Professional Development Guide

Spring & Summer 2016

Professional development for Scotland’s children’s sector
Welcome to our training and events programme for Spring and Summer 2016.

Children in Scotland provides a range of learning opportunities developed specifically for people working in the children’s sector. As well as running many of our most popular events again, we’ve listened to you and programmed a series of events that we believe will help you engage more effectively with the children you work with.

As always, we’ve tried to keep the course prices as low as we can and our members continue to receive an additional discount on their bookings. We really hope you find the programme interesting and look forward to welcoming you soon. Please contact us if you have any queries or concerns relating to our events programme.

Contact us
To discuss your own or your organisation’s learning needs, to book a place on one of our events, or to enquire about membership, please contact us via:

- Website: www.childreninscotland.org.uk/training-and-events
- E-mail: events@childreninscotland.org.uk
- Telephone: 0131 313 8828
- Facebook: www.facebook.com/childreninscotland
- Twitter: www.twitter.com/cisweb

About our learning and events
All of our facilitators and presenters are experts in their fields and view sharing their vast experience as a way to give something back to a sector they care passionately about. Our learning opportunities are provided in a variety of formats, workshops and conferences.

Prices for members start at £55 for a half-day / £95 for a full day. Prices for non-members start at £70 for a half-day and £125 for a full day.

In-house training
Training when and where you need it
Children in Scotland in-house training provides a more personal approach to meeting your training needs, at a sensible price. Find out more on page 17.

Learning & events at a glance
For a full list of our upcoming professional development opportunities and dates see pages 22-23.

Children in Scotland
Children in Scotland is the collective voice for: children, young people and families in Scotland; and organisations and businesses that have a significant positive impact on children’s lives. We are an influencing and membership organisation, comprised of representatives from the voluntary, public and private sectors. Our vision is to make Scotland a world leader in achieving the wellbeing of every child and improving the quality of every childhood. Equality, inclusion and leadership are the values guiding our work, underpinned by the United Nations Convention on the Rights of the Child.

We focus on finding answers that make positive, lasting improvements for children and young people in Scotland. Our membership encompasses more than 500 organisations, including statutory agencies, local government, voluntary sector organisations, professional associations and community groups, all of which inform our stance on issues affecting children, young people, families and those who work for them. This makes Children in Scotland the leading voice for the children’s sector in Scotland.

Join us today!
As well as receiving discounts on all of our training and events, our membership benefits package is growing. See page 17 for more information on all of the benefits and why you should join.

* BUY 3 COURSES GET 1 FREE – Applies to training courses only. Cheapest course is free. May not be used in conjunction with any other offer.
Highlights

Preventing child sexual exploitation
Child protection: digital safety
Child protection: for managers and designated persons

A seminar with Dr Bruce Perry
Life story work with troubled children
Mindfulness

Leading change in outdoor provision and practice
Learning through play the Froebel way
Working with young parents

Easy as 1,2,3: how to teach maths creatively
Raising attainment through parental engagement
Nursery to primary: easing transitions through play

There’s more to tears and tantrums
Managing conflict, anger and aggression

Girls and autism
Understanding Pathological Demand Avoidance
Supporting children with autism spectrum disorders

Plus: keep an eye out for new learning opportunities added to our website throughout the year.
www.childreninscotland.org.uk/training-and-events
Every one of us has a responsibility for child protection.

These courses will provide you with greater knowledge and confidence about what to do if you have concerns about a child’s welfare, taking into account changes that are being implemented as a result of the Children and Young People (Scotland) Act 2014.

We have a range of workshops designed to give you a clear understanding of how to recognise, report and record concerns about a child’s welfare, as well as how to confidently take on the role of designated person or manager in a child protection context.

We are also delighted to have Rotherham survivor Emma Jackson coming to Edinburgh to facilitate a unique seminar on preventing Child Sexual Exploitation. It promises to be a challenging and insightful event.

NEW
Preventing childhood sexual exploitation:
a seminar with Rotherham survivor Emma Jackson

Wednesday, 11 May 2016 – Edinburgh
Trainer: Emma Jackson
Cost: from £115

Details: Emma Jackson was 13 when her happy childhood came crashing down. She had no idea that the young lads she met every Saturday in the Rotherham shopping centre were part of an organised child sexual exploitation (CSE) gang targeting young girls.

Captivated by the ringleader, and the alcohol and drugs he freely handed round, Emma didn’t see the first brutal rape coming. From then, her exploitation escalated. She found herself drawn into a trap of degradation and violence, which ultimately led to her and her family leaving the country.

