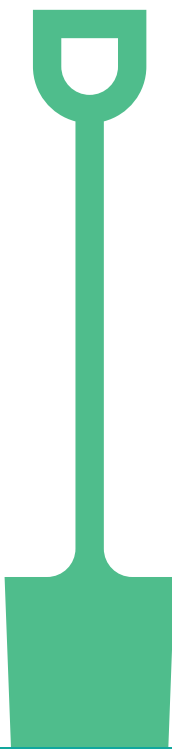
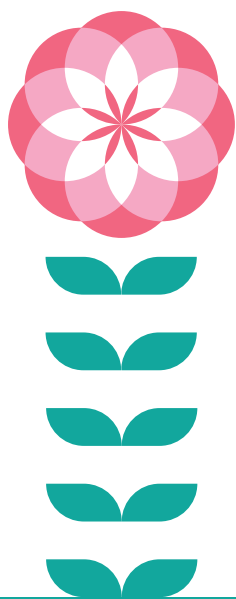


Webinar Guide





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Children in Scotland

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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



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Welcome...

... to our new Webinar Guide covering our online learning programme for Summer 2020.



Karin Mckenny

@karinmckenny
Learning & Events Manager

While the coronavirus outbreak has had many difficult consequences, it hasn't reduced the learning requirements of the children's sector workforce. In fact, it has increased the need for all of us to better support our children and young people.

We believe it's vital that the sector continues to build resilient networks, share helpful resources and develop our workforce's skills. So, since the lockdown began, we've worked hard to find creative ways in which everyone can still learn from our expert trainers and connect with others across the children's sector. Our new webinar programme, launched in mid-March, is proving a fantastic way of delivering on these ambitions.

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. Later in the year, you'll be able to attend the full training, armed with a strong base level of knowledge about the topic. In the week of the webinar, we'll email you instructions for accessing our GoToWebinar site. You'll just need your computer, tablet or mobile with WiFi / internet access.

Cost and training voucher offer

All of our learning opportunities are not-for-profit, and we've managed to get the cost of webinars down to £25. If you'd already paid for your training prior to the lockdown, then as a charity we'd love it if you'd accept a training voucher for the difference, to use when our 'live' events are up and running again. We hope you'll agree that this is a good interim measure.

About this guide

In this guide you'll find listings for webinars running in May and June, as well as interviews with our trainers where they discuss the key learning we hope you'll take away from the sessions. There's also some helpful tips throughout from trainer Jan Montgomery about ways of staying safe and healthy during the lockdown.

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 mean time 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

May webinars

Mindfulness work with children and young people

Health & wellbeing

Date: Thursday, 7 May
Time: 10:30am-12pm
Trainer: Jan Montgomery
Cost: £25 - 45



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



"Enjoyed the day very much, with relevant information, some reassurance that we're on the right track, and a very good trainer"

*Delegate, January 2020
(Leadership & management)*

Leadership & management: attunement in leading, developing and mediating

Health & wellbeing

Date: Wednesday, 13 May
Time: 10:30am-12pm
Trainer: Sandra Strathie, Glen Strathie Ltd
Cost: £25 - 45



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

Read a Q&A with Sandra Strathie on page 8



Jan Montgomery's top tips for staying safe and coping with the lockdown.

1) This is such a difficult time for everyone. How do we keep ourselves safe and centred? I think the first thing we need to do is be gentle with ourselves and those around us. This is often easier said than done!



Find more from Jan on pages 5-9

During a period of crisis, keep up with Children in Scotland and share your views through our channels:

Social Media

Follow us on:



Twitter: @cisweb



Facebook: facebook.com/childreninscotland



Instagram: instagram.com/childreninscotland

Members' Weekly News

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

Daily News

Our free digest of child policy stories in the media is published every weekday. If you don't already receive it, [sign up here](#).

25 Calls

Our 25 Calls campaign to strengthen rights and equality for children continues, with a topical focus on the impact of Covid-19 on children and families. Responses are published fortnightly.

