

Children in Scotland

THE LEARNING GUIDE

Winter 2019-Spring 2020



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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 24). 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 Winter 2019-Spring 2020.



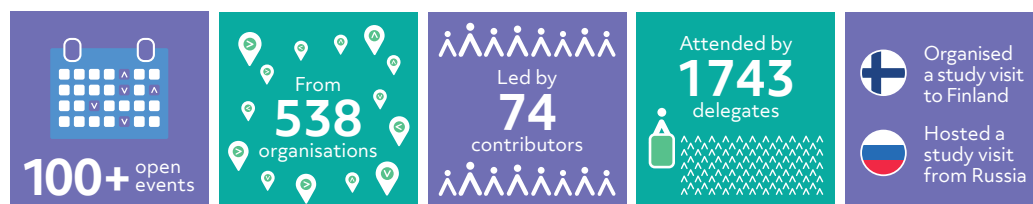
Karin McKenny
@karinmckenny
Learning & Events Manager

It's been a very eventful year so far – in addition to our events taking place, we've also welcomed some new team members onboard! Our Learning & Events team now comprises:

Me, Learning & Events Manager
Cat Kozlowski, Learning & Events Officer
Svenja Schulz, Learning & Events Officer
Emma McDougall, Learning & Events Coordinator
Shannon Ovens, Learning & Events Coordinator
Rebecca Innes, Engagement & Learning Admin Assistant

I'm sure you'll agree they've hit the ground running, helping us plan and manage some diverse events. In the past six months, we:

- Hosted Nicola Sturgeon and 100 children and young people at our First Minister's Question Time, held in April
- Welcomed a group of Russian practitioners and families for a Scottish study visit
- Celebrated winning three prestigious awards at the Scottish E Awards - 'Best in-house team' for our Learning & Events team, 'Rising Star' for our team member Svenja, and 'Best Association Event' for our annual conference (see page 30 for details on this year's event)
- Travelled to Finland to learn more about their education, health and wellbeing practice
- Introduced evening classes, such as mindfulness, to our schedule
- Led innovative conferences on boys and suicide, food, and digital wellbeing
- Partnered with My Rights, My Say and Enquire to run a Pupil Support Assistant learning day
- Spent a weekend in St Andrews with Dr Suzanne Zeedyk and 30 practitioners learning about the impact of trauma.



We're always looking forward, and we're excited to share our new guide with you as we leap into the 2020s! We've refreshed the programme, keeping all our most popular courses, including child protection, mindfulness and understanding behaviours, and adding new topics such as *When the adults change everything changes* and *Finding the pathway to outdoor play*.

It's a privilege to be part of your learning journey, and we take pride in delivering an excellent service. If you have any suggestions or reflections on events you've attended, or if you'd like to contribute to the programme, then please let us know – we'd be happy to discuss this by phone, email or especially over a piece of cake!

Karin McKenny

Contents

Adversity & healing page 4	Health & wellbeing page 18
Child protection page 7	Raising attainment page 22
Communication & learning difficulties page 9	Free member events page 24
Early years page 14	Conferences & study visits page 29

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 | T: 0131 313 8828 | W: childreninscotland.org.uk/events

Adversity & healing



CONFERENCE



SEMINAR



TRAINING WORKSHOP

Trauma can present itself in many different ways and can trigger a range of responses, both internally and externally. Our events will help you to develop your understanding of trauma and its impact. They will give you practical tools to support children and young people's recovery and healing.

Life story work with children: with Richard Rose

Date: Friday, 20 September 2019 (Edinburgh)
May 2020 (Perth)
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.

Communicating with traumatised children and young people: with Richard Rose

Date: March 2020 (Inverness)
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.

Working with children and young people who have experienced traumatic stress

Date: Thursday, 10 October 2019 (Glasgow)
Thursday, 23 April 2020 (Edinburgh)
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.

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.

When the adults change, everything changes

Date: Friday, 27 September 2019 (Glasgow)
Thursday, 6 February 2020 (Edinburgh)
Trainer: 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.

Supporting children and young people who internalise their distress

Date: Thursday, 21 November 2019 (Glasgow)
Thursday, 14 May 2020 (Inverness)
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.

"Great training! Fab for getting lots of ideas to use in direct work supporting children, young people and families."

*Delegate, June 2019
(Communicating with traumatised children and young people)*



"Fabulous seminar. Love the practical activities and interlaced with examples and theory."

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

"This training has given me a greater understanding of the background to trauma, how it can manifest, why and what to do."

*Delegate, May 2019
(Working with children and young people who have experienced traumatic stress)*

"I found the ideas of activities very beneficial, and they are definitely going to come in very useful in my line of work."

*Delegate, March 2019
(Supporting children and young people who internalise their distress)*

NEW Vicarious trauma and self-care

Date: Friday, 27 March 2020 (Edinburgh, am)
Trainer: Douglas Sharp
Cost: from £55



Vicarious trauma, sometimes known as compassion fatigue, is an emotional reaction which occurs through indirect exposure to someone else's traumatic experience, and its symptoms mimic those of post-traumatic stress disorder. For example, foster carers supporting children in their care through trauma, or social workers working with children in cases of abuse and neglect.

This training will explain the causes and effects of vicarious trauma and offer ways in which to self-protect and care in order to minimise and prevent the risk of being impacted.

Key learning:

- An organismic view of trauma
- Key indicators of vicarious trauma
- Recognising vicarious trauma within yourself and others
- Prevention through self-care.

Trauma-informed practice: bereavement, trauma and loss

Date: Monday, 9 December 2019 (Edinburgh)
Tuesday, 2 June 2020 (Glasgow)
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 you to 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.

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

Date: Wednesday, 22 January 2020 (Edinburgh)
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.

"Really good overview of trauma – has made me want to learn more."

"Everyone working with children should undertake this training!"

"An excellent and valuable course with an exceptionally effective and knowledgeable trainer."

"Excellent! Such a high standard of ground-breaking stuff."

"This has to be the best CPD training event I have been to."

*Delegates, October 2018
(Trauma, complex trauma, symptoms and recovery)*



Solution-focused approaches to bereavement

Date: Monday, 28 October 2019 (Glasgow)
Tuesday, 28 April 2020 (Edinburgh)
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 practise the techniques with other participants drawing upon their own personal or professional experiences.

NEW Working with the body and mind to facilitate healing

Date: Thursday, 27 February 2020 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This training workshop will explore body awareness and how its response can help us lead healthier lives. You will learn how to use your body to regulate emotions, and how to focus and access truths that the body is aware of, but the brain can't yet access.

Key learning:

- Understanding body awareness
- Learning how our gut communicates with our brain
- Exploring different senses and how these can help us make decisions
- Understanding what it means to become embodied and how we can teach others to do the same.

Child protection



CONFERENCE



SEMINAR



TRAINING WORKSHOP

Ensuring that children and young people are safe is a responsibility we all share. This training will provide you with an understanding of current child protection legislation and best practice, so you deliver on this responsibility with confidence. Themes covered include child protection officer training, online safety, self-harm and safe recruitment practices.

Child protection for all: an introduction and refresher

Date: Wednesday, 13 November 2019
(Edinburgh, am)

Trainer: NSPCC

Cost: from £55



This training is essential for everyone who works with children and young people in any capacity. Whether you work directly with children or indirectly in an administrative role, this training will provide you with an overview of what child protection is, what an individual and organisation's roles and responsibilities are, and what steps to take should you feel a child is in danger.

