Hi, I’m Laura, the Family Learning worker who will be available to support parents in the Cornhill School area.

Family learning encourages family members to learn together as a family with a focus on intergenerational learning. Activities can be specifically designed to enable parents to learn how to support their child’s learning.

I’ll be working in partnership with the school and other organisations, as well as on a one-to-one basis with parents to support them with bringing up their children. This can include informal group courses as well as support in the home.

Being a parent is a really tough job and it doesn’t come with a manual. We all need support from time to time so if you need some help, please get in touch with me.

The courses Family Learning can currently offer include:

* I’m a Parent, Get Me out of Here. This is a 6–8-week positive parenting programme for parents of children aged between 3 and 8. We look at parenting skills and strategies, factors that influence parenting styles, parenting experiences and techniques to relax and destress.
* Sleep workshops. This course is delivered in 3 sessions and explores why we sleep, the benefits of sleep, changes that can be made to a family’s sleep routine and applying this knowledge to improve sleep routines for the whole family.
* Understanding emotions. In this course we look at emotions, emotion coaching, how children display and understand emotions, dealing with tantrums and strategies to manage our own emotions.
* Life Skills for Little Ones. This is a 6-week course that will support parents to ensure their child is ready for nursery/school. It covers child development, self-care, sleep, education, communication and play and leisure.
* Power Tools. This is a 7-week personal development programme for parents.
* Adult Achievement Awards. These awards are a chance to gain a national certificate for learning which has been achieved in the community, in the home, at work, while volunteering or at college.

Family Learning are also providing outdoor learning opportunities now the weather is getting better. We will be planning lots of fun activities throughout the summer holidays so please keep an eye out on communications from the school or on Facebook at Family Learning Aberdeen.

The one to one support is normally delivered at home and can cover a range of themes, including setting boundaries and consistency, building confidence in your parenting skills, effective communication with your child, sleep routine, supporting parents to support their child's learning, support with budgeting and looking after yourself, increasing parents’ self-esteem and supporting them to attend other learning opportunities or return, providing advice on play and child development and giving clear, honest advice and guidance on a situation.

I’m going to be running tea and talk sessions on DAY at TIME in the community centre next door to the school and would be more than happy to have a chat to any parents who would like more information on any of the support I can offer.

You can also reach me on Facebook by searching for Laura – Family Learning, by text/WhatsApp on 07919394142 or email lrobertson-young@aberdeencity.gov.uk.