

Webinar Guide

February-March 2021

Light up your learning online




Featuring:

LEARNING WEEK 2021


Transforming Early Years

"Our parents are incredibly impressed with the environment, it has not only transformed our provision but also helped to deepen our understanding and develop our practice."

Catherine Hampson
EYFS Co-ordinator,
Stockport Grammar School



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Children in Scotland

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



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Welcome...

... to our first Webinar Guide of 2021, showcasing our online learning opportunities for the early part of this new year.



Karin Mckenny

Learning & Events Manager

We continue to find new ways of learning, collaborating and networking – and new ways to deliver our ambition to strengthen the skills of all those working with or for children.

We are delighted to announce that our **brand new eLearning Hub** has gone live with a module from our partners, My Rights, My Say. This is our first eLearning module. It's short, practical, and designed to improve your knowledge and understanding of children's rights and additional support needs.

We plan to bring you more courses throughout the year, and if you'd like to work with us to create content for the Children in Scotland eLearning Hub, we'd love to hear from you!

Learning Week: 22-26 March

Children in Scotland's Learning Week includes five days of online content, mixing live sessions with pre-recorded material and linked blogs, videos and interviews. Turn to page six of this guide for a short preview of the event and look out for further details being shared on our social media channels.

What to expect from our webinars

In each webinar, our trainer will share their knowledge and experiences, and you'll have the opportunity to share your thoughts and questions. 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. Afterwards, we'll email you some additional learning and reading resources.

About this webinar guide

In this guide you'll find listings for webinars running in February and March, as well as interviews with our trainers where they discuss the key learning we hope you'll take away from the sessions (see pages 8 and 9).

You can find the full learning programme on our **Eventbrite page**. We hope you'll join for some of our webinars and in the meantime if you have any questions about our ongoing learning programme, please get in touch.

With our best wishes for the start of 2021 and a new year of learning.

kmckenny@childreninscotland.org.uk

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

Webinars

"It was so practical and can be applied to yourself or the people that you support. I feel inspired to achieve my goals!"

Delegate, September 2019

(Person-centred pathways)

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

Health & wellbeing

Date: Thursday, 28 January

Time: 3.30pm - 5pm

Trainer: Jan Montgomery

Cost: £35



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

You will gain an understanding of brain development and emotional regulation and will be introduced to the planning tools required to create person-centred pathways for yourself and the children and young people you work with.

Autism and change: supporting children and young people

Health & wellbeing

Date: Friday, 5 February

Time: 10.30am - 12pm

Trainer: Three Sisters Consultancy

Cost: £35



Coping with change can be stressful and for children and young people with autism, this can be even more challenging. Change, from a huge life transition down to a small change in a daily schedule, can become overwhelming.

The last year has brought its own challenges with a lot of unknowns, with sudden and drastic changes. This webinar will explore why children and young people with autism may struggle with change. We will use our lived professional and personal experience to help support change and explore strategies to reduce anxiety levels for young people, and ourselves.

Read a Q&A with trainer Corrie McLean – page 8

Therapeutic life story work with children

Adversity & healing

Date: Wednesday, 10 February

Time: 10.30am - 12pm

Trainer: Richard Rose

Cost: £35



Life story work is an effective therapeutic intervention that helps children and young people recover from abuse, trauma or neglect and make sense of a disrupted upbringing. As a result of the process, children and young people can develop a far better sense of their identity and how they want to live their lives. This webinar will examine the value of comprehensive life story work, how to communicate with children, and how painful issues can be redirected towards acceptance.

Professional Diploma in Therapeutic Life Story Work: 2021-22

In joint partnership with life story work expert Richard Rose ([Therapeutic Life Story Work international](#)), we will run a comprehensive, certified 12-day Professional Diploma course (taught on a part-time basis over one year) based on Richard's *Life Story Therapy with Traumatized Children – A Model for Practice* (2012).