Now an expert author, speaker and CSE adviser, Emma will lead this multi-agency seminar to:
• Share her first-hand experience
• Raise awareness of the signs of grooming and CSE
• Explore ways to improve prevention rates
• Discuss ways to support children, young people and their families affected by sexual exploitation
• Work with your own, and other agencies, to plan improvements to Scotland’s services.

This is a unique opportunity to hear from an inspirational and recent survivor of CSE, and to work with colleagues from across the children’s sector, including police, education, health and social work, to improve our own planning and responses around CSE.

“Emma was amazing – a very honest, thought-provoking insight into CSE. She has single-handedly expanded my understanding of the issue 100%.”
Delegate, Children in Scotland Annual Conference 2015
NEW

Child protection: digital safety

Tuesday, 30 August 2016 – Edinburgh
Trainer: Jon Trew
Cost: from £95

Details: The digital age is upon us and as our children and young people seem one step ahead we need to understand the risks and benefits of internet use, and how to support young people to stay safe online. This workshop takes a practical approach and is split into two parts.

The first part of the day looks at the opportunities and threats around children and young people’s use of the internet and examines conflicting evidence. The second part looks at practical ways to support and protect young people including parental controls, password usage, recording and reporting incidents and helping young people identify risk and protect themselves.

Key learning:
• What are children and young people up to on the internet?
• Social networking: its benefits, risks and importance in our children’s lives
• Do violent games make children violent?
• Sex, abuse and the internet
• Lifestyle blogs including pro-anorexia, self-harming and suicide sites
• Internet addiction – does it exist and how should it be treated?
• How internet illiterate adults can help tech-savvy children grow up safely in a digitally connected world.

Child protection for all: an introduction and refresher

Thursday, 6 October 2016 – Glasgow
Trainer: Alison Ebbitt
Cost: from £95

Details: Even the most experienced among us will benefit from learning about updated legislation and new practice, such as GIRFEC and the Children and Young People (Scotland) Act 2014, including Named Person provision.

This workshop provides an overview of what child protection is, what your individual and organisation’s roles and responsibilities are, and what steps to take should you feel a child requires your support.

Key learning:
• What is ‘child protection’?
• Use the terms ‘child abuse’, ‘harm’ and ‘significant harm’ appropriately
• Identify the indicators of risk
• Recognise what to do if...
• Signpost others and yourself to where to turn for more information.

Child protection: for managers and designated persons

Wednesday, 17 August 2016 – Dundee
Trainer: Campbell Bell
Cost: from £95

Details: This workshop examines the roles and responsibilities of designated persons within the context of national policies and frameworks, such as GIRFEC and the Children and Young People (Scotland) Act 2014, including Named Person provision.

Key learning:
• The role of the designated person
• Policy and legislation
• Referral procedures
• Support to staff
• Best practice in safeguarding.
Scotland should be a world leader in securing the wellbeing of every child.

To help the workforce support children’s wellbeing we want to strengthen knowledge and expertise in areas such as attachment and supporting trauma and loss. We have also introduced a new workshop on secondary trauma and self-care.

We are thrilled to be hosting the only UK date for renowned psychiatrist Dr Bruce Perry (see right). Spaces are limited so book now to ensure you don’t miss out!

**NEW**

**Supporting children with Foetal Alcohol Spectrum Disorders**

Friday, 6 May 2016 (half day, pm) – Edinburgh
Trainer: Eileen Calder
Cost: from £55

**Details:** Foetal Alcohol Spectrum Disorders (FASD) are lifelong conditions that have significant impact on the life of the individual and those around them.

Exposure to alcohol prenatally can interfere with normal development to cause growth deficiency, alterations to the internal organs, skeleton and central nervous system. Often, the conditions go undiagnosed or are misdiagnosed, for example as Autism, which can lead to secondary disabilities.

This workshop provides insight into the wide range of conditions encompassed by FASD and explores practical ways in which to support children and young people affected by them.

**Key learning:**
- History and diagnoses of FASD
- Conditions and symptoms by ages and stages
- Secondary disorders
- FASD impact on learning and development
- Teaching and support tools and strategies.

**NEW - only one UK date**

**A seminar with Dr Bruce Perry: the role of healthy relationships in buffering the impact of childhood trauma**

Monday, 3 October 2016 (half day, am) – Edinburgh
Trainer: Dr Bruce Perry
Cost: from £115

**Details:** Dr Bruce Perry, Senior Fellow of the Child Trauma Academy in Texas, USA, is an internationally recognised expert on working with children in crisis. For more than 30 years he has been an active teacher, clinician, author and researcher in children’s mental health and the neurosciences.