Contribute ideas and content

Contact our communications team:
press@childreninscotland.org.uk



Listening, Learning, Sharing, Supporting

Supporting children and young people who internalise their distress

🌸 Adversity & healing

Date: Thursday, 14 May
Time: 10:30am-12pm
Trainer: Jan Montgomery
Cost: £25 - 45



This training 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)*



Jan Montgomery's top tips

2) We need to be thinking about our physical and mental health together. We cannot stay balanced if we do not look after our physical health. It is important to be **eating well, exercising responsibly and staying connected.**

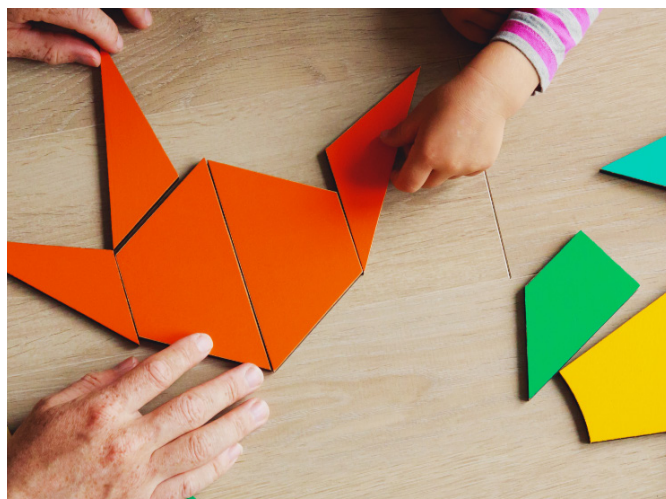
Supporting disabled or seriously ill children during and beyond the pandemic

🌸 Health & wellbeing

Date: Thursday, 14 May
Time: 2pm-3pm
Speaker: Family Fund
Cost: Free



This seminar will look at a recent research conducted by Family Fund and explore how Covid-19 affects families with disabled or seriously ill children, their immediate concerns and needs. There will be opportunities to discuss how we can better support these families by adapting services at organisational level and by planning services at strategic level during and beyond the pandemic.



The rupture-repair cycle: with Dr Suzanne Zeedyk

🌸 Adversity & healing

Date: Friday, 15 May
Time: 3pm-4.30pm
Trainer: Dr Suzanne Zeedyk
Cost: £25 - 45



This seminar will explain what the rupture-repair cycle is, how research scientists have determined its influence, and why paying attention to it helps you know not only how to reduce your own anxieties but also how to help others. This awareness is especially useful for professionals working with children or supporting families coping with stress, loss or chaos.

Read a Q&A with Dr Suzanne Zeedyk on page 8



Visit our **eventbrite** page
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and book your place



Jan Montgomery's top tips

3) Some people respond really well to **structure and routine**. Other people find that restrictive and want to go with the flow. Realistically we all do better when we have some kind of structure to our life. It is useful to find something to **distract** ourselves – as long as we do not use it to avoid what is going on.

The teenage brain: implications for behaviour and learning

Health & wellbeing

Date: Thursday, 28 May
Time: 10:30am-12pm
Trainer: Jan Montgomery
Cost: £25 - 45



This training will focus on the adolescent brain and how it develops, exploring 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.

"I loved listening to how the brain works and it gave me the knowledge to understand why teenagers behave the way they do"

*Delegate, October 2019
 (The teenage brain)*



June webinars

Solution-focused approaches to bereavement, trauma and loss

Adversity & healing

Date: Tuesday, 2 June
Time: 10.30am-12pm
Trainer: Steve Sweeney, Barnardo's
Cost: £25 - 45



This webinar 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.

Read a Q&A with Steve Sweeney on page 9



Supporting children and young people who self-harm

Child protection

Date: Tuesday, 9 June
Time: 10.30am-12pm
Trainer: Torin Forest, Penumbra
Cost: £25 - 49.10



This webinar is designed to improve working practice, knowledge and skills by exploring the key issues associated with self-harm. You'll explore what self-harm is (and is not), why people self-harm, and how to support someone who self-harms, including good and bad practice, and discussions of useful tools and techniques to employ.

"Trainer knowledge was amazing. Could answer every question – even difficult or sensitive ones. Took me out of my comfort zone and I feel much more equipped"

*Delegate, February 2020
 (Supporting children and young people who self-harm)*



Gender and tech abuse: explore online gender identities, risks and relationships

🌸 Child protection

Date: Wednesday, 24 June
Time: 10.30am-12pm
Trainer: Ellie Hutchinson
Cost: £25 - 45



As the world 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.

Read a Q&A with Ellie Hutchinson on page 9



Jan Montgomery's top tips

4) If we are finding this an anxious time then it is important to **restrict the amount of news** you are accessing and **restrict your social media intake**.



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

"Excellent event and good to chat with other like-minded teachers"

Delegate, June 2018

(Nursery to primary: easing transitions through play)

Nursery to primary: easing transitions through play

🌸 Adversity & healing

Date: Date to be confirmed
Time: 10am-12pm
Trainer: Kate Johnston
Cost: £25 - 45



This session will explore how play in P1 and P2 can facilitate the transition process between nursery and primary school. Encouraging play in the early years of primary school can help children to develop skills in communication, self-regulation and a love of learning and creativity while experiencing a rich environment of story, song and rhyme.

