

If you would like to know more about any of these courses you can contact your Family Centre by phone, email or by visiting our website.



### Website



### Facebook



### Instagram



### How to get in touch and find out more:

Email us: [iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

Website: [www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)



<https://families.barnardos.org.uk/>

### West & Central Wight Locality Hub

East Newport Family Centre Pan Community Hub, Furlongs, Newport, IOW  
PO30 2AX  
Tel: 01983 529208

### North East Locality Hub

Ryde Family Centre  
George Street, Ryde IOW,  
PO33 2JF  
Tel: 01983 617617

### South Wight Locality Hub

Sandown Family Centre  
The Fairway, Sandown  
PO36 9EQ  
Tel: 01983 408718

Barnardo's Registered Charity Nos. 216250 and SC037605  
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# Building Blocks for Toddlers Workshop via Zoom



There when you need us



**Building Blocks for Toddlers** is a **FREE**, online workshop for parents/carers with children aged between **nine months and three years**. The workshop is delivered over **2 weeks online** and will cover:

- **Play**
- **Talk**
- **The Art of Praise and Encouragement**
- **Positive Discipline techniques to support parents/carers in managing their child's behaviour.**

These virtual sessions will be interactive and informative, and provide parents/carers with practical play ideas, and examples of resources that they can easily create at home.

### Who will be able to attend?

Parents who have a referral from a professional practitioner, or from Family Centre staff.

Please call and speak to a member of staff if you like to self-refer, or visit our website, detail on the back of this leaflet.

The workshop is for parents/carers only, and because childcare can be tricky, we have put it into an online workshop, so you can join from the comfort of your own home and not have to worry about organising childcare.



### What does the workshop cover?

The workshop is delivered **online via zoom** over **2 weeks**. Each session is approximately **2 hours** long.

This is what will be covered in each session:

#### Session 1:

- Play promotes positive relationships.
- Promoting toddlers' language.

#### Session 2:

- The art of praise and encouragement.
- Positive discipline and handling behaviour.