

In Their Shoes- Understanding Children's Mental Health

Venue & Contact Details	
Venue	Online, using Google for Education,
Phone	020 8583 6000
Email	courses@hounslow.gov.uk
Website	www.hace.ac.uk

About the course

This course is part of our Family Learning Programmes. There are two types of Family Learning Programmes, FEML and WFL, and this course is part of our FEML offer.

FEML Programmes are aimed to give parents and carers the opportunity to find out how things are taught in their children's schools, as well as a chance to share ideas with other parents and develop their own knowledge and skills. (*for WFL course please see our WFL programme offer)

On this course you will explore the world from your child's perspective. You will learn how to 'read' your child's emotions and how outside factors can influence your child's wellbeing. You will also explore ways on how to connect with your child in a way that will support your child's emotional well-being and resilience.

What will I learn?

After this course you will be able to:

- Understand factors that may influence your child's mental health
 - Understand the pressures of society and how to stay connected to your child's needs and wellbeing
 - Discuss how to support your child's holistic needs and the importance building strong attachments/connections
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What are the entry requirements?

To be a parent/ carer of child(ren) - any age

What do I need to bring with me?

- This is an online course – please see the '**Devices and Digital Applications Required for Online Courses**' section below
 - Resources if required
 - You may wish to bring a piece of paper and a pen to take notes
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How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will submit your coursework and track your learning in Google Classroom. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

Devices and digital applications required for online courses

This is an interactive online course which requires access to a good internet connection and a laptop or PC with a camera and microphone. We recommend that you download Google Chrome browser.

If you would like to do this course but you do not have a laptop or a PC to access it, please do contact us as we might be able to help you.

What can I do after completing this course?

- At the end of the course your tutor will advise you on your possible next steps.
- You can call us to find out about upcoming courses on 020 8583 6000

Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
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