Key learning:

- Developing an awareness of relevant legislation, including GIRFEC, and defining the role of the child protection agencies
- Understanding the nature and classification of abuse
- Exploring how concerns about abuse usually come to our attention and how they should be managed
- Recognising the role of a designated person for child protection and internal and external referral procedure.



Child protection officer training

Date: Monday, 7 October 2019 (Glasgow)
Wednesday, 23 October 2019 (Dundee)
Tuesday, 26 November 2019 (Edinburgh)
Tuesday, 10 December 2019 (Edinburgh)
Thursday, 16 January 2020 (Glasgow)
Tuesday, 4 February 2020 (Edinburgh)
Tuesday, 10 March 2020 (Glasgow)

Trainer: NSPCC

Cost: from £89



This training will enable you to become familiar with the roles and responsibilities of the child protection officer so you can develop competence and confidence in carrying out this role. You will explore key themes around policy, referral procedures, support to staff, and best practice in safeguarding children and young people.

Key learning:

- Understanding the responsibilities attached to your lead role
- Gaining confidence in revising policies and procedures and embedding them across your agency
- Understanding the importance of management oversight of staff working with children and young people
- Recognising the role of your setting in providing early help to vulnerable children in order to minimise and manage risk
- Managing concerns and the process for referring children who may be in need of protection or intervention from other services.

"Clear and to the point delivery and explanations of an often difficult subject area. Very good training."

*Delegate, May 2019
(Child protection officer training)*

"A very detailed course, more in-depth than expected. It was very informative and kept my attention."

*Delegate, January 2019
(Child protection for all: an introduction and refresher)*

NEW Gender and tech abuse: exploring online gender identities, risks and relationships

Date: Monday, 18 November 2019 (Edinburgh)
Trainer: Ellie Hutchinson
Cost: from £89



As the world today becomes increasingly digitalised, this training will provide you with the opportunity to explore how gender and technology impact on children and young people's lives.

Key learning:

- Exploring current issues around tech abuse and the language used to identify it
- Recognising how different groups of young people experience the impact of tech abuse
- Understanding how a children's rights focus can empower young people to make positive changes to the digital world
- Developing tools and strategies to tackle tech abuse.



Identifying and responding to child sexual exploitation (CSE)

Date: 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.

NEW Safer recruitment

Date: Monday, 24 February 2020 (Edinburgh)
Trainer: NSPCC
Cost: from £89



It is essential that people working and volunteering for your organisation are suitable for the role. This training will develop your understanding of the responsibilities you have when recruiting new employees and volunteers to your organisation.

Key learning:

- Identifying key features of a safer recruitment process that will help to deter, reject and prevent the appointment of unsuitable people to your organisation
- Developing the skills and understanding needed to put in place safer recruitment processes
- Identifying the risks associated with recruitment of staff and volunteers for work with children and young people
- Recognising key policies and procedures that promote a safer culture and minimise risk
- Understanding how to plan the implementation of safer recruitment practices in your organisation.

Supporting children and young people who self-harm

Date: Thursday, 16 January 2020 (Edinburgh)
Trainer: Torin Forest, Penumbra
Cost: from £89



This training will enhance your working practice, knowledge and skills by exploring the key issues associated with self-harm. You will 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.

"Genuinely brilliant course – could not recommend more. Torin was amazing and honest – thank you."


*Delegate, May 2019
 (Supporting children and young people who self-harm)*

"This training has increased my overall understanding and ability to be confident in dealing with a young person who may not be aware they are being exploited."

*Delegate, November 2018
 (Identifying and responding to CSE)*

Fetal Alcohol Spectrum Disorders: supporting children and young people

Date: Tuesday, 3 September 2019 (Glasgow)
 Tuesday, 24 March 2020 (Edinburgh)
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.

Girls and autism: 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.

NEW Twilight sessions: practical techniques to support children with speech, language and communication difficulties

Date: Thursday, 5, 12 & 19 September 2019
 (5.30-7.30pm) (Edinburgh)
Trainer: Dr Liliias Nicholls
Cost: from £89

 This course 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 Thursday evenings and can only be booked as 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.

"I think this should be compulsory training for all headteachers!"

*Delegate, May 2019
(Fetal Alcohol Spectrum Disorders)*



NEW ADHD, autism and attachment in early years

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



This training 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 you 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.

Music therapy for children with autism and related conditions

Date: Monday, 7 October 2019 (Edinburgh)
Trainer: Janet McLachlan, Nordoff Robbins Scotland
Cost: from £89



Research shows that children with autism respond positively to music. When Nordoff and Robbins founded their music therapy approach in the 1960s, they found that music helped children with autism to develop concentration, self-control and increased social and self-awareness. Although music therapy has significantly extended and developed, this client group remains one of the largest accessing music therapy today.

This workshop will include an introduction to music therapy and will offer you practical skills for using music with children who have autism and related conditions.

Key learning:

- A theoretical understanding of music therapy, including video examples
- Why music? The significance and impact of music for children with autism and related conditions
- Practical skills and confidence to use music as a medium to encourage self-expression and increased participation.

"Really well delivered and a great intro to music therapy."

"I had no idea what music therapists did and didn't realise the impact it could have on children."

*Delegates, February 2019
(Music therapy for children with autism and related conditions)*

NEW Music therapy for children with complex learning disabilities

Date: Monday, 24 February 2020 (Edinburgh)
Trainer: Mary Veal, Nordoff Robbins Scotland
Cost: from £89



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 today.

This workshop will include an introduction to music therapy and offer you 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.

The engagement model: looking differently at learners with complex needs

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



This training 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. You will explore 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.

"Very enjoyable course – very useful resources to use in practice."

*Delegate, February 2019
(The engagement model)*

NEW Creating an autism inclusive setting

Date: Tuesday, 29 October 2019 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89



This workshop will raise awareness of how autism may present itself in children and young people. You will explore how autism can affect the sensory experiences of learning and living in different environments. You will learn how autism can affect a child or young person's experience of your setting, and how you can make reasonable adjustments to both your communication style and setting to create a more inclusive environment.

Key learning:

- Understanding how autism may present in children and young people
- Focusing on sensory issues, environment and understanding behaviours
- Creating more inclusive language and communication
- Exploring further strategies, resources and signposting.

NEW Coping with Christmas: making the festive period more inclusive for children and young people with autism

Date: Thursday, 31 October 2019 (Edinburgh, am)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £55



This half-day training is aimed practitioners, parents and carers of children and young people with autism. It will help you navigate them through the excitement, chaos and transitions of the festive period. You will explore a range of practical strategies that will help you support those who may struggle with this time of year and will focus on making celebrations more autism inclusive.

Key learning:

- Identifying why Christmas and other celebrations may be challenging for someone with autism
- Creating key strategies to help parents, carers and practitioners support children with autism during this time of year
- Practical tips and links to resources that can make the festive period more inclusive for everyone.



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

Date: Wednesday, 20 November 2019 (Edinburgh)
Trainer: Ruth Fidler
Cost: from £89



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

You will receive a current overview of autism spectrum conditions, understand some of the reasons leading to raised anxiety for children and young people with autism, and will outline an action plan to take back to your setting.

Key learning:

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

"As a probation teacher who has never previously trained in autism, I found today's advice and learning life changing in terms of ideas and confidence and motivation."

