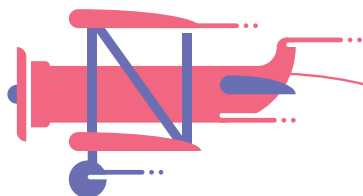




Webinar Guide



July-September 2020



Helping you support children and families this summer and autumn



**Road Safety
SCOTLAND**

Over the past few months, although Road Safety Scotland has paused its planned schedule of road safety activity, we have continued with a revised programme of road safety messaging through our social media platforms.

The social messaging is focused on supporting parents, carers and teachers through this challenging time by signposting to online and offline activities for young children. Although much of the focus has been aimed at young children through the medium of our Early resource 'Go Safe with Ziggy!', we have also included links to activities for older children and young people.

Check out the activities and the lovely new rainbow story written by Lynda Kennedy, the author of the Ziggy stories:

roadsafety.scot/ziggy-toolkit/

In the weeks and months to come we will continue with the messaging supporting families and we will also look to add new messaging when appropriate as Scotland starts to transition from lockdown.



ZIGGY'S RAINBOW WALK



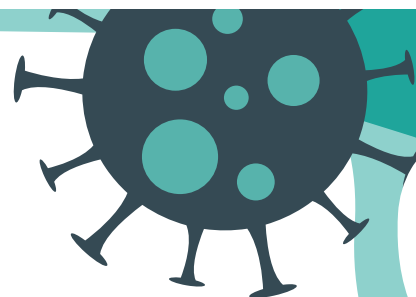
roadsafety.scot/learning/



[@RoadSafetyScot](https://twitter.com/RoadSafetyScot)



[@RoadSafetyScotland](https://facebook.com/RoadSafetyScotland)



Be the first to know

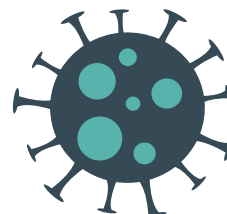
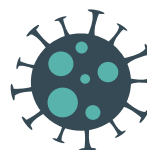
If you need to know about our COVID-19 guidance, information and news:

- sign up for our free Provider Update newsletter, emailed free to your inbox
- visit our COVID-19 webpage.

To get Provider Updates, subscribe to Care News and choose provider alerts in your preferences here

<http://bit.ly/CI-subscribe>
careinspectorate.gov.scot

Follow us on **Facebook** and **Twitter**





Children in Scotland

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

About us

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

Be part of our network or join us in membership

childreninscotland.org.uk/join



Design

Cover, illustrations and layout:
Angus Doyle
adoyle@childreninscotland.org.uk

Template: Alan Tait
ajtait.co.uk

Welcome...

... to our July-September webinar guide, showcasing our online learning opportunities across late summer and early autumn.



Karin Mckenny

@karinmckenny
Learning & Events Manager

We've been heartened by how many of you have accessed our webinars since we moved our programme online in March.

Since then we've reached more than 3,000 people, covering topics as far-ranging as trauma, outdoor learning, mindfulness and, of course, supporting children and young people through the COVID-19 lockdown.

Our programme will continue online for the rest of 2020, but we'll keep adding new and relevant learning opportunities in the same way we do for our usual schedule of events.

Similarly, we're always happy to hear from you if you have suggestions for topics you'd like to see featured, or if you'd like to contribute to the programme yourself.

What to expect from our webinars

In each webinar, our trainer will deliver a 90-minute session with interactive exercises. You'll be able to see and hear them and share your thoughts and questions during the session.

Afterwards, we'll email you the presentation, alongside some additional learning and reading resources. In the week of the webinar, we'll email you instructions for accessing our GoToWebinar site. You'll just need a computer, tablet or mobile with WiFi / internet access.

About this guide

In this guide you'll find listings for webinars running between July and September, as well as interviews with our trainers where they discuss the key learning we hope you'll take away from the sessions.

You can find the full learning programme on our Eventbrite page, which is updated regularly with new webinars.

