENCE



SEMINAR



TRAINING
WORKSHOP

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

Date: 18-20 July 2019 (location to be confirmed)
Trainer: Dr Suzanne Zeedyk
Cost: To be confirmed



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 – be this 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.

Learning through play the Froebel way

Date: Friday, 26 April 2019 (Edinburgh)
Friday, 14 June 2019 (Edinburgh)
September 2019 (Edinburgh)
Trainer: Cowgate Under 5s Centre
Cost: from £89



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.

This series of events has been developed for those working with our youngest children. There is a focus on encouraging creativity, the importance of play and using the great outdoors to broaden learning opportunities. We are also delighted to announce the return of Suzanne Zeedyk's residential on the impact of ACEs on attachment.

NEW Encouraging creativity: creative and critical thinking in early years education

Date: Friday, 3 May, 2019 (Edinburgh)
Trainer: Pete Moorhouse
Cost: from £89



This seminar will emphasise the importance of creativity as a fundamental skill that not only impacts on all areas of learning but also impacts on young children's long-term outcomes to become resourceful and resilient adults.

Key learning:

- Gain a thorough understanding of what creativity means
- Learn why creativity is so important in education and in life in general
- Look at the many elements that contribute to encouraging and nurturing young children's creativity
- Investigate the role of the teacher in extending creative and critical thinking.

Supporting parenting in the early years

Date: Thursday, 22 August 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



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.

EARLY YEARS

EARLY YEARS

NEW Building resilience through play

Date: Saturday, 7 September 2019 (Edinburgh)
Trainer: Play Midlothian
Cost: from £89



The session will look at play in relation to adverse childhood experiences and its potential to be a protective factor for children. Participants will explore the opportunities that play can provide children in developing and strengthening their resilience. The session will touch on play theory whilst also exploring the important role of the adult and the environment in working with and supporting children.

Key learning:

- The theory of ACEs, resilience and self-directed play
- Links between play and resilience
- Techniques for supporting resilience through play.

"I've left feeling liberated and encouraged to go back to my setting and further embed this philosophy"

*Delegate, November 2018
(Learning through play the Froebel way)*

"Jan has a wealth of knowledge. I found her facts and analogies really helpful"

*Delegate, October 2018
(Supporting parenting in the early years)*

"I feel all managers and early years staff would benefit from this training!"

*Delegate, February 2019
(Attachment-led early years practice)*

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

Date: Wednesday, 2 October 2019 (Glasgow)
Trainer: Dr Suzanne Zeedyk
Cost: from £89



In our society, caring for children includes a large component of professional input. We use the language of 'services' to describe that input. Yet science tells us that children seek relationships, not services. Human beings are physiologically driven to seek out emotional connection with others – especially with the adults who are significant in their lives, whether at home, with parents/carers or within childcare settings.

Key learning:

- Review the key scientific insights that help us to understand the human drive for relationships
- Compare this to the ways in which professional services are currently conceived, designed and delivered
- Identify gaps between children's services and children's needs – and explore how to address these gaps.

You might also like:

Foundations of Literacy: a seminar with Sue Palmer

Tuesday, 2 April 2019 (Edinburgh)
See page 21

Finding the pathway to outdoor play

Saturday, 11 May 2019 (Edinburgh)
See page 21

Messy Maths: an outdoor, playful approach

Friday, 30 August 2019 (Edinburgh)
See page 22

ADHD, autism and attachment in early years

Thursday, 26 September 2019 (Edinburgh)
See page 13



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

Date: Thursday, 4 April 2019 (Edinburgh)
Thursday, 5 December 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89

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.

“Delivered in a way that is very easy to understand at all levels – thank you”

*Delegate, March 2018
(Relationships and the brain: helping children and young people build resilience)*



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

Practising self-compassion with children and young people

Date: Thursday, 26 September 2019 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89

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 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.

NEW Sleep hygiene for children and young people

Date: Tuesday, 20 August 2019 (Edinburgh)
Trainer: Alyson O'Brien and Janet Lindsay, Sleep Scotland
Cost: from £89

Children and young people are increasingly losing sleep for a variety of reasons. This training will help practitioners working with children and young people to better understand how and why we sleep and what happens when we don't get enough sleep. This training will also explore how developing good sleep hygiene can improve sleep quality and quantity.