*Delegate, March 2019
(Promoting emotional wellbeing in children and young people on the autism spectrum)*

Understanding Pathological Demand Avoidance (PDA) Syndrome in children

Date: Thursday, 5 March 2020 (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 children affected.

Although PDA 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.

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

Date: Monday, 25 November 2019 (Edinburgh)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £89



Relationships, sexual health and parenthood (RSHP) education is a vital part of any person's life but is often avoided or mismanaged when educating children and young people with autism.

This training workshop will look at the importance of RSHP education and help you gain confidence in supporting children and young people with autism.

Key learning:

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

"I thought Corrie was an excellent trainer. I found learning in depth about consent the most beneficial and will take this back to my work place."

*Delegate, October 2018
(RSHP education in autism)*

NEW Sex, gender and sexuality: supporting LGBT young people with autism

Date: Wednesday, 5 February 2020 (Edinburgh, am)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: from £55



This half-day training will explore your understanding of gender and autism. You will delve into the history of sexuality and disability, as well as improve your knowledge on the difference between sex, gender, gender expression and attraction.

The session will help you to improve your understanding of the diversity of the autistic LGBT community and how we can make sure our language and approaches make us more inclusive.

Key learning:

- Understanding the history of sexuality and disability
- Recognising the diversity of the LGBT community
- Differentiating between sex, gender, gender expression and attraction
- Understanding the relationship between gender and autism
- Signposting to practical resources and working directly with the new Scottish national relationships, sexual health and parenthood (RSHP) resource.



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

Date: Wednesday, 6 May 2020 (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. You will explore sexual rights and stigmas related to people with a learning disability and/or autism. You will also receive practical tips and resources to 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, including the new Scottish national relationships, sexual health and parenthood (RSHP) resource, and examples of how to adapt and use them in your everyday practice.

"Really enthusiastic and passionate course leader, making a somewhat delicate subject comfortable and enjoyable. Loved the course!"

Delegate, May 2019 (Growing up)



Understanding and managing ADHD

Date: Friday, 21 February 2020 (Edinburgh)
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 is not) 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 Deaf awareness in the early years

Date: Friday, 13 March 2020 (Edinburgh, am)
Trainer: Siân Wilson, National Deaf Children's Society
Cost: from £55



Deaf children can do anything other children can do, given the right support from the start. Effective language and communication skills lie at the heart of their social, emotional and intellectual development.

This half-day workshop has been created to help mainstream early years practitioners to feel confident in supporting children with hearing loss in their setting. It will give you an understanding of what deafness is and explain some of its causes whilst exploring best practices when communicating with children with a hearing loss. You will have the opportunity to learn some basic signs and explore how you can use books and rhymes to support children with hearing loss.

Key learning:

- Understanding deafness and causes of childhood deafness
- Exploring technology
- Using gestures and iconic signs
- Using books with deaf children.



Sensory stories: helping children with autism access literacy

Date: Tuesday, 3 March 2020 (Glasgow, am)
Trainer: Dr 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 half-day workshop will explore a variety of simple sensory stories and give 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.

"Liliás was excellent, very knowledgeable and enthusiastic."

"I loved the ideas the course gave me. I shall use them often and come up with more!"

"It was great to have the opportunity to create our own sensory story."

Delegates, April 2019 (Sensory stories)

Signalong: giving children with communication difficulties a voice

Date: Wednesday, 29 April 2020 (Stirling)
Trainer: Dr 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 practise 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.

Early years



CONFERENCE



SEMINAR

TRAINING
WORKSHOP

This training will support those working with our youngest children to ensure they receive a great start in life. There is an emphasis on the importance of creative, playful and outdoor learning, and on the impact of ACEs on attachment. We are happy to announce that presenters include Cowgate Under 5s Centre, Starcatchers and Dr Suzanne Zeedyk.

NEW Building resilience through play

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



This session will look at play in relation to adverse childhood experiences (ACEs) and its potential to be a protective factor for children. You 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. This workshop will include presentations, group discussions and practical, hands-on experiences.

Key learning:

- Underpinning theory on each of the topics of ACEs, resilience and self-directed play
- Links between play and resilience
- Techniques for supporting resilience through play.

Foundations of literacy: with Sue Palmer

Date: Twilight sessions: Tuesday, 10, 17 & 24 September 2019 (5.30–7.30pm) (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 course 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.

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

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.

Learning through play the Froebel way

Date: Friday, 27 September 2019 (Edinburgh)
 Friday, 29 November 2019 (Edinburgh)
 Friday, 21 February 2020 (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 will explore 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.

Attachment-led early years practice: with Dr 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.

Nursery to primary: easing transitions through play

Date: Tuesday, 19 November 2019 (Edinburgh)
Trainer: Kate Johnston
Cost: from £89



A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary. As this is a significant departure from the norm for many schools in Scotland, this workshop will explore how this transformation can be achieved and the opportunities it presents.

Key learning:

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



Supporting parenting in the early years

Date: Thursday, 26 March 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89



This training workshop will look at 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 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.

"This was an exceptional residential and I am so glad that I came to it!"

*Delegate, July 2019
 (How ACEs impact on the attachment system:
 a residential with Suzanne Zeedyk)*

NEW A creative skills approach to the arts for 0-5s

Date: Wednesday, 4 December 2019 (Edinburgh)
Trainer: Heather Armstrong, Starcatchers
Cost: from £89



This fun, interactive training will deepen your understanding of why the arts and creativity are so key for babies and young children. It will share practical ideas to inspire creativity for both staff and children, and tackle some of the barriers early years professionals can face when looking to improve children's access to expressive arts and creativity within their setting.

Key learning:

- You don't need to be Beyoncé – why attitude is more important than being "good"
- Learn why creative, responsive adults are the most valuable open-ended resource our children need
- How creativity and the expressive arts support improving outcomes for young children
- Explore practical ideas to inspire creativity for both staff and children.

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

Date: 30, 31 January and 1 February 2020
 (Location TBC)
Trainer: Dr Suzanne Zeedyk
Cost: TBC



The rupture-repair cycle is central to all healthy relationships. It is in the repair of ruptures that resilience is built, for both relationships and individuals. This three-day residential course will explore this cycle in depth, making links with attachment processes, traumatic experiences in childhood and the development of self-regulatory capacities. You will leave with a clear understanding of why 'making up' really is more important than 'messaging up'.

Key learning:

- Understanding how the rupture-repair cycle functions in healthy relationships
- Understanding how the cycle sits at the core of attachment process, ACEs and resilience
- Observing the rupture-repair cycle in operation in everyday situations (via video)
- Developing an awareness of neurophysiological processes that underpin resilience in the human body.

