

Living Well Schools Parent Workshops



Living Well Schools are now offering schools the opportunity to book two **free parent and carer workshops**. These 1-hour workshops will allow families to develop the skills and confidence to support their child's emotional wellbeing.

Workshop 1

Supporting Your Child's Emotional Wellbeing

In this interactive workshop, parents will understand:

- The common emotional wellbeing needs of children
- How to support their child to **build emotional resilience**.
- Practice active listening and supportive communication.

Workshop 2

Supporting Your Child in the Digital World

In this interactive workshop, parents will:

- Understand the opportunities and risks of **mobile phones and social media** for children
- Learn practical strategies for setting healthy boundaries.
- Build a personalised "Digital Family Agreement"

For more information please visit the Living Well Schools website:

mylivingwell.co.uk/schools

You can also:

[Sign up to our newsletter here](#) or

[Read our latest news articles here](#)

To book these workshops for parents and carers, get in touch with your School Lead:

South: Paul Croston

paul.croston@bradford.gov.uk

East: Noreen Kazmi

noreen.kazmi@bradford.gov.uk

West: Shaista Begum

shaista.begum@bradford.gov.uk

Shipley and Bingley: Hafeez Khan

hafeez.khan@bradford.gov.uk

Keighley: Helen Scott

helen.scott@bradford.gov.uk