Key learning:

- The psychology and physiology of sleep
- What happens when sleep goes wrong and common sleep disorders
- Good sleep hygiene – the common sleep behaviours that can help children and young people get a better night's sleep.

Mindfulness work with children and young people

Date: Friday, 26 April 2019 (Glasgow)
Thursday, 25 July 2019 (Edinburgh)
Thursday, 28 November 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 behavior
- How to apply mindfulness techniques in your work with children and young people.

Mindfulness and working with anger

Date: Thursday, 5 September 2019 (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.

“Very informative, interesting and full of ideas I can use within my role”

“Really well delivered. Good mix of listening and practical activities”

“Really enjoyed it and so much to share when I'm back at school!”

*Delegates, June 2018
(Mindfulness and working with anger)*

NEW Mindfulness: 8-week twilight course

Date: Thursday from 2 May–20 June 2019
(5.30–7.30pm) (Edinburgh)
Trainer: Jan Montgomery
Cost: from £129

Mindfulness-based activities are often used by practitioners to help children relax, reduce stress and process their feelings. In order to do this successfully, it is important to first understand its use and impact before initiating activities in your own settings.

This eight-week certified course will consist of eight two-hour evening classes, which will explore mindfulness, share a broad range of techniques and explore the long-term impact of mindfulness practice.

This course will focus on you as an individual, and provide you with an understanding and first-hand experience that will be valuable when considering how to implement a mindfulness programme in your own setting.

Weekly sessions:

Week 1 – What is mindfulness and why practise it?
Week 2 – The body as a place to stay present
Week 3 – Introducing mindfulness support
Week 4 – Working with distraction
Week 5 – Exploring the undercurrent
Week 6 – Attitude of the observer
Week 7 – Self-acceptance
Week 8 – A Mindfulness-based life.

Mindfulness and autism

Date: Thursday, 6 June 2019 (Glasgow)
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.



Attuned group work with children and young people

Date: Wednesday, 21 August 2019 (Glasgow)
Trainer: Sandra Strathie
Cost: from £89



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.



Managing anxiety in schools

Date: Monday, 3 June 2019 (Edinburgh)
 Monday, 2 December 2019 (Glasgow)
Trainer: Colin Foley, ADHD Foundation
Cost: from £89



This training workshop will explore what anxiety is and how it presents in children and young people in schools. It will look at 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 who may be particularly vulnerable
- Developing a whole-school approach to managing anxiety.

The teenage brain: implications for behaviour and learning

Date: Friday, 25 October 2019 (Edinburgh)
Trainer: Jan Montgomery
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.

Person-centred pathways: helping children be masters of their own future

Date: Thursday, 12 September 2019 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



This highly practical training course will give you the tools to support children and young people in understanding where they are in life and what they want to work towards – whether it's in relation to their education, relationships, health or care.

You will gain an understanding of brain development and emotional regulation and have the opportunity to use the planning tools yourself.

Key learning:

- Understanding how future planning can help children and young people in find focus and motivation
- Learning to help children identify what is important to them, their strengths and who can support them
- Creating timelines for moving towards goals
- Understanding how the brain works and how we can open our perceptions to achieve more.

More courses to come...

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

Trainer: Human Development Scotland

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

Raising attainment



CONFERENCE



SEMINAR



TRAINING WORKSHOP

This season's learning opportunities will provide educators with innovative and thought-provoking ideas for delivering the Curriculum for Excellence. We are delighted to present a range of training which explores the importance of learning through play, literacy and parental engagement.

Foundations of literacy: a seminar with Sue Palmer

Date: Tuesday, 2 April 2019 (Edinburgh)
 Twilight sessions: Tuesday 10, 17 & 24 September, (5 – 7pm) (Edinburgh)
Trainer: Sue Palmer
Cost: from £89



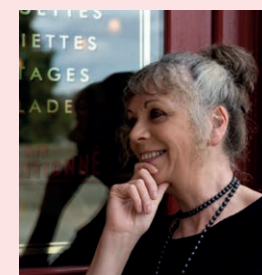
To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

This seminar will draw 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.

Meet the trainer



Sue Palmer is a former Borders headteacher, a literacy specialist and author of books on child development, notably toxic childhood and 21st century boys.

Research for her recent book *Upstart: the case for raising the school starting age* and providing what the under-sevens really need (Floris, 2016) inspired the Upstart Scotland campaign (www.upstart.scot).