You might also like:

Finding the pathway to outdoor play

Saturday, 13 September 2019 (Edinburgh)
 See page 22

ADHD, autism and attachment in early years

Thursday, 26 September 2019 (Edinburgh)
 See page 10

Deaf awareness in the early years

Friday, 13 March 2020 (Edinburgh, am)
 See page 13

The Learning Guide:

> September 2019

Foundations of literacy: with Sue Palmer	Date: 10, 17 & 24 Sept. Location: Edinburgh Page: 22
Person-centred pathways: helping children be masters of their own future	Date: 12 September Location: Edinburgh Page: 19
NEW Finding the pathway to outdoor play	Date: 13 September Location: Edinburgh Page: 22
Finland study visit 2019	Date: 17-21 Sept. Location: Helsinki Page: 29
Listening to children and young people: exploring participative methodologies	Date: 19 September Location: Edinburgh Page: 24
Life story work with children: with Richard Rose	Date: 20 September Location: Edinburgh Page: 4
NEW ADHD, autism and attachment in early years	Date: 26 September Location: Edinburgh Page: 10
Practising self-compassion with children and young people	Date: 26 September Location: Glasgow Page: 19
When the adults change, everything changes	Date: 27 September Location: Glasgow Page: 5
Learning through play the Froebel way	Date: 27 September Location: Edinburgh Page: 14

> October 2019

Attachment-led early years practice: with Dr Suzanne Zeedyk	Date: 2 October Location: Glasgow Page: 14
Girls and autism: with Sarah Hendrickx	Date: 3 October Location: Glasgow Page: 9
Children in Scotland manifesto development	Date: 3 October Location: Edinburgh Page: 24
Music therapy for children with autism and related conditions	Date: 7 October Location: Edinburgh Page: 10
Child protection officer training	Date: 7 October Location: Glasgow Page: 7
NEW De-escalation techniques and self-protection	Date: 8 October Location: Edinburgh Page: 4
Working with children and young people who have experienced traumatic stress	Date: 10 October Location: Glasgow Page: 4
Child protection officer training	Date: 23 October Location: Dundee Page: 7
Voices Forum meeting	Date: 24 October Location: Aberdeen Page: 25
The engagement model: looking differently at learners with complex needs	Date: 24 October Location: Glasgow Page: 10
The teenage brain: implications for behaviour and learning	Date: 25 October Location: Edinburgh Page: 21
Solution-focused approaches to bereavement	Date: 28 October Location: Glasgow Page: 6

CHANGE Knowledge Exchange	Date: 29 October Location: Glasgow Page: 29
NEW Creating an autism inclusive setting	Date: 29 October Location: Edinburgh Page: 11
NEW Coping with Christmas: making the festive period more inclusive for children and young people with autism	Date: 31 October Location: Edinburgh Page: 11
Data protection: getting to grips with updated legislation	Date: TBC October Location: Edinburgh Page: 26

> November 2019

Children in Scotland Annual Conference 2019	Date: 6-7 November Location: Edinburgh Page: 30
Child protection for all: an introduction and refresher	Date: 13 November Location: Edinburgh Page: 7
Understanding and embedding good governance	Date: 13 November Location: Glasgow Page: 26
Hidden dynamics: the emotional experience of working with children and adolescents	Date: 14 November Location: Glasgow Page: 19
Getting to grips with grammar...and how to teach it creatively	Date: 15 November Location: Edinburgh Page: 22
NEW Gender and tech abuse: exploring online gender identities, risks and relationships	Date: 18 November Location: Edinburgh Page: 8
Nursery to primary: easing transitions through play	Date: 19 November Location: Edinburgh Page: 15
Promoting emotional wellbeing in children and young people on the autism spectrum	Date: 20 November Location: Edinburgh Page: 11
NEW Children's rights, participation and engagement	Date: 20 November Location: Aberdeen Page: 25
Supporting children and young people who internalise their distress	Date: 21 November Location: Glasgow Page: 5
Relationships, sexual health and parenthood education in autism	Date: 25 November Location: Edinburgh Page: 12
Child protection officer training	Date: 26 November Location: Edinburgh Page: 7
Mindfulness work with children and young people	Date: 28 November Location: Glasgow Page: 18
Learning through play the Froebel way	Date: 29 November Location: Edinburgh Page: 14
Making a difference: a day of learning practice for pupil support assistants	Date: TBC November Location: TBC Page: 30

> December 2019

Managing children's anxiety in school	Date: 2 December Location: Glasgow Page: 19
Identifying and responding to child sexual exploitation	Date: 3 December Location: Edinburgh Page: 8
NEW A creative skills approach to the arts for 0-5s	Date: 4 December Location: Edinburgh Page: 15

childreninscotland.org.uk/events/upcoming-events

Events Planner



Relationships and the brain: helping children and young people build resilience	Date: 5 December Location: Glasgow Page: 19
Trauma-informed practice: understanding bereavement, trauma and loss	Date: 9 December Location: Edinburgh Page: 6
Child protection officer training	Date: 10 December Location: Edinburgh Page: 7
NEW Principles and guidelines for children and young people's participation	Date: 10 December Location: Online webinar Page: 27
NEW Being real with self-care: feeling good, working well	Date: 12 December Location: Edinburgh Page: 23

> January 2020

Child protection officer training	Date: 16 January Location: Glasgow Page: 7
Supporting children and young people who self-harm	Date: 16 January Location: Edinburgh Page: 8
Raising attainment through parental engagement	Date: 21 January Location: Edinburgh Page: 23
Trauma, complex trauma, symptoms and recovery: with Betsy de Thierry	Date: 22 January Location: Edinburgh Page: 6
Voices Forum meeting	Date: 23 January Location: Dundee Page: 25
Successful performance management	Date: 23 January Location: Edinburgh Page: 26
Leadership and management: attunement in leading, supervising, developing and mediating	Date: 28 January Location: Glasgow Page: 20
Mindfulness and autism	Date: 30 January Location: Edinburgh Page: 18
How ACEs impact on the attachment system: a residential with Dr Suzanne Zeedyk	Date: 30, 31 Jan, 1 Feb Location: TBC Page: 15

> February 2020

Netherlands study visit	Date: TBC February Location: Netherlands Page: 29
NEW Mental fitness for children, young people and staff	Date: 3 February Location: Edinburgh Page: 20
Child protection officer training	Date: 4 February Location: Edinburgh Page: 7
NEW Sex, gender and sexuality: supporting LGBT young people with autism	Date: 5 February Location: Edinburgh Page: 12
When the adults change, everything changes	Date: 6 February Location: Edinburgh Page: 5
Attunement, empathy and wellbeing in children and young people	Date: 19 February Location: Edinburgh Page: 20
NEW Sex in the digital age: sexting, pornography and harm reduction for young people with additional support needs	Date: 20 February Location: Edinburgh Page: 27

Learning through play the Froebel way	Date: 21 February Location: Edinburgh Page: 14
Understanding and managing ADHD	Date: 21 February Location: Edinburgh Page: 13
NEW Music therapy for children with complex learning disabilities	Date: 24 February Location: Edinburgh Page: 10
NEW Safer recruitment	Date: 24 February Location: Edinburgh Page: 8
NEW Working with the body and mind to facilitate healing	Date: 27 February Location: Glasgow Page: 6
Understanding the disclosure and PVG process	Date: 27 February Location: Edinburgh Page: 28
NEW Food for Thought: exploring how children and adults use food in looked after care	Date: 28 February Location: Edinburgh Page: 21


> March 2020

Enquire Annual Conference 2020	Date: TBC March Location: TBC Page: 30
Sensory stories: helping children with autism access literacy	Date: 3 March Location: Glasgow Page: 13
Understanding Pathological Demand Avoidance Syndrome in children	Date: 5 March Location: Edinburgh Page: 11
Child protection officer training	Date: 10 March Location: Glasgow Page: 7
Mindfulness and working with anger	Date: 12 March Location: Perth Page: 18
Guardianship and power of attorney for children, young people and families	Date: 12 March Location: Glasgow Page: 26
NEW Deaf awareness in the early years	Date: 13 March Location: Edinburgh Page: 13
NEW Raising awareness of second-hand smoke with parents	Date: 18 March Location: Edinburgh Page: 27
Practising self-compassion with children and young people	Date: 19 March Location: Edinburgh Page: 19
Fetal Alcohol Spectrum Disorders	Date: 24 March Location: Edinburgh Page: 9
Supporting parenting in the early years	Date: 26 March Location: Edinburgh Page: 15
NEW Vicarious trauma and self-care	Date: 27 March Location: Edinburgh Page: 4
Communicating with traumatised children and young people: with Richard Rose	Date: TBC March Location: Inverness Page: 4

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

Mindfulness and working with anger

Date: Thursday, 5 September 2019 (Edinburgh)
 Thursday, 12 March 2020 (Perth)
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.