Anticipated teaching blocks: September, November/December, February, May (2021-22).

Find more information on our current course (2020-21) site:

childreninscotland.org.uk/tls-w-diploma/

To register interest, please email:

events@childreninscotland.org.uk



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

Delegate, February 2019

(Therapeutic life story work with children)



Can't learn, won't learn, don't care? Demystifying ADHD, ODD and CD

Health & wellbeing

Date: Thursday, 18 February
Time: 10:30am - 12pm
Trainer: Fin O'Regan
Cost: £35



This webinar will provide you with systems and strategies for supporting children and young people with Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD), particularly those with learning, behaviour and socialisation concerns.

It will demystify these disorders and outline the different rhythms of those that can't learn but want to, those that push you away and those that have a different agenda all together – and what you, as a practitioner or parent/carer, can do to create a supportive and positive environment.

Read a Q&A with Fin O'Regan – page 9

Solution-focused approaches to bereavement, trauma and loss

Adversity & healing

Date: Monday, 22 February
Time: 3pm - 4.30pm
Trainer: Steve Sweeney
Cost: £35



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. Key learning will include developing an understanding of solution-focused principles and techniques and applying those techniques within a framework of healthy grieving.



Voices Forum – Hustings

Networking event

Date: Monday 29 March
Time: 10am - 12pm
Cost: Free to attend. Members only



The March meeting of Children in Scotland's Voices Forum will be a husting event in the lead-up to May's Scottish Parliament election. At the event we are aiming to bring together representatives from across the main political parties to discuss their offer to the sector and to children, young people and families.

We will be opening bookings to the event over the coming weeks. Please contact Dana Vreeswijk, dvreeswijk@childreninscotland.org.uk to register your interest in the event and to receive further information when booking is open.



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

LEARNING WEEK 2021

Monday 22 – Friday 26 March

The Children in Scotland Learning Week is a unique opportunity for those who work with and for children, young people and families to connect, learn about and debate the key issues facing the sector.



Tickets are available at only £55 per person.

We'll have live webinars, exclusive pre-recorded content, discussions and more on themes including the early years, education, health and wellbeing, rights, participation, tackling inequalities, and supporting your staff.

So please join us online for a full week of learning and making new connections. We'll share our recent experiences, explore the issues we are dealing with and identify the challenges we face as we come together in the common cause of improving children's lives.

Busy that week?

Don't worry – all sessions will be recorded and made available to ticket holders, so you can access them at a time that suits you best.

Learning Week 2021 is supported by GTCS, Kibble and Road Safety Scotland



Visit our **eventbrite** hub
for more details about Learning Week and to book your place

Join us in Membership

Through 2021 Children in Scotland will remain committed to its membership, with advice, support and information provided through a range of digital offerings.

As a member you'll be part of a network of people who share the vision that all children have an equal chance to flourish.

You'll have access to a range of learning opportunities to support your work and be able to share best practice through our social media, **website** and **Magazine**.

Help us keep you connected, so you can help make our shared vision a reality.

Join us today:

For more information and details of benefits:

childreninscotland.org.uk/get-involved/join-us-in-membership/

#CiSMembership



"Our membership is valuable to our people as it opens up opportunities for engagement in learning and development with people from across the children's sector."

SallyAnn Kelly, Chief Executive, Aberlour

A range of resources to support you on your improvement journey

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Forest View Residential Houses



As part of child and youth care charity **Kibble**, Forest View Residential Houses provide nurturing accommodation and therapeutic support for children aged between five and twelve. Our two individual houses, Tay and Ness, offer beautiful four and five-bedroom accommodation for children with experience of trauma. Set in Lochwinnoch, in the west of Scotland, Forest View is surrounded by trees, rugged landscapes and stunning wildlife.

Everything about Forest View from the forest location, natural interiors, therapeutic primary school, play areas and grounds has been developed around trauma-informed principles.