This is a unique opportunity to explore the role of healthy relationships and the impact these can have on children who have suffered traumatic experiences.

**NEW**

**Therapeutic storytelling with children**

Friday, 15 April 2016 – Edinburgh
Trainer: Laura Jones
Cost: from £95

**Details:** The use of storytelling in working with distressed or traumatised children and young people can be a non-threatening, child-led way for them to open up about their experiences, and move forward. This workshop is a balance between the theory behind therapeutic storytelling, and practical exercises which you can take back to your own work with children.

**Key learning:**
- The theory of therapeutic stories
- Structuring a story
- Practical exercises in story writing
- Weaving storytelling into your own work.

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**Key learning:**
- History and diagnoses of FASD
- Conditions and symptoms by ages and stages
- Secondary disorders
- FASD impact on learning and development
- Teaching and support tools and strategies.
NEW
Life story work with troubled children: with world-leading expert Richard Rose

Thursday, 9 June 2016 – Edinburgh
Trainer: Richard Rose
Cost: from £115

Details: Life Story Work is an effective intervention that helps children and young people recover from abuse, trauma or neglect and make sense of a disrupted upbringing in multiple homes or families.

It offers deep reflective work with a child to help them develop a coherent and accurate story of their lives and the lives of people closest to them, which is key for their understanding and acceptance of who they are and their past experiences.

The therapeutic process covers the concepts of attachment, loss, magical thinking, identity and meaning.

Through the process, children and young people often reflect in the most moving and profound ways on what has happened to them, including the effect that significant people in their lives have had on their self-esteem and sense of self, and on what is happening to them.

As a result, they develop a far better sense of who they are, their history and how they want to live their lives.

Key learning:
• Understand the value of comprehensive life story work
• Understand the value and various models of information collation
• Know how to communicate with children and their emotions
• Address and confront the sensitive and painful issues of trauma and loss and turn these to acceptance
• Create Life Story books that are useful, valuable and represent the child.

NEW
Inclusive play for every body

Friday, 20 May 2016 – Edinburgh (half-day, pm)
Trainer: The Yard
Cost: from £55

Details: The ability to play, laugh and have fun should be available to all of our children, regardless of any physical or learning difficulties.

At The Yard, staff create inclusive play for all of the children through the use of junk and materials that others would cast aside.

This interactive workshop explores ways in which you can create opportunities for play for every child in your setting.

Key learning:
• Benefits of play
• Ways to play for all
• Making play accessible
• Play on a budget – creating equipment with junk.

The power of play therapy

Thursday, 28 April 2016 – Edinburgh
Trainer: Berni Stringer
Cost: from £115

Details: A child who is or has been frightened or distressed, or who is angry about their experience of life, might show it in ways that do not seem to make sense to those who care for him or her.

Non-directive play is an empirically supported approach to helping distressed children and young people explore painful feelings, and understand distressing or traumatic experiences or situations, which they may or may not be able to recall in words. It is a non-threatening method of working with all children, but particularly those who may be difficult to engage as a result of harmful experiences.

Key learning:
• The four key skills of non-directive play therapy
• Explore the importance of play as a means of understanding experiences
• Begin to recognise play themes and consider the application of play therapy with different presenting problems
• Practice the key skills of non-directive play therapy.

“Superb course: well delivered, animated and interesting.”
Delegate, Life Story Work with troubled children
The impact of trauma and loss on adopted and fostered children

Thursday, 21 April 2016 – Edinburgh
Trainer: Dr Margot Sunderland
Cost: from £125

Details: A fantastic opportunity for adopters, prospective adopters and professionals to develop strategies to support trauma-experienced children.

Dr Sunderland will address:
• The effects of developmental trauma and loss
• What happens to the brain and how to heal the traumatised mind
• How to respond when a child shuts down their capacity to feel.

Dr Sunderland will present a variety of effective interventions that overcome long-term mental health problems from ungrieved traumatic loss.

Key learning:
• Recognise signs and symptoms of trauma and traumatic loss in children and teenagers
• Gain a working knowledge of how a child can move from trauma and traumatic loss to violence
• Connect with the child or young person who experiences the world as threatening and hostile.

“This training has really encouraged me to develop specific ‘trauma’-based practice and interventions.”
Delegate, Secondary trauma and self-care

Positive mental health in children and young people

Wednesday, 14 September 2016 – Edinburgh
Trainer: Alison Ebbitt
Cost: from £95

Details: Just as first aid can help prevent a physical injury from becoming worse, so mental health first aid can support improvement in mental wellbeing.