We hope you'll join us at one of our webinars over the next few months and we look forward to 'e-welcoming' you on the day. In the meantime if you have any questions about our ongoing learning programme, please contact me at the email below.

With our best wishes for staying safe and healthy,

kmckenny@childreninscotland.org.uk

July webinars

Creating positive home routines for children/teens with ASN

🌿 Health & wellbeing

Date: Tuesday, 28 July
Time: 10:30am - 12pm
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: **FREE** with thanks to funding from the Scottish Government's Wellbeing Fund

Routines can provide much needed structure and comfort to children and young people with additional support needs. They are even more important in times of stress and change. This webinar will explore ways to create positive routines and adapt your surroundings to support your children during these unprecedented times.



"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 work with children and young people

🌿 Health & wellbeing

Date: Thursday, 30 July
Time: 10:30am - 12pm
Trainer: Jan Montgomery
Cost: £25

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

Supporting children/teens with ASN with their transition back to schooling

🌿 Adversity & healing

Date: Friday, 31 July
Time: 3pm - 4.30pm
Trainer: Corrie McLean, Three Sisters Consultancy
Cost: **FREE** with thanks to funding from the Scottish Government's Wellbeing Fund

It's an unsettling time we're living in just now, as we all adapt to our 'new normal'. This can be even more challenging for children with additional support needs. This webinar focuses on how to support children and young people with ASN as they transition back to schooling.

During a challenging time, keep up with Children in Scotland and share your views through our channels:

Social Media

Follow us on:

🐦 Twitter: [@cisweb](https://twitter.com/cisweb)

📘 Facebook: facebook.com/childreninscotland

📷 Instagram: instagram.com/childreninscotland

Members' News

If you're a member you'll receive our e-bulletin every fortnight with analysis of the pandemic's impact and tips for useful resources from Children in Scotland and across the sector.

Daily News

Our free daily summary of child policy stories in the media. If you don't already receive it, [sign up here](#).

Children in Scotland Magazine

Our flagship publication is now available digitally. The next edition, looking at the road to renewal for children after coronavirus, will be published mid-August. [Click here to find out more](#).

Comment and insight

Each week we publish blogs from members of our staff team and expert guest opinion from partners.

25 Calls campaign

Our campaign continues with a focus on the impact of COVID-19 on children and families. Original call-makers are revisiting their proposals through our 25&Up series, with responses published monthly.

Contribute ideas and content.
Contact our communications team:

press@childreninscotland.org.uk



Listening, Learning, Sharing, Supporting

August webinars

Trauma and transitions: with Dr Karen Treisman

🌱 Adversity & healing

Date: Tuesday, 4 August
Time: 8pm - 9.30pm
Trainer: Dr Karen Treisman
Cost: £25



Dr Karen Treisman is a highly specialised clinical psychologist in the areas of parenting, trauma, adversity and attachment. We are delighted she has agreed to lead this webinar, giving an introduction to supporting children who have experienced trauma through the many and unexpected transitions which continue to arise due to the current COVID-19 situation.



Understanding and managing anxiety: with Jan Montgomery

🌱 Health & wellbeing

Date: Thursday, 6 August
Time: 10.30am - 12pm
Trainer: Jan Montgomery
Cost: £25



This webinar will explore the natural experience of anxiety and what happens when our anxiety starts to interfere with our ability to function well.

We will think about the effects of anxiety on the body and mind – how it impacts our thinking and our behaviour.

We will then explore some of the techniques we can use to help us manage our anxiety in healthy ways that can restore balance to our lives.

Understanding Pathological Demand Avoidance (PDA) Syndrome

🌱 Communication & learning difficulties

Date: Tuesday, 11 August
Time: 10:30am - 12pm
Trainer: Ruth Fidler
Cost: £25



This seminar will help you develop a better understanding of the distinct behaviour profile associated with Pathological Demand Avoidance (PDA) Syndrome, and will explore how to provide better support to those pupils who are affected.

