



Accredited Learning

The Family Learning Team can support families in course which are accredited. This can be the first stepping stone for a parent looking to develop themselves and, in some cases, return to or enter the work place.

Translation and Interpretation available

Предоставляется письменный и устный
Ir iespējama rakstiskā un mutiskā tulkošana
Świadczymy usługi tłumaczeń pisemnych i ustnych
Galimi vertimai raštu ir vertimai žodžiu
提供口笔译服务

الترجمة الشفوية و الكتابية متوفرة

☎ 01224 764700

Advice and Guidance

If there is something else you would like to learn please don't hesitate to contact us. If we can't do it, we will find someone who can. Remember, it's never too late to learn.

We all need support from time to time and it's important we get it. Being a parent is a tough job so if you are looking for extra support please let us know. We work in partnership with other agencies and we can find the support you need. Just get in touch.

We also accept referrals from health visitors, school staff and other agencies including social work.

Contact us by email:

familylearning@aberdeencity.gov.uk



FAMILY LEARNING

Email:

familylearning@aberdeencity.gov.uk

Facebook: @FamilyLearningAberdeen





What are we all about?

Family Learning encourages family members to learn, play and develop together as a family with a focus on improving everyone's quality of life.

Activities and support can be tailored to enable parents to learn how to support their child/children's unique needs.

What do we do?

The Family Learning Team work in partnership with schools and other agencies, on a one to one or small group basis to support families in bringing up their children. This support includes home visits and short courses which are held online and in the community.

Courses include:

- Understanding Emotions
- Confidence and Assertiveness
- Sleep
- Life Skills for Little Ones
- Digital Awareness for Parents
- First Aid
- Self Care/Mental Health Awareness
- Outdoor Education
- Literacy and numeracy for parents
- Dad's projects

The team also organise fun days and play sessions during school holidays. Look out for details of our events on Eventbrite.



One to one support is generally in the home or the local community and examples of topics covered are:

- Setting boundaries and being consistent,
- Sleep routines,
- Building confidence in parenting skills,
- Effective communication between parents/carers and children,
- Supporting parents to help their child with their homework,
- Providing advice on play and how a child develops,
- Increasing parents' self esteem and giving support, allowing them to attend further learning opportunities,
- Giving clear, honest advice and guidance on a range of topics,
- Support with budgeting,
- Looking after yourself

Family Learning also offers free 1-1 counselling for anyone over 18 through Grounded Learning. Contact familylearning@aberdeencity.gov.uk for a referral.