NEW Finding the pathway to outdoor play

Date: Saturday, 11 May 2019 (Edinburgh)
Trainer: Cameron Sprague, Stramash
Cost: from £89



Learning is something that reflects our experiences with the world around us, rather than something that is restricted to just the four walls of the classroom.

This training takes a step out of the traditional classroom setting and opens the door to a world rich with learning opportunities.

It will introduce the benefits of outdoor play and explore the case for why a holistic, child-led, relational approach is so much more than just opening the garden door. There will be opportunity to put theory into practice as you visit a local outdoor space to explore simple ideas to help develop your outdoor learning skills.

Key learning:

- Outdoor play: the benefits and how it sits currently in a Scottish perspective
- Simple practical steps to take play outside
- An introduction to a theory-based approach to make the most of your outdoor environment.



Raising attainment through parental engagement

Date: Tuesday, 27 August 2019 (Edinburgh)
Trainer: Dr Val Corry
Cost: from £89

Parental engagement is a powerful lever for raising attainment in schools. Using this as a backdrop, this training event will seek to give delegates the latest research on why parents matter, and the tools to effectively plan approaches to engaging parents in order to improve educational attainment for children and young people.

Key learning:

- The policy, practice and research that highlights the importance of engaging with parents
- Understanding parents' needs and barriers
- Addressing different strategies for engagement
- Knowledge exchange in relation to parental engagement, and developing new ideas through a range of activities.



Listening to children and young people: exploring participative methodologies

Date: Thursday, 19 September 2019 (Edinburgh, am)
Trainer: Children in Scotland's Participation & Engagement team
Cost: FREE for members; £65 for non-members

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.

Messy Maths: an outdoor, playful approach

Date: Friday, 30 August 2019 (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 Encouraging creativity: creative and critical thinking in early years education

Date: Friday 3 May, 2019 (Edinburgh)
Trainer: Pete Moorhouse
Cost: from £89

This seminar will emphasise the importance of creativity as a fundamental skill that not only impacts on all areas of learning but also on young children's long-term outcomes to become resourceful and resilient adults.

Key learning:

- Gain a thorough understanding of what creativity means
- Learn why creativity is so important in education and in life in general
- Look at the many elements that contribute to encouraging and nurturing young children's creativity
- Investigate the role of the teacher in extending creative and critical thinking.



Free member events



Our new programme of free member events will provide opportunities for you to strengthen your knowledge and practice in a range of areas and add your voice to others from across the children's sector.

NEW Leadership and management: attunement in leading, supervising, developing and mediating

Date: Thursday, 25 April 2019 (Edinburgh, am)
Trainer: Sandra Strathie
Cost: FREE for members; £65 for non-members

This training is designed for those who are responsible in some way for leading and managing others, and who would like to build on their effective communication and leadership style and skills. It will look at how attunement can support the functions of leadership and management and will explore team dynamics as well as managing effective, democratic meetings.

This course is based on an empowerment model for leaders by building on their own unique and effective styles.

Key learning:

- Understanding the key functions of leadership and management
- Gaining knowledge of the attunement principles for leaders and managers
- Chairing attuned and effective meetings
- Considering team dynamics and group work theory for developing teams
- Sharing experience of managing conflicts and gaining support through attuned practices.

NEW Gambling education and prevention with young people and families

Date: Tuesday, 4 June 2019 (Glasgow, am)
Trainer: Paul Anderson, Fast Forward
Cost: FREE for members; £65 for non-members

Gambling is a hidden addiction. This training workshop is an opportunity to learn all about how problem gambling affects young people and families. It's delivered by Fast Forward's Gambling Education Hub.

The training session will also provide practice-rich examples of harm-minimisation and group engagement. You will explore how gambling harms can be addressed and how to include gambling in your services for young people and families.

Key learning:

- Increased gambling awareness and its impact on young people and families
- Understanding problem gambling, its consequences and the links with other risk-taking behaviours
- Exploring a variety of ways to address gambling as part of an overall health and wellbeing programme
- Gaining skills and confidence to deliver gambling education and prevention activities
- Increased knowledge of the resources available and of specialised gambling services.

Voices Forum meetings

Date: Wednesday, 19 June 2019 (Edinburgh)
 Thursday, 24 October 2019 (Aberdeen)
 Thursday, 23 January 2020 (Dundee)
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 thinking 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.