Enquiries can be made to referrals@kibble.org.



www.kibble.org

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Kibble Education and Care Centre:
Scottish Charity No SC026917 Registered in Scotland No 158220



Meet our trainers



Corrie McLean, Three Sisters Consultancy



Skills, interests, background

Three Sisters Consultancy is a small family consultancy that supports health, social care and education organisations to think differently about the services they provide. We are two sisters and the idea is that when you work with us you become our third sister – welcome to the family!

I have a background in teaching but quickly moved into working with children and young people with additional support needs. I started working in sexual health in 2011 and really enjoyed the individual and small group work with vulnerable young people. I felt as a mainstream teacher I was watching our most vulnerable children slip through the cracks and my passion since then has been to help support our ASN children and young people to reach their best outcomes.

Now we work primarily with parents, carers and practitioners as we want to create long-term capacity and give our community the confidence and skills to help our community at an individual level.

We have used our skills talking about difficult, abstract and often sensitive subjects and transferred them to speaking about how to support children and young people during a global pandemic.

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

We want our delegates to learn something new, but also have the confidence to try and implement a strategy, skill or idea. We make sure our webinars are as practical as they can be and if every parent, carer and practitioner feels about trying at least one strategy, tool or explore a resource that might be relevant to them, that makes our work worthwhile.

We also love to hear what works for you and really appreciate any feedback we get – we often leave our webinars with lots of great ideas we hadn't even considered!

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

Change is a topic we talk about a lot, both professionally and personally. With COVID-19, we have seen so many drastic and often abrupt changes with sudden lockdowns, changes to routines and changes in lifestyles.

As carers, change is something we have been trying to navigate and we have come up with some successful solutions over the years. We also learned that sometimes we can try a first, second, or even third strategy before we finally find something that benefits the person we support.

Professionally we spend a lot of time working with practitioners who are struggling to support young people with the bigger changes in life, such as life transitions, puberty and relationships. Our passion is about building the confidence and capacity of practitioners, allowing them to mould and apply a strategy they learned in one of our webinars, to their setting and circumstance.

What's the best thing about online learning?

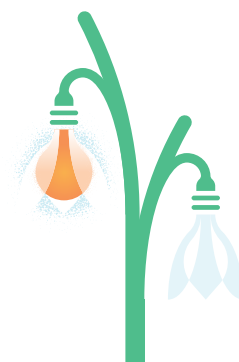
Webinars allow so many more people to join us which is great! As a disabled person and a carer, I have personally missed out on so many different learning opportunities. Being able to run webinars where people can log in five minutes before our session starts from anywhere in the world has been a great thing for our community. I really hope we can learn from these times and make our work more accessible. It's great to meet people face to face but we also value the opportunities we've had in the past 10 months.

I also like the pet cameos on video calling – you might even see our own canine companions!

What is your top tip for coping and staying safe during the pandemic?

I have found that putting in boundaries around how I spend my time has been really useful. Zoom meetings are exhausting, and I have learned that just because I have some spare time, it doesn't mean I have to use that to socialise online. Take your time, let yourself acknowledge that it can be really challenging at the moment. More than anything, be kind to yourself.

threesistersconsultancy.org



Fin O'Regan



Skills, interests, background

Fin is one of the leading behaviour and learning training consultants in the UK.

He was headteacher of the Centre Academy, the first specialist school in the UK for children with ADHD and associated conditions. Fin formerly chaired the European ADHD Partnership, and is an associate lecturer at the University of Leicester. He has presented in countries across the world and is the author of a wide range of books on ADHD and Behaviour and Learning Management.

Fin is particularly interested in ADHD and neurodiversity issues. He is concerned about schools and workplaces not adjusting to or understanding what neurodiversity can mean for learning, behavior and socialisation.

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

This training outlines the different rhythms of those that can't learn but want to (Attention Deficit Hyperactivity Disorder - ADHD), those that push you away (Oppositional Defiant Disorder - ODD) and those that have a different agenda all together (Conduct Disorder - CD).