"This training has given me a space to think and re-focus; re-phrasing and understanding the impact of my work with the young people in my own care."

*Delegate, March 2019
 (Mindfulness and working with anger)*

Mindfulness work with children and young people

Date: Thursday, 28 November 2019 (Glasgow)
 Thursday, 7 May 2020 (Aberdeen)
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.

"Understanding the usefulness of the exercises and the thinking behind them allows me to know where and when to apply them to our work."

*Delegate, July 2019
 (Mindfulness work with children and young people)*

Mindfulness and autism

Date: Thursday, 30 January 2020 (Edinburgh)
Trainer: Jan Montgomery
Cost: from £89

 This 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 children with autism 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 children with autism and why
- Practising a range of techniques and developing programmes for individual children and groups/classes.



Practising self-compassion with children and young people

Date: Thursday, 26 September 2019 (Glasgow)
Thursday, 19 March 2020 (Edinburgh)
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 practise self-compassion skills and attributes, including mindfulness-based techniques.

Hidden dynamics: the emotional experience of working with children and adolescents

Date: Thursday, 14 November 2019 (Glasgow)
Trainer: Dr Debbie Hindle and Gita Ingram, Human Development Scotland
Cost: from £89



Why do some children and adolescents affect us as practitioners more than others? This can 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 training will explore the 'hidden dynamics' in child and youth work which play out under the surface of the behaviour we can see and describe. It will provide ways of thinking from psychodynamic practice to be more aware of both the feelings of the child or young person, and also the strong reactions that are provoked in us as practitioners.

Key learning:

- Understanding what constitutes the 'hidden dynamics' between a 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 and our personal lives through enhanced self-awareness, and professional support from others.

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

Date: Thursday, 12 September 2019 (Edinburgh)
Thursday, 30 April 2020 (Glasgow)
Trainer: Jan Montgomery
Cost: from £89



This highly practical training 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 is 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 to 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.

Managing children's anxiety in school

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



This workshop will explore what anxiety is and how it presents in children and young people in school. 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.

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

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



This 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.

Attunement, empathy and wellbeing in children and young people

Date: Wednesday, 19 February 2020 (Edinburgh)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



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.

This training is for anyone working with children, young people or families who would like to learn how to promote attunement, empathy and wellbeing in the people they work with.

Key learning:

- The 'attunement principles' and how to use them
- 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 your own patterns of communication.

NEW Mental fitness for children, young people and staff

Date: Monday, 3 February 2020 (Edinburgh)
Trainer: Douglas Sharp
Cost: from £89



Mental health is a key ingredient in helping children to become successful learners, confident individuals, and effective contributors to society. Without robust mental health, children and young people are at risk of encountering a range of difficulties. But how do we support the development of positive mental health? Can we help children and young people who are struggling to develop mental fitness? Can workers benefit as we learn and teach?

While this workshop does not train you to become a mental health professional, it will enhance your available toolkit to support the mental fitness of children and young people.

Key learning:

- Exploring what is meant by the term mental fitness and why it is used
- Introducing a tools-based approach to mental fitness, exploring interpersonal tools and relational approaches (empathy, presence, compassion, attunement), and intrapersonal tools (breathing, visualisation, self-awareness, self-assessment)
- Cultivating a culture of reflectivity
- Understanding the impact of toxic stress and early life adversity (adverse childhood experiences)
- Approaching children and young people with trauma in mind
- Secondary stress and self-care.

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

Date: Tuesday, 28 January 2020 (Glasgow)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



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. You will look at how attunement can support the functions of leadership and management and explore team dynamics as well as managing effective, democratic meetings.

This training 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.

Attuned group work with children and young people

Date: Wednesday, 13 May 2020 (Edinburgh)
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: from £89



This training 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 training will be on the facilitation skills and knowledge base required to bring about cooperative, purposeful group work. The day will be highly interactive and will draw on your own experience.

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.

"Great mix of discussion, knowledge and interaction."

*Delegate, February 2019
 (Attuned group work with children and young people)*

The teenage brain: implications for behaviour and learning

Date: Thursday, 25 October 2019 (Edinburgh)
Thursday, 28 May 2020 (Glasgow)
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.



NEW Food for Thought: exploring how children and adults use food in looked after care

Date: Friday, 28 February 2020 (Edinburgh, am)
Trainer: Dr Ruth Emond, University of Stirling
Cost: from £45



This reflective seminar will raise awareness of the role food can play in the everyday care of looked after children and young people. You will explore what happens around food beyond nutrition: its symbolic meaning in relation to the values, interactions and communications that take place between adults and looked after children.

You will learn how powerful food can be as a means of communicating and you may start to see food differently. The seminar will give you an opportunity to build on existing knowledge and explore with others how food is used in varied contexts and with different carers. You will consider how you might apply this learning to your own care practice.

Key learning:

- Exploring the key concepts and issues involved in the symbolic use of food in looked after care
- Reflecting on the ways in which food is used by children and adults
- Understanding how food is used to communicate thoughts, actions, beliefs and relationships
- Thinking about food within the context of looked after care and how to apply this in your settings.

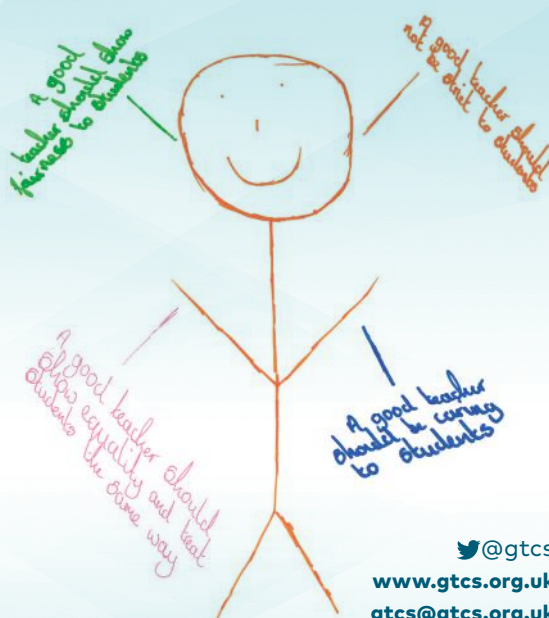
"If a teacher is kind, it travels across the class and puts everyone in a good mood."

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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Raising attainment



CONFERENCE



SEMINAR



TRAINING WORKSHOP

This season's training will provide innovative tools and strategies to bring out the best in the children and young people that you work with. We will celebrate a variety of teaching methods that step away from textbooks to inspire young minds. In addition to increasing knowledge and confidence in delivering maths and literacy lessons, we also explore how maintaining positive relationships between adults and children can bring calm to chaotic classrooms.