"It has been truly inspiring to hear Lynn and Lian speak and an added pleasure to see their setting"

"Best course I have attended. What an inspiring, tranquil and peaceful setting"

*Delegates, November 2019
(A Froebelian approach to learning)*

A Froebelian approach to learning

🌱 Early years

Date: Friday, 14 August
Time: 10.30am - 12pm
Trainer: Cowgate Under 5s
Cost: £25



The latest guidance from Education Scotland in the document, *Realising the Ambition, Being Me*, advocates child-centred pedagogy in practice. This webinar provides an opportunity to explore that in a Froebelian context.

What does child-centred practice look like as we respond to the challenges that COVID-19 brings to our work with young children? Pedagogical leadership recognises how children learn and strives to make it happen.

Now, more than ever, it is so important to recognise that a holistic approach with an enhanced focus on outdoor learning is necessary as we prepare to welcome children back into their early learning environments.



Visit our **eventbrite** hub
to find out about all our upcoming webinars
and book your place

Supporting single parent families during and beyond the pandemic

🌸 Health & wellbeing

Date: Monday, 17 August
Time: 2pm - 3.30pm
Trainer: One Parent Families Scotland (OPFS)
Cost: FREE



This webinar is organised in partnership with One Parent Families Scotland. Using the information gathered by OPFS about single parents' experience during the pandemic, we would like to invite LCPAR and Strategic Children Services Planning partners to join us to share and learn from good practice on how we respond to the poverty facing so many single parents and children.

We will explore how future policies and services planning can meet the needs of families through the 'single parent proofing' of policies and service delivery.

Supporting children and young people who internalise their distress

🌸 Adversity & healing

Date: Thursday, 20 August
Time: 10.30am - 12pm
Trainer: Jan Montgomery
Cost: £25



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

"One of the most engaging and informative courses I have attended"

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



Dr Temple Grandin: The loving push for children and young people with ASD

🌸 Health & wellbeing

Date: Tuesday, 25 August
Time: 8pm - 9.30pm
Trainer: Dr Temple Grandin
Cost: £35



Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum need this essential roadmap to prepare our children and young people for being successful adults in today's world.

Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin will share steps you can take to restore your child's hope and motivation, and what you must avoid.



Health Inequalities: Peer Research into the role of communities

🌸 Health & wellbeing

Date: Thursday, 27 August
Time: 10.30am - 12pm
Trainer: Chris Ross, Children in Scotland
Cost: FREE



Scotland has some of the worst health and widest health inequalities in Europe. Children in Scotland's Health Inequalities: Peer Research project explored the role of place on health, wellbeing and inequality, working with pupils from Dalmarnock Primary School (Glasgow) and Baldrigon Academy (Dundee).

In this webinar, we will discuss what we have been doing with the research since the launch of the report in February 2020 and explore how we can take forward collective activity to improve the health and wellbeing of children and young people in Scotland.

September webinars

Mud, mess and magic: outdoor learning on a shoestring with Juliet Robertson

🌿 Outdoor learning

Date: Tuesday, 8 September

Time: 3pm - 4.30pm

Trainer: Juliet Robertson

Cost: £25



This webinar with Juliet Robertson will investigate how Nicolson's Theory of Loose Parts and Gibson's Affordance Theory can be utilised to create simple changes to your outdoor space, through a participatory approach that involves your children throughout the process.



Webinars at a glance

- 28 July Creating positive home routines for children/teens with ASN
- 30 July Mindfulness work with children and young people
- 31 July Supporting children/teens with ASN with their transition back to schooling
- 4 Aug Trauma and transitions: with Dr Karen Treisman
- 6 Aug Understanding and managing anxiety: with Jan Montgomery
- 11 Aug Understanding Pathological Demand Avoidance (PDA) Syndrome
- 14 Aug A Froebelian approach to learning
- 17 Aug Supporting single parent families during and beyond the pandemic
- 20 Aug Supporting children and young people who internalise their distress
- 25 Aug Dr Temple Grandin: The loving push for children and young people with ASD
- 27 Aug Health Inequalities: Peer Research into the role of communities
- 8 Sep Mud, mess and magic: outdoor learning on a shoestring with Juliet Robertson
- 16-18 Sep More than my trauma



MORE THAN MY TRAUMA
INTERNATIONAL CHILD TRAUMA CONFERENCE

More than my trauma

🌿 Adversity & healing

Date: Wednesday, 16 - Friday, 18 September

Time: 8pm - 9.30pm

Trainer: Dr Bruce Perry

Cost: £45



Children in Scotland is joined by our partners Aberlour, Clackmannanshire Council, Kibble, Seamab and Staf in bringing you this webinar series on childhood trauma.

