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Leicester
Adult
Education

Family Learning in Leicester



**ALL FAMILY
LEARNING
COURSES ARE
FREE!**

Course Programme 2026/27

Families learning together



Family Learning in Leicester

Helping families grow together!



Family Learning courses are designed to help parents and carers learn new life skills, support their children's development and transform the lives of the whole family.

Family Learning has significant impacts for children, adults, and the wider community.

It can help families improve their opportunities, increase confidence and boost their physical and mental health.

These courses are designed for parents and carers who would like to reconnect with learning and transform the lives of themselves and their family.

For adults that have taken a break from learning, it offers a chance to step back onto the learning ladder.

Courses enable learners to meet families with children the same age and share their experiences as they learn.

This booklet is a guideline of what courses we run. We can tailor courses to the needs of families and your venue.

ALL FAMILY LEARNING COURSES ARE FREE!

Foundation Years

These courses are for families with children aged 3 to 5 years.

Getting Ready for School

1 x 2.5 hour session.

This workshop is for parents with 3 year old children who are getting ready to start Reception/Foundation.

It will support them to understand how to help their child:

- Settle happily
- Feel secure, say how they feel and ask an adult for help
- Play with others and begin to share
- Enjoy exploring new things and making choices
- Listen, talk and understand
- Enjoy rhymes, songs, stories and books
- Walk, run, climb and balance
- Learn self-help skills e.g. Feeding, dressing and toileting.

Early Start

2 hours x 4 weeks.

This short course will support parents to understand:

- The value of using play to support learning
- How to be more confident in supporting their child's learning across all areas of the foundation stage
- How to make learning fun using games and activities.

They will discover the benefits of:

- Using songs and rhymes
- Sharing stories
- Early writing/mark making
- The importance of physical play
- Early maths skills.

English

Reading with Your Child

2 hours x 3 weeks.

This short course will support learners to understand:

- The value of using a wide range of reading materials with your child.
- The reading strategies used in schools
- How to be more confident in supporting your child's reading
- How to make reading fun using games, activities, and props.

English for Parents

2 hours x 6 weeks.

The course is suitable for learners whose first language is not English. The tutor will adapt the learning activities to suit all abilities and needs.

- This course will support learners to practise and develop their basic English skills in speaking, listening, reading and writing.

Exploring Everyday English

2 hours x 6 weeks.

The course is for learners whose first language is not English. It is about using English skills in everyday life to get out and about in Leicester and learn more about the local area, and to integrate into society and reduce social isolation. This will include activities such as using public transport, visiting local attractions and getting to know the city centre...and much more!

Maths

Making Sense of Maths for Parents

2 hours x 6 weeks.

These courses are designed to help parents understand the common methods and language used in maths lessons at schools and how to be more confident supporting their child with their maths learning at home.

Specific tailored courses can be provided to target parents of children in each curriculum stage:

- Foundation
- Key Stage 1 ■ Key Stage 2

Exploring Everyday Maths

2 hours x 6 weeks.

This course will support learners to build their confidence in basic maths skills, how to identify and use maths in everyday life and how to be more confident in helping your child with their maths at home.

Maths Through Stories

2 hours x 3 weeks.

This course is for parents who want to explore embedding maths at home through reading stories with their children. Parents will be introduced to a range of exciting stories and picture books to support their child with learning maths.

This course will help parents to:

- Use reading strategies to explore the maths in popular children's stories
- Have confidence to discuss aspects of everyday maths with their child
- Support their child to create a mathematical story at home.

Family Health & Wellbeing

Family Health and First Aid

2 hours x 6 weeks.

This course will teach learners the basic knowledge and skills to keep their family healthy and safe, including:

- What to do in an emergency
- Preventing accidents around the home
- Understanding common childhood illnesses
- Learning the recovery position and CPR
- Treating choking, bleeds, burns and bandaging
- Exploring aspects of healthy eating.

Screen Time Awareness

1 x 2 hour session.

This session will support learners to understand:

- The positives and negatives of children's screen time
- How excessive screen time can impact children's health and behaviour
- Tips to reduce screen time.

Online Safety Awareness

1 x 2 hour session.

This session will support learners to understand:

- How to explore social media and internet safety together with their child
- The importance of setting passwords and parental controls on all devices
- Age restrictions on social media, websites and games.

Mental Wellbeing

1 x 2.5 hour session.

This session will support learners to understand:

- The importance of understanding what we mean by mental wellbeing
- The importance of exercise and fresh air on mental health
- Quick and simple stress-busting activities and mindfulness techniques.

Emergency First Aid

1 x 2.5 hour session.

This workshop will help learners understand the basic skills to enable them to assist adults, children and babies in an emergency situation.