We want to work constructively with colleagues from across sectors to identify tangible actions that Children in Scotland can take forward with national decision-makers alongside our membership. It's also a chance to hear from representatives from the Scottish Government and other leaders in the sector and to ask them the questions you feel need to be addressed.

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

Using the themes of our 25 Calls campaign as our focus, we identified a host of pressing issues which will be explored and pursued throughout the year. To find out more about the focus of future Voices Forum meetings, please visit childreninscotland.org.uk/voices-forum/

NEW The dynamics of coercive control and its impact on children

Date: Tuesday, 28 May 2019 (Edinburgh)
Trainer: Roseanna MacDonald, Scottish Women's Aid
Cost: FREE for members; £89 for non-members

The Scottish Government's understanding of domestic abuse frames it as a course of coercively controlling behaviour in which a perpetrator uses a range of tactics with or without physical violence to dominate a partner or ex-partner. Children are understood as experiencing the abuse in their own right, not simply as a witness, which should shape how we support them.

This full-day seminar will explore the dynamics of coercive control, children's experiences and centring their voices in our support to them.

Key learning:

- Domestic abuse as a course of coercively controlling behaviour
- Tools used by perpetrators to create compliance in victims
- Dynamics of domestic abuse in families and the impact on parenting, and the parent-child relationship
- Listening to children and enabling their voices to be heard in court-ordered contact processes.

NEW Creating a campaign: 25 ways to make your mark

Date: Wednesday, 21 August 2019 (Edinburgh, am)
Trainer: Children in Scotland's Communications team
Cost: FREE for members; £65 for non-members

Building on the successful implementation of a new brand in 2017, over the past year our Communications team developed and launched a campaign for the organisation – 25 Calls: Actions to Transform Children's Lives. In this half-day workshop, the team will discuss how the campaign was devised and the methods they used to ensure it made an impact. Delegates will hear how, by using all your communications channels, involving staff, and collaborating with your network, you can strengthen the profile of your organisation and communicate a shared ambition for change.

Key learning:

- How having a strong brand in place can support your campaign
- Choosing a theme for a campaign appropriate to your organisational identity
- From launch to the long run: using your communications platforms and integrated marketing to promote your campaign
- How to draw on members' views and the power of partnership
- Using evidence and adapting your campaign messages
- Concluding your campaign: lessons for the future.

Listening to children and young people: exploring participative methodologies

Date: Thursday, 19 September 2019 (Edinburgh, am)
Trainer: Children in Scotland's Participation & Engagement team
Cost: FREE for members; £65 for non-members

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.

More courses to come...

Keep checking our website for more free member event updates, including our popular sessions run by our Corporate Partner, Scottish law firm Gillespie Macandrew:

- Successful performance management
- Guardianship and power of attorney for children, young people and families
- Understanding and embedding good governance
- Data protection: getting to grips with updated legislation

Find all of our previous and upcoming events via childreninscotland.org/events/upcoming-events

"Membership is so valuable to us as an organisation and we benefit enormously from the expertise of Children in Scotland's training team"

Joanna McCreadie, CEO of Seamab, February 2019

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

Making a difference: a day of learning practice for pupil support assistants

Date: Saturday, 23 March 2019 (Paisley)
Cost: FREE

This year Enquire's annual event will focus on celebrating and supporting the amazing work done by pupil support assistants in schools across Scotland. No one day is the same as the next for pupil support assistants and this day of learning will offer practical ways to find balance within this dynamic role.

You will have the opportunity to learn, discuss and share your experiences in:

- The importance of self-care
- Incorporating children's voices within practice
- Trauma-informed practice
- Encouraging good mental health.

Switching off: helping children and young people cope with a busy world

Date: Wednesday, 5 June 2019 (Edinburgh)
Cost: from £89

It often seems that our children are more ahead of us when it comes to learning about, and working with, technology – so how do we ensure that we are one step ahead when it comes to their wellbeing and protection?

This highly interactive one-day conference will give you the opportunity to discuss the latest research, learn new skills and share your experiences in keeping children and young people informed and safe – online and in the 'real' world.

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



Finland study visit 2019

Date: September 2019 (Helsinki)
Cost: £1250 for members / £1350 for non-members

After successful study trips in 2017 and 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 book a space, please email events@childreninscotland.org.uk or call 0131 313 8828.