Originally planned as a conference, this event will now take place online. It will feature contributions from each partner organisation, as well as sessions led by Dr Bruce Perry, one of the world's foremost experts in child trauma.



More great webinars are in the works for September and the rest of the year. Keep checking our Eventbrite hub for updated listings.



Visit our **eventbrite** hub

to find out about all our upcoming webinars and book your place

Meet our trainers



Jan Montgomery

Skills, interests, background



Jan is an BACP Accredited Adult Psychotherapist, a qualified Play Therapist, an EMDR Practitioner, NLP Practitioner and qualified Life Coach. She has also completed a Certificate in Traumatic Stress with the Trauma Centre

at Bessel van der Kolk's Justice Resource Institute, Brookline. Jan has been practicing Mindfulness for more than 20 years and has completed the Mindfulness Association Level 2 Certificate of Readiness to Teach their Mindfulness Based Living Course (MBLC).

Jan has worked in health and social care in various roles throughout her career. She worked with vulnerable and disadvantaged young people in the voluntary sector for almost a decade. This is where Jan developed an interest in working with attachment and trauma. She moved to working in foster care supporting children and carers of traumatised children. Jan then moved to work with adults with mental health challenges that prevented them from moving into employment.

Jan loves learning new things. She enjoys being creative; embroidery and reading are just two of her favourite pastimes.

What I would like delegates to learn and take away from the training

I would hope that the message participants get from this webinar is that working with children and young people takes time. We must approach them slowly. Building trust is the most important thing we can do – once we are trusted, the children and young people will share what they are able to when they are able to do it. We must ensure we do not break that trust and if we do then it is our responsibility as practitioners to repair the situation. Obviously, this means we have to understand when and how we have caused the rupture in the first place.

What's been the most useful thing you've learnt as a practitioner in relation to understanding and supporting children and young people who internalise their distress?

The most useful thing I have learned is to take things slowly, build trust and interact in a way that is useful to the child. Most children in this group respond to more creative interventions rather than talking interventions so I always have a variety of different creative media to hand!

Top tip for coping and staying safe during the pandemic

I shared a lot of my tips in the last edition of this webinar guide – and I hope you found some of those tips helpful. Again, I'd encourage people to think about their physical

as well as their mental health. It is important to be **eating well, exercising responsibly** and **staying connected**. Look after yourself in order that you can look after others.

The best thing about online learning

For me as a participant it is much easier to fit into my life – no travelling, no arranging for time off, no concerns about food or temperature of the room!

As a facilitator, the best thing about online learning is being able to present to people from all over the country – actually, all over the world. I love the fact that we can all learn from each other. I love the fact that through learning in 'bite sized chunks', we can make a huge difference to the lives of the children and young people we work with. With these webinars we can learn a little at a time, process our learning and then implement it – once we have consolidated that information into our practice we can come back for more learning. Lovely.



Dr Karen Treisman



Skills, interests, background

Dr Karen Treisman is a Highly Specialist Clinical Psychologist, trainer, expert witness for court, and author specialising in trauma and attachment. She has worked in the NHS and children's services

for several years and has also worked cross-culturally in both Africa and Asia with groups ranging from former child soldiers to survivors of the Rwandan Genocide.

Karen has extensive experience in the areas of trauma, parenting, and attachment, and works clinically using a range of therapeutic approaches with families, systems, and children in or on the edge of care, unaccompanied asylum-seeking young people, and adopted children.