NEW Building resilience through play

Date: Saturday, 7 September 2019 (Edinburgh)

Trainer: Play Midlothian

Cost: from £89



This session will look at play in relation to adverse childhood experiences (ACEs) and its potential to be a protective factor for children. You 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. This workshop will include presentations, group discussions and practical, hands-on experiences.

Key learning:

- Underpinning theory on each of the topics of ACEs, resilience and self-directed play
- Links between play and resilience
- Techniques for supporting resilience through play.

Foundations of literacy: with Sue Palmer

Date: Twilight sessions: Tuesday, 10, 17 & 24 September 2019, (5.30–7.30pm) (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 course 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.

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

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.

NEW Finding the pathway to outdoor play

Date: Friday, 13 September 2019 (Edinburgh)

Trainer: Cameron Sprague, Stramash

Cost: from £89



This training takes a step out of the traditional classroom setting and opens the door to a world full of possibilities for learning. This is an opportunity to explore how the natural world can be used to enrich learning and stimulate curious minds through interactive outdoor activities.

This training will introduce the benefits of outdoor play and include an opportunity to put the theory into practice as you visit a local outdoor space. It will help you to identify the outdoor learning possibilities that may lie hidden in your own local community.

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.

Getting to grips with grammar... and how to teach it creatively

Date: Friday, 15 November 2019 (Edinburgh)

Trainer: Sue Palmer

Cost: from £89



Knowledge about grammar is essential when teaching children how to compose written texts, but due to changes in education, linguistic analysis and terminology, it is an area in which many teachers lack confidence. This seminar, led by literacy expert Sue Palmer, will explore a variety of strategies that can be used to strengthen your understanding of grammar and how to teach it in a creative way that inspires young minds.

Key learning:

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

NEW Being real with self-care: feeling good, working well

Date: Thursday, 12 December 2019 (Edinburgh)
Trainer: Claire Lavelle, The Hive of Wellbeing Ltd
Cost: from £89



Stress and burnout are experienced by many in the caring professions. Therefore, to avoid this, you will look at the research and strategies employed by those who have “survived and thrived” following this experience. You will also consider your own conscious awareness of what works effectively for yourself in self-care choices.

Key learning:

- How our beliefs and values support us in self-care approaches
- Recognising our personal agency in life situations and experiences
- Understanding our reactions to situations which are resourceful...or not
- Employing strategies to support our wellbeing.

“Very hands-on, lots of new ideas for delivering numeracy that all children will enjoy.”

*Delegate, September 2018
 (Messy Maths: an outdoor, playful approach)*

“It’s been so beneficial to speak to other teachers and hear their ideas.”

“Loved the practical nature of the course – leaving with a clear goal, an action plan and relevant measures.”

*Delegates, June 2018
 (Raising attainment through parental engagement)*

“Fantastic course which achieved the set aims and more!”

*Delegate, April 2019
 (Getting to grips with grammar)*

“Very thought-provoking course with lots of fantastic ideas to try at school.”

*Delegate, April 2019
 (Foundations of literacy)*

Messy Maths: an outdoor, playful approach

Date: Friday, 24 April 2020 (Glasgow)
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 workshop (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.

Raising attainment through parental engagement

Date: Tuesday, 21 January 2020 (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 seminar will seek to give you 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
- Developing new ideas through a range of activities.



Free member events



CONFERENCE



SEMINAR



TRAINING WORKSHOP

We're delighted to be offering a fantastic selection of free learning opportunities to our members. These events will help you develop your knowledge and skills and provide the opportunity to share your views, opinions and vision for the future of Scotland's children's sector.

Children in Scotland Networking Event 2019

Date: Wednesday, 4 September 2019 (Edinburgh)
Cost: FREE

Join us at the City Art Centre in Edinburgh on Wednesday, 4 September 2019, 18:00-20:00, for our annual networking event.

This year, marking the 30th anniversary of the UNCRC, we will be celebrating children's participation and rights. You will hear from young people involved in projects including:

- Changing our World – our children and young people's advisory group
- Young Media Voices – supporting young people to learn new skills, create multi-media content, work with media partners and share the stories that matter most in their communities
- Heritage Hunters – broadening the participation of children and young people in heritage settings across Scotland.

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



This event 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 recently updated 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:

- Developing an understanding of different methods, using case studies based around the work of Children in Scotland and partner organisations
- Exploring and experiencing participative exercises
- Critically assessing commonly used participative methodologies.

Children in Scotland manifesto development

Date: Thursday, 3 October 2019 (Edinburgh)
Trainer: Children in Scotland's Policy, Projects & Participation team
Cost: FREE for members

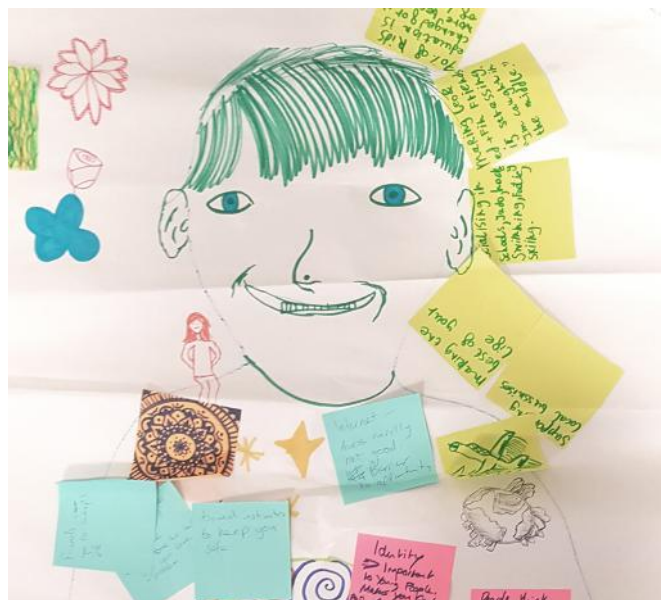


Children in Scotland is currently working to develop our Manifesto for the 2021 Scottish Elections. The Manifesto will build on our 25 Calls campaign and is being developed with children and young people, our membership, and elected representatives from across the chamber.

This is a key opportunity for you and your organisation to feed into the Manifesto and influence our policy activity for the next five years. You will have the chance to inform the positions we take and advocate for specific policy calls you feel are essential if we are to improve the lives of children, young people and families.

At the meeting we will update you on our progress so far and our timeline for developing the Manifesto. We will provide a range of opportunities for you to discuss specific areas of work and help shape our policy calls. Please come prepared to discuss specific asks for the next government and explore how we can achieve consensus across the chamber about legislative priorities for children and young people.

Download and read our 2016 – 2021 manifesto on our website: childreninscotland.org.uk/about-us/our-priorities



Voices Forum meetings

Date: Thursday, 24 October 2019 (Aberdeen)
Thursday, 23 January 2020 (Dundee)
Cost: FREE for members



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

Combining participation from children and young people with 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 is 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 Children's rights, participation and engagement

Date: Wednesday, 20 November 2019 (Aberdeen)
Trainer: Children in Scotland's Participation & Engagement team, National Third Sector GIRFEC project team
Cost: FREE for members; £89 for non-members



This full-day session is co-hosted by ACVO (Third Sector Interface in Aberdeen). It will cover the theory of children and young people's participation, based on the United Nations Convention on the Rights of the Child (UNCRC). You will gain insights into how we gather children and young people's views by exploring commonly used participative methodologies.

