



## JOIN IN THE FAMILY FUN

Join Adult Learning's Family Learning Team for a range of **FREE** and **FUN** activities you can enjoy with your children.

All the sessions are delivered by an expert and friendly tutor who will provide a relaxed and supportive online environment. The aim is to explore and discover fun and creative ways to help your child's development and wellbeing as well as strengthening your bond.

Suitable for families with children aged from 0 to 4 years.

The information on the back provides further details about the courses we run. Our sessions take place on a range of days and times so you can find the most suitable one for you.

# ONE-OFF SESSIONS AND SHORT COURSES

**Little Talkers** – Find out how something as simple as a stick can transform stories, songs and games whilst promoting communication! Learn handy tips for reading with young children too.

For parents/carers with their children aged 0-4 years.  
A one-off session delivered using Zoom.

**Little Movers** – Get your ‘Sleeping Bunnies’ hop, hop, hopping with action rhymes, activities and games to support children’s physical development!

For parents and carers with their children aged 0-4 years.  
A one-off session delivered using Zoom.

**Making Friends** – Learn games and activities that support children to express their emotions and develop social interaction skills; find out how to boost their confidence using cardboard boxes...!

For parents and carers with their children aged 0-4 years.  
A one-off session delivered using Zoom.

**Promoting Positive Behaviour** – A 2-week course delivered using Microsoft Teams, where parents and carers can gain confidence and skills to best support their children’s behaviour, based on current guidance and best practice. This course is for parents and carers only.

Find out more:

Visit: [www.norfolk.gov.uk/familylearning](http://www.norfolk.gov.uk/familylearning)

Email: [adultlearning@norfolk.gov.uk](mailto:adultlearning@norfolk.gov.uk)

Call 0344 800 8020 (option 5)