While this course does not train you to become a mental health professional, it will give you an invaluable understanding of mental health and relevant strategies to support young people.

Key learning:
• How to discuss mental distress
• Provision of initial support
• Signposting to appropriate help
• Signs and symptoms of conditions, including: depression and anxiety, eating disorders, substance misuse and self-harm

Secondary trauma and self-care

Friday, 28 October, 2016 – Dundee
Trainer: Fiona Lettice and Barbara Godden
Cost: from £95

Details: Secondary trauma is an emotional reaction that occurs through indirect exposure to someone else’s traumatic experience. For example, foster carers supporting children in their care through trauma. Its symptoms mimic those of post-traumatic stress disorder.

This course explains the causes and effects of secondary trauma and offers ways in which to self-protect and care in order to minimise and prevent the risk of being impacted.

Key learning:
• Key indicators of secondary trauma
• Related conditions
• Recognising secondary trauma within yourself and others
• Tools and techniques for foster carers and adopters
• Prevention through self-care.

Building attachment: theory into practice

Monday, 7 November 2016 – Glasgow
Trainer: Jan Montgomery
Cost: from £95

Details: Insecure attachments in early parenting leave children vulnerable and their development processes incomplete when they reach school age and beyond.

This course will explore ways to support children and young people with attachment issues, including establishing a holistic behaviour management approach to promote mutual respect, co-operation and responsibility.

Key learning:
• Attachment theory and different types of attachment
• The link between attachment and relationships
• Building resilience
• Attachment patterns
• Brain development
• Neuroplasticity.
Bereavement, trauma and loss

Module 1: Introduction to bereavement, trauma and loss

Friday, 30 September 2016, 12:30pm-4pm – Edinburgh
Trainer: Steve Sweeney, Barnardo’s
Cost: from £55

Details: One in 29 schoolchildren has lost a parent or sibling, one of the most difficult experiences they will ever have to face. It is also particularly challenging for all the adults concerned with their safety, wellbeing, learning and development. This training provides an introduction to children’s reactions to bereavement.

Key learning:
• Definitions of grief, loss, bereavement and trauma
• Psychological adjustment to loss
• Attachment theory including separation distress
• Factors affecting the grieving process
• Appropriate support to provide by age.

Module 2: Providing practical and compassionate support

Friday, 3 June 2016 – Dundee
Friday 20 January 2017 – Edinburgh
Trainer: Steve Sweeney, Barnardo’s.
Cost: from £95

Details: This workshop builds on the learning from module one and explores practical ways to support children and young people who are dealing with bereavement, trauma and loss.

Key learning:
• Age-appropriate communication and ‘what to say’
• Supportive strategies
• Therapeutic support
• Compiling a support plan
• Grief models
• Working with hope.

Supporting children who internalise their distress

Monday, 6 June 2016 – Dundee
Trainer: Jan Montgomery
Cost: from £95

Details: There are many reasons why children internalise their distress rather than talk or act it out. They can end up being thought of as quiet, shy and well-behaved when actually they are in pain and can seem invisible to those working with them.

This workshop explores how to help these children and young people who often can’t ask for help themselves.

Key learning:
• Theory of internalisation
• Recognising internalised distress
• Creative arts techniques
• Trust issues
• Brain development and attachment theory
• Communication techniques
• Neuroplasticity.

Mindfulness

Friday, 3 June 2016 - Edinburgh
Thursday, 8 September 2016 - Stirling
Trainer: Stan Godek
Cost: from £95

Details: This very practical workshop explores what mindfulness is and how it may be used to support children and young people through difficult situations.

Key learning:
• Explaining mindfulness to children in a meaningful way
• Breathing, imagining and visualisation techniques
• The link between regulating emotions and impulsive behaviour
• Applying mindfulness techniques with young people
• Body awareness and progressive relaxation exercises
• Mindful awareness exercises.

“Fantastic training; very well presented and lots of knowledge shared.”
Delegate, Supporting children who internalise their distress

A practical guide to mindfulness work with children and young people

Combine practical instructions, exercises and illustrations to help practitioners apply mindfulness in a wide range of settings. Stan draws on his work with the Royal Blind School in Edinburgh, detailing how mindfulness techniques can be used as part of Curriculum for Excellence.

www.childreninscotland.org.uk/mindfulness
This series of learning opportunities are for those working with our youngest children to support them with their learning, development and behaviours.