This training event is underpinned by Children in Scotland's recently updated principles and guidelines for meaningful participation and engagement.

Key learning:

- Developing an understanding of the theory of children and young people's participation in decision-making (based on the UNCRC)
- Exploring and experiencing participative exercises, based around the work of Children in Scotland and partner organisations
- Critically assessing commonly used participative methodologies.



Committed to PLAY



Play Scotland is the national organisation for play, promoting the importance of play and working strategically to create increased opportunities for all children and young people to #playeveryday

Contact training@playscotland.org for innovative resources and training including:

- **Play Types Toolkit** - bringing more play into the school day, mapped against Curriculum for Excellence and GIRFEC indicators of wellbeing
- **Parents' Play Pack** - resources and guidance for parents and carers of children aged eight to twelve
- **Getting it Right for Play and Play Map** - strategic planning for play in schools, local communities and local authorities
- **Free to Play** - creating accessible and inclusive play opportunities informed by children's views
- **Level 8 PDA Strategic Planning for Play** - understanding how play contributes to better outcomes for children and communities
- **Play Friendly Schools and Settings Awards** - building quality play policy and practice and sharing effective examples
- **Play Builds Children** - a range of practical play booklets and posters, including messy play and other popular themes.

www.playscotland.org
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Level 1
Rosebery House
Edinburgh
EH12 5EZ

Company Number: 017885
Scottish Charity Number:
SC029167

Understanding and embedding good governance

Date: Wednesday, 13 November 2019 (Glasgow, am)
Trainer: Gillespie Macandrew
Cost: FREE for members; £65 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 will be 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.

"This was really helpful for both my paid job and voluntary board role."

*Delegate, March 2018
(Understanding and embedding good governance)*

"A good overview which has boosted my confidence. Ability to ask specific questions and get answers was very helpful."

*Delegate, February 2019
(Successful performance management)*

Data protection: getting to grips with updated legislation

Date: October 2019 (Edinburgh, am)
Trainer: Gillespie Macandrew
Cost: FREE for members; £65 for non-members



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

Key learning:

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



"Very informative course, breaking down complicated legal terms and policies into easy to understand and useful content."

*Delegate, January 2019
(Guardianship and power of attorney)*

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

Date: Thursday, 12 March 2020 (Glasgow, am)
Trainer: Gillespie Macandrew
Cost: FREE for members; £65 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.

Successful performance management

Date: Thursday, 23 January 2020 (Edinburgh, am)
Trainer: Gillespie Macandrew
Cost: FREE for members; £65 for non-members



This half-day seminar 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.

NEW Principles and guidelines for children and young people's participation (webinar)

Date: Tuesday, 10 December 2019 (online)
Trainer: Children in Scotland's Participation & Engagement team
Cost: FREE for members



This free, one-hour webinar will share Children in Scotland's recently updated principles and guidelines for children and young people's participation.

It will draw on our approach to participation, based on the United Nations Convention on the Rights of the Child (UNCRC) and cover planning, delivery, reporting, evaluation, next steps and safeguarding. It will be an opportunity for you to develop your understanding of participation and reflect on your own practice and how these guidelines can be of use in your own context.

The webinar is a live web-based video meeting that uses the internet to connect the person hosting the webinar to viewers and listeners all over Scotland and beyond. Webinars give you the opportunity to take part in learning events even if you're too far away or have limited time. All you need is a device with internet access.

NEW Sex in the digital age: sexting, pornography and harm reduction for young people with additional support needs

Date: Thursday, 20 February 2020 (Edinburgh, am)
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: FREE for members; £65 for non-members



Young people with additional support needs are increasingly vulnerable as the internet and modern technology become a normal part of exploring sexuality. This training will inform you of the changing platforms and laws surrounding sexting and pornography, as well as looking at how the internet impacts on young people's understanding of relationships and sexual health. With a specific focus on young people with additional support needs, you will explore strategies that can improve your confidence in helping inform and reduce harm to some of the most vulnerable young people online.

Key learning:

- Understanding the prevalence of sexting, common platforms for sharing sexts and how the law protects young people
- Reflecting on how pornography has evolved and its impact on young people
- Exploring key legislation such as the Video Recordings Act 1984 and the Digital Economy Act 2017
- Using strategies to inform young people and reduce harm, including how to integrate pornography and sexting as part of relationship, sexual health and parenthood (RSHP) education
- Working directly with the new Scottish national RSHP resource.

New career or a new challenge?

Help children with social, emotional, behaviour and mental health problems

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

The APAC courses are *the only ones* that meet the requirements of the 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 Training course** will show you the skills required, how we train, our practical and experiential exercises and why we and our trainees are so successful.

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



NEW Raising awareness of second-hand smoke with parents

Date: Wednesday, 18 March 2020 (Edinburgh, am)
Trainer: Beverley Scheepers, ASH Scotland
Cost: FREE for members; £65 for non-members



While smoke-free public places have been a great success, many of Scotland's children are still regularly exposed to second-hand smoke (SHS) in the home.

Exposure to SHS is associated with a range of diseases including asthma, respiratory infections and cot death.

This workshop will provide you with a free, Scottish Government funded resource pack containing activities designed for use in parenting groups which raise awareness of second-hand smoke and the benefits of creating a smoke-free environment for families. This session is suitable for any family support staff or professionals who have a role in directly supporting parents and who wish to improve the health and wellbeing of the families they work with.

Key learning:

- Second-hand smoke (SHS) and how it is measured
- Harmful chemicals in SHS and health risks to children exposed to SHS
- Myths or misconception that parents/carers may have about SHS
- Benefits of creating a smoke-free home
- Challenges of discussing smoke-free homes
- One free printed copy of ASH Scotland's 'Second-hand Smoke: Parent Workshop Pack' for each attendee.

Understanding the disclosure and PVG process including duty to refer

Date: Thursday, 27 February 2020 (Edinburgh)
Trainer: Disclosure Scotland
Cost: FREE for members; £89 for non-members



This full-day workshop, centred around the Protection of Vulnerable Groups (PVG) Scheme, has been designed to provide you with an overview of the processes and criteria to help you navigate the disclosure process as easily as possible, whilst ensuring that you meet obligations under the PVG Act and Code of Practice.

Through a series of interactive presentations, Q&A sessions and group discussions, you will gain the following learning outcomes:

Key learning:

- Understanding how to apply the legislative criteria for the various disclosure levels to roles within your organisation – including how to decide if a role is 'regulated work' (i.e. eligible for PVG)
- Increasing your awareness of the legal obligation to refer to Disclosure Scotland – and why it matters
- Being able to identify and remedy the common application errors they experience – helping you receive PVG certificates that little bit more quickly
- Understanding how the PVG Scheme operates, including recent updates in legislation around the disclosure of spent conviction information.

Gambling and gaming education and prevention with young people and families

Date: Thursday, 30 April 2020 (Inverness)
Trainer: Paul Anderson, Fast Forward
Cost: FREE for members



Gambling and online gaming are hidden addictions. This workshop is an opportunity to learn all about how problem gambling and gaming affect young people and families. It is delivered by Fast Forward's Gambling Education Hub.

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

Key learning:

- Increased gambling and gaming awareness and their impact on young people and families
- Understanding problem gambling, consequences and 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 and gaming education and prevention activities
- Increased knowledge of the resources available and of specialised gambling services.