"The overall impact of the study visit was quite cumulative - all the visits together provided a comprehensive picture of the Finnish education system and some areas of social/community care"

"I would encourage anyone involved in Children's Services to go on this study visit and take learning back to their respective areas of work. This has been a fantastic learning experience which was coordinated with precision"

*Delegates, October 2018
(Finland study visit)*

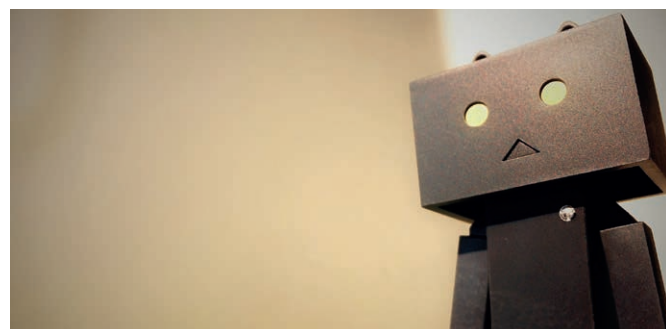
The psychology of gender and why it hurts: suicidality and boys

Date: Wednesday, 28 August 2019 (Glasgow)
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.



Children in Scotland Annual Conference 2019


Date: 6 – 7 November 2019 (Edinburgh)
Cost: from £89

 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.

CHANGE Knowledge Exchange 2019

Date: Tuesday, 29 October 2019 (Glasgow)
Cost: FREE

 For many communities in Scotland the provision of affordable, accessible early years, after-school and holiday care is particularly poor. CHANGE: Childcare and Nurture, Glasgow East is working to create better childcare for communities in the East of Glasgow. Supported by the Lottery Community Fund, it aims to develop a sustainably funded approach to the delivery of services that focuses on family and the local area.

This will be the third knowledge exchange event for the project, and an important opportunity to hear the key findings in relation to providing and accessing childcare in the CHANGE project area. It will also consider what lessons can be applied in a national context.

Find out more about CHANGE at: change-childcare.org

Personalise your learning with Children in Scotland



Do you have specific learning needs that could be met in a more tailored way?

Have you seen something in our Learning Guide that interests you but isn't quite right for your organisation?

We can help!

Our Learning & Events team has substantial experience of working with organisations to identify learning opportunities for staff that will:

- strengthen their skills
- give them an opportunity to reflect on their own practice, and
- allow them to plan how to implement their learning in the workplace

We can take care of everything – from talking through your requirements to sourcing experienced trainers and providing an evaluation report afterwards.

For more information about Personalised Learning:

Visit childreninscotland.org.uk/personalised-learning/

Call 0131 313 8828

Or email events@childreninscotland.org.uk



Host or run an event with help from Children in Scotland

We recognise that for some members the time and cost associated with travelling to events can be off-putting. We also recognise that there is a whole host of untapped expertise and experience held within our diverse membership that could be of real value to others.

That's why we'd love to hear from you if you would be interested in either **hosting a member event** at your organisation (to make attendance easier for local colleagues) or running your own event with marketing and event planning support from Children in Scotland.

Whether you want to share learning from a recent project, raise awareness about an important issue you have experience of, or simply want the chance to meet with other children's sector colleagues in a space that's easily accessible to you – we want to help!

Interested? Email Svenja (sschulz@childreninscotland.org.uk) to share your thoughts.



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 August 2019 and Costa Blanca, Spain in October 2019;
- VIG therapeutic sessions for clients in Orkney.

Interested?

Visit www.vigorkney.co.uk or contact Miriam Landor miriam@vigorkney.co.uk

New career or a new challenge?

Help children with social, emotional and behaviour problems

Train to practice play and creative arts therapies.

Courses in EDINBURGH and GLASGOW. (Two entries each year).

The APAC courses are *the only ones that meet the requirements of the Play Therapy UK Register of Play and Creative Arts Therapists accredited by the Professional Standards Authority.*

Courses run Friday to Sunday to minimise your time away from work.

★ **Our one-day Introduction to Play Therapy course will show you how we train and why we and our trainees are so successful.**

Suzi Administrator - APAC
Tel: 01825 761143
Email: mokijep@majemail.com
www.playtherapy.org.uk



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