



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 is 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 referral from health visitors, school staff and other agencies including social work.

Our contact details are as follows:

Telephone: 01224 764700

Email: familylearning@aberdeencity.gov.uk

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**



FAMILY LEARNING

Tel: 01224 764700

Email: familylearning@aberdeencity.gov.uk



The team also organise fun days and play sessions during school holidays where the need arises.

The family learning team can support families in courses which are accredited. They can be the first stepping stone for a parent looking to develop themselves and in some cases eventually enter the work place.



Courses include:

- I'm A Parent.....Get Me Out of Here
- Confidence & Assertiveness
- Understanding Emotions
- Sleep
- Family Storytime
- Literacy & Numeracy for Parents
- Whose Money Is It Anyway?
- Chef Up
- Challenge Dad
- Challenge Mum
- Outdoor Learning
- First Aid

What are we all about?

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.

What do we do?

The Family Learning team work in partnership with schools, other agencies and on a **one to one** basis with parents to support them in bringing up their children. Primarily with home visits and group courses which are informal and can be held in the community.



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

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

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