Read a Q&A with Kate Johnston on page 9

Webinars at a glance

- 7 May Mindfulness work with children and young people
- 13 May Leadership & management: attunement in leading, developing and mediating
- 14 May Supporting children and young people who internalise their distress
- 14 May Supporting disabled or seriously ill children during and beyond the pandemic
- 15 May The rupture-repair cycle: with Dr Suzanne Zeedyk
- 28 May The teenage brain: implications for behaviour and learning
- 2 June Solution-focused approaches to bereavement, trauma and loss
- 9 June Supporting children and young people who self-harm
- 24 June Gender and tech abuse: explore online gender identities, risks and relationships
- TBC Nursery to primary: easing transitions through play

Meet our trainers

Sandra Strathie

Skills, interests, background



Sandra Strathie has worked across the UK and internationally as a trainer and on workforce development projects. She is a published author on attunement in practice for family work and professional development.

Sandra is interested in practical day to day methods that can be used in the workplace that professionals can utilise to better understand and develop satisfying relationships through attuned practices. This leads to wellbeing not only for children, but in families, with staff and for ourselves.

Having previously worked as a tutor for the University of Dundee, as a Learning and Workforce Development Officer, and as a consultant mentor to several large voluntary organisations and local authorities, therapeutic work and conflict management are areas of expertise for Sandra.

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

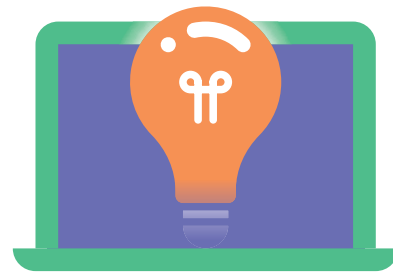
Leadership and management at this difficult time is under scrutiny as well as presenting huge challenges. Our ways of working are changing and we may never go back to the way things were before. As well as a time of challenge there is also the opportunity to lead in a way that shows the best of ourselves and to use our strengths and perhaps find new ones. I would like all delegates on the course to reflect on those strengths, deepen their understanding of concepts of leadership, and support each other to find solutions to the challenges of leadership at this time.

The most useful thing I have learned as a practitioner in relation to leadership and management

One of the most useful things is to have a knowledge base for the subject. So many people find themselves in promoted positions (often because they were good at the job) without having any training in leadership and management. People also need high quality supervision and support. Choosing a mentor can also help greatly. Good working relationships need to be nurtured so making time for people in an attuned way can greatly help to avoid conflict. However, leaders and managers are often dealing with crisis and conflict and I try to remember that a crisis is an opportunity for change and that good working relationships can usually be restored.

The best thing about online learning

Just sitting down with a cup of tea and a biscuit!



Dr Suzanne Zeedyk

Skills, interests, background



In my heart, I still think of myself as a research scientist and academic. That's what I always wanted to be, and that's the career I pursued for 20 years at the University of Dundee, as a developmental psychologist. Over time, I began to realise

that most people didn't have access to the science that I loved – about why relationships matter so much to the way infants grow up. So in 2011, I set out to try to bring that information to the public.

What I love about it is that it requires me to be constantly creative, paying attention to new ways that I can frame scientific discoveries so that they are of help to parents and professionals who work with and care for children of any age.

I am really proud to be included amongst Children in Scotland's training partners.

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

It is easy for many parents and professionals to worry about being perfect, trying to avoid getting things wrong with their children or other people. All relationships have moments of mess. What we need to focus on is the repair that comes after a moment of conflict. Making up is more important than messing up. What I would love people to take away from this webinar is the confidence in this statement, and ideas about how they can put it into practice.

The most useful thing I have learned as a practitioner in relation to the Rupture-Repair Cycle

The more that I talk about the Rupture-Repair Cycle, the more I realise how anxious our society is. We've got the idea that we have to be perfect. We are scared of messing up. We are scared of offending others. I am intrigued by how we got these messages, and I am also intrigued as to how we can let them go. So the most useful thing I have learned as a practitioner is that people need to be reassured that they are good enough, and that saying 'tell me more' is the key to resilient relationships.

The best thing about online learning

Most of us have been bounced into online learning as a result of the pandemic. I had never been asked to deliver online training before this period. So we've all scrambled to learn how. One thing I'm really coming to celebrate in all that change is that so many more people can attend, from anywhere in the world. So I like to think about Children in Scotland being able to reach well beyond the borders of Scotland in this new time!