It will cover:

- What to do in an emergency
- How to put someone in the recovery position.
- How to treat choking
- How to carry out CPR and use a defibrillator.

Promoting Positive Behaviour

2 hours x 6 weeks.

This course will support learners to explore ways of encouraging positive behaviour management, including,

- Identifying triggers of unwanted behaviour
- Understanding the importance of positive language and praise
- Exploring activities to strengthen family relationships
- Exploring strategies that can help to change unwanted or negative behaviour and increase wanted behaviour.

Cost of Living: Tips and Tricks

2 hours x 3 weeks.

This short course has been designed to help learners explore a range of simple ideas about how to ease the cost of living and make their money go further, including:

- Looking at outgoings and learning how to budget effectively
- Energy bills and cost-effective ways of keeping their home warm
- Saving money on shopping and eating nutritious food for less.

Inspiring Curiosity

Learning Through Arts and Craft

2 hours x 3 weeks.

This short course will teach parents a variety of imaginative art and craft activities that they can use to support their child's development, learning and wellbeing.

Too Busy to be Bored

2 hours x 3 weeks.

This short course will support learners to understand how to plan a range of fun activities to do together in school holidays and at weekends:

- Use of recyclable objects for different projects
- Supports their child's understanding of how the world around them works through activities linked to nature and art
- Help learners to choose the best resources to support their child's learning in a fun way during the school holidays – especially on rainy days!

Learning Through Nature

2 hours x 3 weeks.

This short course will help learners to understand:

- The importance of outdoor learning on their child's development
- The positive impact being in nature can have on mental wellbeing
- Environmental awareness and how they can reduce their carbon footprint.

Learning Through Music

2 hours x 3 weeks.

This short course will teach parents a variety of musical activities that they can use to support their child's development, learning and wellbeing, such as making basic instruments, learning about sounds and rhythms, and creating simple pieces of music.

Transition Courses

Moving up from Foundation to Year 1

1 x 2.5 hours session.

This workshop has been designed to help learners and their child prepare to move up from foundation/reception to Year 1.

This workshop will help parents to understand:

- The key differences between Foundation years and Year 1. e.g, literacy / reading time
- The routine of a typical school day in their child's school
- The importance of encouraging their child's independence. e.g, self-help skills.

- How activities they do together further develop their child's learning and understanding
- Using fun speaking and listening activity to promote communication and expressing feeling.

Moving up from Year 6 to Secondary

1 x 2.5 hour session.

This workshop has been designed to help parents and their child prepare for secondary school.

The workshop will help learners to understand:

- The importance of encouraging independence and safety awareness of the environment
- The importance of setting a routine
- How to recognise changes of behaviour and how to support these changes
- The importance of school policies
- Where to find additional support – online or in school.

Exam Preparation

Preparing Your Child for SATs

1 x 2 hour session.

This workshop has been designed to help parents understand how they can best prepare their child for the Year 6 SATs, such as revision techniques, dealing with exam stress and understanding the language and structure of exam questions.

Kalie Shelley

Family Learning

Taking That First Step

After I left college, I became a stay-at-home mum for 18 years. I wanted to get back into work, but I didn't know how to go about making the first step.

I was made aware of Family Learning courses running at the school my children go to, and I thought I would go along. At the beginning, I didn't like talking to new people; there were some other learners that I didn't know, but the courses were relaxing and friendly, and I found I enjoyed learning about new people and their backgrounds.



It got me out of the house. I got into a routine on a Monday morning: I would attend the Family Learning course, and it would set me in motion for the rest of the week. I had energy and drive to continue with my learning journey and I really enjoyed the courses.

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The other learners were supportive, and so were the tutors. I gained confidence in myself, everyone encouraged me to take the next step, and you know what, I've done it... I enrolled on a Teaching Assistant Level 2 course! I've even completed my First Aid course, Introduction to Mental Health 1 and 2, and I've just signed up for a Safeguarding and Employability rights course.

The college is very good at supporting its learners and providing relevant courses to help us develop our skills, and there is always an opportunity to improve and attend new courses.

Family Learning in Leicester

How to Enrol

To enrol on Family Learning courses

call: 0116 454 1900

or sign up at school / venue reception

If you'd like more information please email:

familylearning@leicester.gov.uk

bit.ly/leicesteradultedfamilylearning



Leicester's

**Family
Hub**

A Family Hub is a welcoming place where you can access the services that you need for you and your family, both online and face to face.

The Family Hub network involves local partners working together to support families that are pregnant or have babies, children or teenagers.

Whether you're seeking parenting advice, support for your child's development, or help with more specific needs, the staff at Family Hubs are there to offer information, advice and support designed just for you.

Find out more by going online or look for the Family Hubs logo when you visit a centre.



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