What I want to get across is that behaviour is a spectrum issue and we do have some students whose behaviour is non-premeditated and some who know what they're doing and do it anyway – that's called "naughty"!

I want to make that distinction and I want to talk about how to support traits and not labels. We're not talking about behaviour management here, we're talking about how we support positive mood and motivation. We're going to be realistic but we're going to be looking at positive approaches.

It's a minefield for teachers and carers with all these labels flying about, so I find it more useful to look at the traits and approaches to them. We'll be offering systems, strategies and stories for support.

What's been the most useful thing you've learnt as a practitioner in relation to systems and strategies for supporting children and young persons with ADHD, ODD and CD?

The importance of structure. Students like structure. You do need to have flexibility, rapport, relationships, role models and resilience to sell, support and sustain that structure, but structure is the fundamental.

What's the best thing about online learning?

That you can be totally focussed on the issues and the topic in front of you, with (hopefully) no distractions. And that it's a personalised experience, you and the trainer, one to one. And if you have access to the recorded session, which delegates on this webinar will, you get the chance to go back over it at your own pace, in your own time, and really focus where you need to.

What's your top tip for coping and staying safe during the pandemic?

There's no doubt that you have to look after yourself to look after them, the young person or young people in your care. Focus on what you can do, don't focus on what you can't do. Focus on your mood and what puts you in a good or bad mood. And movement – get yourself away from the screen and walk, run or jog – you've got to get moving! And chocolate on Fridays.

fintanoregan.com

Add your voice to our Manifesto



Backed by organisations from across the children's sector, we've launched our Manifesto for the 2021-26 Scottish Parliament.

The Manifesto spans 10 major themes focused on improving children's lives and includes 33 calls to action aimed at Scotland's political parties.



In the run-up to the election we are welcoming support from organisations who may want to endorse our Manifesto calls and join the campaign.

To find out more and read the Manifesto, [click here](#).



To discuss the Manifesto or add your name to our list of supporters, email Chris Ross:

cross@childreninscotland.org.uk

Talk, Learn, Do:

Teaching your children about money

Do you work with parents or families in Scotland? We are offering free training to support you to empower parents and carers to talk with children about money.

What is Talk, Learn, Do?

Talking about money isn't always easy. However, getting children used to talking about money early can help them avoid financial issues in the future. Talk, Learn, Do is a free, evidence-based programme (funded by the Money Advice Service) to help parents/carers of 3-11 year olds talk to them about money.

We'll train you in how to deliver the programme to parents and carers in your school, setting or service. And we'll support you to do at a time and place that suits you and them.

What's involved?

You'll first join us for a half-day practical webinar to explore engaging activities which empower parents/carers to teach their children about positive money habits, and to discuss how to adapt the Talk, Learn, Do resources to suit your families and settings.

You will then deliver a two-hour Talk, Learn, Do session to parents/carers at a time and location which suits you. Once this is completed, you'll be asked to complete a short participation survey to let us know how it went.

What resources do I need?

We will provide you with a toolkit of fun learning games and exercises, which are yours to keep. We'll also give you further free resources for parents/carers to keep and use with their families.

Do I need experience in financial skills or delivering training?

No! We'll share everything you need to know in the webinar. This includes providing skills for those with no training delivery or financial experience, and new approaches for those who have already worked in this field.

Talk, Learn, Do is effective due to its fun, informal delivery, so a friendly approach and supportive manner are much more important than having prior experience.

What support will I receive?

At your initial training you will meet a group of like-minded practitioners with whom you can discuss your plans and share your experiences. Our own experienced team are also just a call or click away, and they'll be hosting regular online support sessions for practitioners.

Should I sign up?

This training is for practitioners and volunteers, in any settings, who support families or engage with parents/carers of 3-11 year olds.

How do I find out more or sign up?

Find out more on our [Talk, Learn, Do information site](#).





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