Jan Montgomery's top tips

5) We also know that **being kind** to others is good for our mental health – this pandemic has given us a wonderful opportunity to exercise our kindness. How many ways can you think of to exercise kindness to yourself, your family, your friends and even to strangers?

Kate Johnston

Skills, interests, background



As vice chair of Upstart Scotland and a retired nursery teacher, I have been enthused by the change in the early level delivery. From the beginning of my teaching career, I have seen the benefit of play in children's learning. After returning to study, this belief was not only reinforced but I knew that the early years were where my passion lay. Since I retired, I have been honoured to share the journey that many staff in Scotland have taken as they embraced play. When I am not working for a kindergarten stage, I love to read, travel, attend exhibitions, concerts and plays and enjoy the beauty and variety of our natural world.

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

I hope that this webinar will:

- Give you the confidence to see Play as the means of delivering the curriculum
- Help you to provide an enabling environment
- Discuss methods of providing small data to show progress
- Discuss the benefits to our children when we allow them time to play.

The best thing about online learning

After completing further study, I had the confidence to state why I would say "Play is the way" – online learning allows us to continue connecting and learning from each other.



Jan Montgomery's top tips

6) Keeping a gratitude diary can be very helpful. It would be easy to feel so distracted by this virus that we forget the good things around us so try writing down all the positive things you notice in your life.

Steve Sweeney



Skills, interests, background

I left school to pursue a career in music and like so many people in the creative arts spent a lot of time in poverty and working in bars and building sites. When I suffered enough for my art (or was it the other way round?) I decided basically I am a people person with a strong sense of human rights so it made sense to train as a social worker. I worked in child protection for many a year and eventually came to Barnardo's to establish and develop a trauma and grief service in Dundee. I have developed a skill set for supporting people affected by trauma and grief which mainly utilises a toolkit of personal-centred counselling; solution-focussed brief therapy, Eye Movement Desensitisation and Reprocessing Therapy. I am kept busy with family life, walking the dogs and fantasising about living in the Pyrenees. (Staying positive!)

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

I would like delegates to understand more fully how the

theory fits together to enhance their practice. From this I hope that delegates find a confidence to go forward and give the tools a try and ultimately make a difference to the quality of life being experienced by the people they support.

The most useful thing I have learned as a practitioner in relation to Trauma Informed Practice: Understanding bereavement, trauma and loss

When the penny dropped and I understood how the brain works in relation to trauma and grief, I was able to develop my practice with the correct interventions that had a direct impact on positive outcomes. This supported me to become a confident, nurturing and mindful practitioner.

The best thing about online learning

You can do it in your jammies.

Ellie Hutchinson

Skills, interests, background



I'm a freelance consultant for people making change in the world, which means I'm a facilitator, researcher, content writer and evaluator. I use a creative, participatory approach with all my work, and I'm really interested in flattening the relationship between strategy, big picture thinking and grassroots change-making. I've been CEO of a children and young people's charity, a project manager at Shelter Scotland, and a Prevention Officer at Scottish Women's Aid. I also set up The Empower Project, Scotland's first charity to tackle gender-based tech abuse. I'm also a mum to two small children, a fan of self-care, writing, reading, drawing, and lately, a keen Zoom pub-quiz goer.

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

I'd like folk to use this time to think about what's happening underneath acts of tech abuse and how this might be gendered; why are they happening? How can we intervene? And how do we use a children's rights lens to tackle it?

The most useful thing I have learned as a practitioner in relation to Gender and Tech Abuse

To change my own behaviour! I heard Jess McBeath – who is a fantastic trainer – talk about consent online, and it made me think about how I share images of my own children without their consent. As my children are objectively adorable, I had a habit of posting lots of pictures of them, but since hearing this talk, I stopped sharing their images with anyone but close friends and family. This prompted me to start thinking more deeply about my own behaviour in creating positive internets: how are adults using social media and how are we modelling positive behaviour for children and young people? And how much do we buy into the idea that children and young people are victims, not creators, of the internet?

The best thing about online learning

Online learning is a great way to connect with a whole range of folk, and not be tied to one geographical area. I've delivered lots of training in rural areas, and I know it's often hard to access learning outside the central belt, so online learning is a great way of bringing us all together.

“Preserving
dignity and rights
is of
fundamental
importance in our
collective response
to Covid-19.

Working together,
we can help support
every child
and
every childhood”

Jackie Brock, CEO, Children in Scotland ↗



Make your voice heard:

- > Be part of our network
- > Join us in membership