

Join us for the Tower Hamlets Annual Parent Conference 2022: Families Matter

Thursday 10 March 2022, online via Zoom

Conference opening: 9.30am with 45-minute bitesize webinars for parents starting on the hour, every hour, from 10am-2pm, plus an evening webinar at 6pm.

To book a place and receive information on how to join the 2022 Annual Parent Conference, please register at: www.eventbrite.co.uk/e/tower-hamlets-annual-parent-conference-2022-families-matter-tickets-274840022907

The Parent and Family Support Service welcomes parents, carers and guardians to join the virtual parent conference for its second year online, with webinars on a range of topics including online safety, children's learning and health, the importance of family communication and understanding and dealing with bullying.

Choose the webinar topics that interest you and support your family. You are welcome to attend as many as you would like.

The full agenda and webinar details are in the table on page 2.

All registered attendees will be sent Zoom details to attend the conference. Some webinars will also be delivered in Bengali and Somali at the same times.

Each registered conference participant will be entered into a prize draw to win family tickets from our conference partners. Many thanks to ICON College of Technology and Management, Half Moon Young People's Theatre and Rich Mix for supporting the conference this year.



For more information, visit:
www.localoffertowerhamlets.co.uk



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TIME	AGENDA
9.30am	<p>Conference opening Welcome and look at the day ahead: Jill McGinley, Head, Parent and Family Support Service Conference Opening Keynote Message: James Thomas, Corporate Director, Children and Culture</p>
<p>Conference webinars Join us for 45-minute bitesize webinars starting on the hour, every hour, from 10am–2pm, plus an evening webinar at 6pm.</p>	
10-10.45am	<p>Keeping your child safe online (also delivered in Bengali and Somali) The internet is amazing. Children can play, learn, create and connect, opening up a world of exciting possibilities, but do you worry about the amount of time your child is spending online, using social media or playing computer games? Find out more about your child's online world and pick up some useful tips to help keep them safe including how to:</p> <ul style="list-style-type: none"> • Manage screen time conflict • Support children's online learning • Understand school learning platforms • Learn about online dangers
11-11.45am	<p>Making learning stick Revision is key to making learning stick, yet so many students don't know how to do it well. Join this inspiring webinar to explore ways parents can support their child to develop good learning habits like revision. Based on the very latest research, you'll discover the most effective revision methods and exam techniques to ensure students can perform at their very best during exams.</p>
12-12.45pm	<p>Healthy child, happy child Do you worry about your child's weight? Having an underweight or overweight child can make us worry and is a sensitive issue to address. Research shows children who achieve a healthy weight tend to be fitter, healthier, better able to learn, are more self-confident and develop lifelong habits for a healthier adult life. Join our webinar to pick up useful tips on how to help your child maintain a healthy weight.</p>
1-2pm	<p>We all have arguments – how can you use yours to help children manage difficult conversations? It is impossible to avoid conflict- parents can't avoid it and neither can children: from domestic chores to Pokémon cards, daily life is full of difficult conversations. In this workshop we will explore how to manage conflict in the home in a way that helps children learn how to cope with conflict in their own lives.</p>
2-2.45pm	<p>Bridging the communication gap (also delivered in Bengali and Somali) As children grow and learn it's natural for them to develop their own thoughts and ideas. In some families, this can create friction and lead to a communication gap. Join this interactive webinar to explore ways parents can meet their children in the middle, improve communication and create stronger family bonds.</p>
<p>Evening webinar and conference close</p>	
6-7pm	<p>Anti-bullying and behaviour support for parents The session will provide top tips about what to do if you're worried about bullying and behaviour. It will explore ways to help you talk to your child about these issues as well as communicating with your child's school about bullying and behaviour concerns.</p> <p>Conference close A thank you message will be emailed to all registered participants with the evaluation survey form and information on the conference participant prize draw.</p>