What I would like delegates to learn and take away from the training

I would like delegates to have an increased awareness and sensitivity as to why transitions can be difficult and some core principles and tools to support these to be smoother, safer, and more nurturing. These will include cognitive, physical, creative, and sensory ideas.

What's been the most useful thing you've learnt as a practitioner in relation to supporting trauma experienced young people with transitions?

To support the adults to be as regulated, calm, soothing, and grounding as possible. We need to model the model and to try to bring the calm not the chaos.

Top tip for coping and staying safe during the pandemic

Be kind to yourself and nourish to flourish.

The best thing about online learning

This can increase accessibility, some people prefer to be in their own homes, the option to type questions can make questions and discussion feel easier and more accessible. Some people say it can feel more intimate than having the trainer stand on a stage.

Dr Temple Grandin

Skills, interests, background



Dr Temple Grandin is a prominent author and speaker on both autism and animal behaviour. She is a professor of Animal Science at Colorado State University and has had a successful career consulting on both livestock handling equipment design and animal welfare. Half the cattle in the United States are currently handled in facilities she has designed.

Dr. Grandin was diagnosed with autism as a young child. In the publicity material for the 2006 BBC Horizon documentary about her understanding of the animal mind – “The Woman Who Thinks Like a Cow” – she was described as ‘the most famous autistic woman on the planet’.

HBO made an Emmy Award-winning film about her life and she was inducted into the American Academy of Arts and Sciences in 2016.

In her book, *The Loving Push (How Parents and Professionals can help Spectrum Kids become Successful Adults)*, co-written with Debra Moore, Ph.D., Dr Grandin focuses on how to “stretch” children and adults on the spectrum to help them be successful.

What I would like delegates to learn and take away from the training

How to develop a child’s area of strength into something that can be a good career.

What’s been the most useful thing you’ve learnt as a practitioner in relation to autism?

How to help people understand sensory over sensitivity.

Top tip for coping and staying safe during the pandemic

Right now, my advice, from where we are in the US, is to stay away from large indoor gatherings of people. Indoors is much more risky than outdoors.



Juliet Robertson

Skills, interests, background



I specialise in learning and play outdoors with children aged 3-12 years. My specific interests are:

- Writing local and national guidance, blogs, books and other materials on outdoor learning and play
- Developing courses for other people and organisations to run, e.g. Scottish Forestry’s Forest Kindergarten
- Translating national guidance into practical application in a school or ELC setting using local cost solutions that actively involve children and other stakeholders
- Outdoor maths, literacy, improving on and off-site outdoor provision that makes the most of loose parts and natural approaches.

What I would like delegates to learn and take away from the training

That transforming your outdoor practice is really doable and empowering for all involved.

That developing an outdoor space does not have to be complex or expensive to make it a better place for learning, play and wildlife.

That being outside isn’t a competition with indoor provision. That it’s not about being an outdoorsy practitioner but about wanting to provide the highest quality ELC possible. We all have great skillsets that can be put to very good use outside.

What’s been the most useful thing you’ve learnt as a practitioner in relation to outdoor learning?

It’s all about mindset. Where there is a will there is a way.

The best thing about online learning

Being able to reach more people and support them to improve their practice. I also love seeing people’s responses to questions and their engagement through the chat that happens.

**Play builds health and wellbeing,
resilience, friendships and communities.**

A collage of four photographs showing children's activities. The top-left photo shows three children climbing a bare tree against a clear blue sky. The top-right photo shows two children drawing large, colorful rainbows on a window pane, with a building visible outside. The bottom-left photo shows two children drawing on the pavement with chalk, creating a yellow sun and a pink flower. The bottom-right photo shows two children drawing on the pavement with chalk, creating a yellow sun and a pink flower.

 playscotland.org
 [playscotland](https://twitter.com/playscotland)
 [nationalplayscotland](https://facebook.com/nationalplayscotland)
 [playscotland](https://pinterest.com/playscotland)
 [playscotland](https://youtube.com/playscotland)