A range of resources to support you on your improvement journey

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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. Our bespoke study visits provide the opportunity to observe and apply best practice within and outwith Scotland.



Finland study visit 2019

Date: 17–21 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.

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

Netherlands study visit 2020

Date: February 2020
Cost: TBC

According to Unicef's report on child well-being in rich countries (2013), Dutch children rated the happiest in the world. Children in the Netherlands are ahead of their peers in childhood wellbeing, including material wellbeing, health and safety, education, behaviours and risks, and housing and environment. In comparison, the United Kingdom came 16th compared with 29 other rich, industrialised countries.

Our upcoming study visit will explore the reasons for the Netherlands's success, exploring its health, care and education system, cultural changes and innovative approaches.

To find out more or to register interest, please email events@childreninscotland.org.uk or call 0131 313 8828.

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Children in Scotland Annual Conference 2019

Date: 6–7 November 2019 (Edinburgh)

Cost: from £169 for both days



Our award-winning 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 to learn about and explore the challenges and opportunities facing the sector today, hear about good practice, and plan improvements to your services.

"My highlight was experiencing the 'vibe' and buzz of so many like-minded people gathering to honour children."

"Great to have so many organisations represented under one roof. Great to see so many children and young people involved."

*Delegates, November 2018
(Annual Conference)*

Children in Scotland staff celebrate winning three awards at the Eventl E awards in June 2019.



Enquire Annual Conference 2020

Date: March 2020 (location TBC)

Cost: From £89



Join us for Enquire's 2020 Annual Conference, the flagship event for additional support for learning in Scotland. This year's event will provide you with the opportunity to develop your understanding and confidence in supporting the children in your care. Previous events have included presentations on mental health, autism, practising self-care and supporting distressed behaviours.

Find out more about Enquire at: enquire.org.uk

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

Date: November 2019 (location TBC)

Cost: FREE



Following on from the success of our PSA day of learning earlier in the year, we are delighted to announce its return. This event will celebrate the fantastic work achieved by pupil support assistants and feature a range of expert speakers, interactive workshops and opportunities to share practice and experiences around subjects including autism, dyslexia, trauma and children's voices. This event is funded by My Rights, My Say.



NEW More than my trauma: with Dr Bruce Perry

Date: 17-18 September 2020 (Glasgow)

Cost: From £190



We are delighted to welcome world-renowned psychiatrist and child trauma expert Dr Bruce Perry to Scotland next year. He will share insights from his own work and lead practical sessions to support you in your own settings. The day will also feature some ground-breaking work which is being led here in Scotland and provide you with an opportunity to learn not just from Dr Perry but children's sector practitioners, managers and leaders from across the country and beyond.



We champion parental engagement with decision makers and ensure the voice of parents is heard

We are a volunteer led organisation helping every child to maximise their potential throughout their school life, improving outcomes for our young people

Free resources for parents

Available to download from www.npfs.org.uk

The *In a Nutshell* series, cutting the jargon to help parents understand the curriculum, assessment, qualifications, careers information and much more.


Take a look at our new *Curriculum for Excellence (CfE) Nutshell series*. These Nutshells give an overview of the journey through early years, primary and secondary school plus information about wider achievement.

Also coming soon:

- *Empowering Parents in a Nutshell*
how the Empowered System will impact parents and our children.
- *STEM Connections in a Nutshell*
the opportunities Science, Technology, Engineering and Maths can offer our young people.

Get in touch

enquiries@npfs.org.uk

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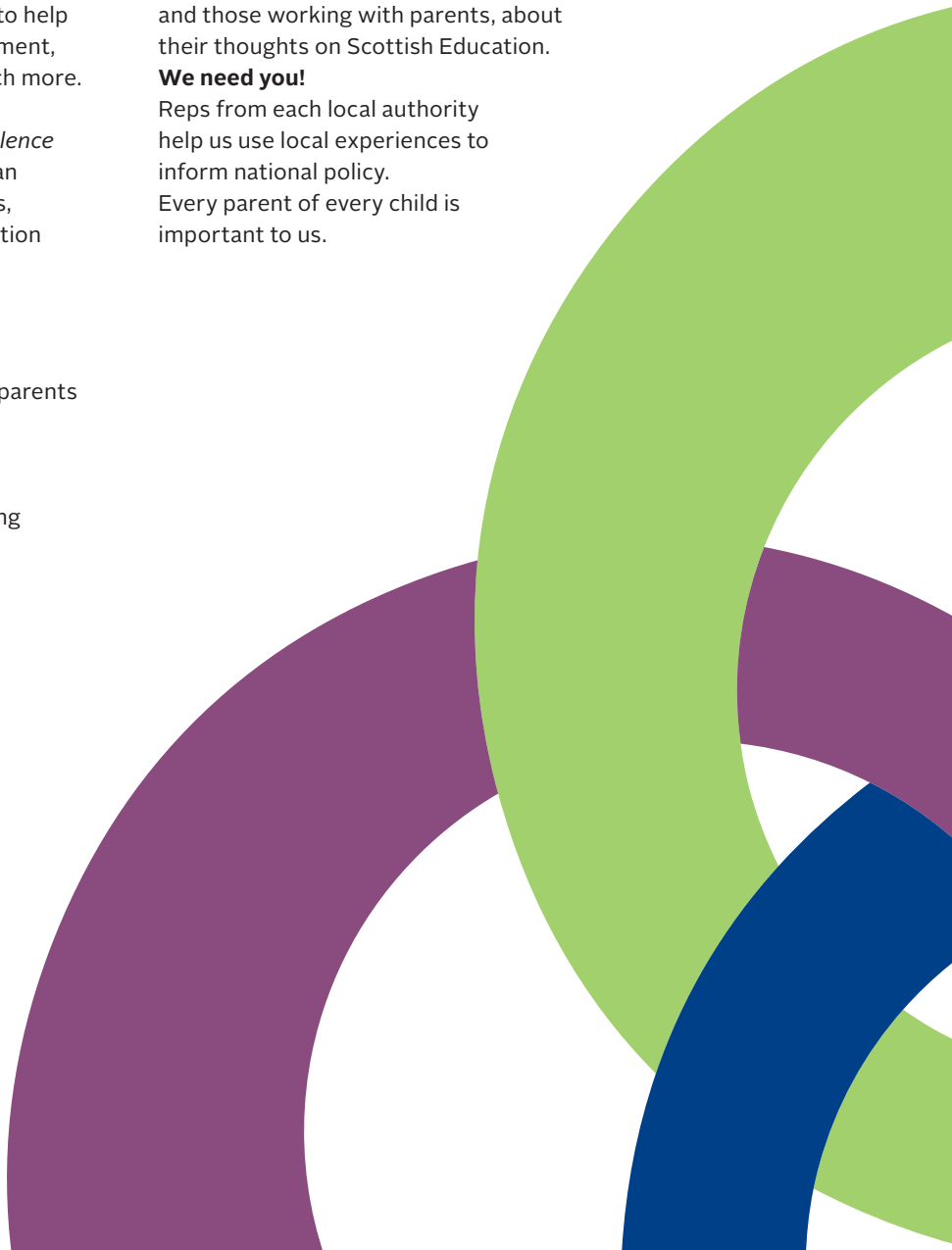
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We're listening

We always want to hear from parents, and those working with parents, about their thoughts on Scottish Education.

We need you!

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BE
PART
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