For spring and summer 2016 we have a focus on outdoor learning, the use of play in early years settings, and helping parents to ease transitions, support learning and enhance inclusion.

“Play is the highest expression of childhood development; it alone is the free expression of a child’s soul.” Friedrich Froebel

NEW
Inclusive play for every body

Friday, 20 May 2016 – Edinburgh (half-day, pm)
Trainer: The Yard
Cost: from £55

Details: The ability to play, laugh and have fun should be available to all of our children, regardless of any physical or learning difficulties.

At The Yard, staff create inclusive play for all of the children through use of junk and materials that others would cast aside.

This interactive workshop explores ways in which you can create opportunities for play for every child in your setting.

Key learning:
• Benefits of play
• Ways to play for all
• Making play accessible
• Play on a budget – creating equipment with junk.

NEW
The great escape: leading change in outdoor provision and practice
A course for managers and leaders

Friday, 16 September 2016 – Edinburgh
Trainer: Menna Godfrey
Cost: from £115

Details: As the “language of childhood”, outdoor play is how children acquire and refine new skills and build their competencies and confidence. Play is now also recognised in policy in early years strategies and Curriculum for Excellence.

Key learning:
In this masterclass Menna Godfrey will give delegates the opportunity to learn more about:

• The importance of outdoor play, and how to assess and lead change in outdoor provision and practice
• Some of the ‘keys’ in provision and practice outdoors that unlock its potential as a powerful environment for wellbeing and learning
• Mechanisms to develop well-planned, rich outdoor play experiences
• Starting points for initiating change in your own setting’s outdoor provision and practice.

“Play is the highest expression of childhood development; it alone is the free expression of a child’s soul.” Friedrich Froebel
There’s more to tears and tantrums: supporting distressed early years children

Late 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

Details: This course explores children’s brain development through pre-birth, post-birth and throughout infancy, and how this affects their behaviours, learning and development. It then provides techniques for supporting young children therapeutically and dealing effectively with behaviours which challenge you.

Key learning:
-  The impact of pre- and post-birth stress on children
-  How children self-regulate emotional states and what may impede this
-  The attachment process
-  Hyperarousal and hyperactivity
-  Empathy, resilience and socialisation
-  Vygotsky’s therapeutic use of play
-  Affective attunement.

Learning through play the Froebel way

Friday, 26 August 2016 – Edinburgh
Trainer: Cowgate Nursery
Cost: from £95

Details: Friedrich Froebel was a pioneer of early childhood education, and created the first kindergarten in 1837. His theory that play is the highest expression of childhood development; it alone is the free expression of a child’s soul’ has been applied within early years establishments across the globe.

This workshop with the acclaimed Cowgate Nursery in Edinburgh explores practical ways to put Froebel’s theories into action in your own setting.

Key learning:
-  Physical activity
-  Sensory awareness
-  Creative expression
-  Exploration of ideas
-  The experience of living among others.

Working with young parents

Monday, 5 September 2016 – Edinburgh
Trainer: Jan Montgomery
Cost: from £95

Details: There are many reasons why young people decide to become parents. This course explores how to support them through pregnancy, post-birth and the early years and to become positive, nurturing parents.

Key learning:
-  Why young people decide to become parents
-  Pressures on young people and societal expectations
-  How parents’ thoughts, feelings and behaviours affect baby
-  Attachment theory
-  Basic neuroscience and how brains develop
-  Techniques to help young parents cope with stress.
The power of play therapy

Thursday, 28 April 2016 – Edinburgh
Trainer: Berni Stringer
Cost: from £115

Details: A child who is or has been frightened or distressed, or who is angry about their experience of life, might show it in ways that do not seem to make sense to those who care for him or her.

Non-directive play is an empirically supported approach to helping distressed children and young people explore painful feelings, and understand distressing or traumatic experiences or situations, which they may or may not be able to recall in words.

It is a non-threatening method of working with all children, but particularly those who may be difficult to engage as a result of harmful experiences.

Key learning:
• Four key skills of non-directive play therapy
• The importance of play as a means of understanding experiences
• Play themes and the application of play therapy with different presenting problems
• Practice the key skills of non-directive play therapy.

“Really enjoyed the course and gave me a new field to consider as a career path.”
Delegate, The power of play therapy

Social pedagogy

Friday, 16 September 2016 – Edinburgh
Trainer: Gabriel Eichsteller. Cost: from £95

Details: Social pedagogy is a holistic way of working with children and young people in a range of different settings.

Social pedagogues support children’s wellbeing and happiness, and facilitate opportunities for learning and growth that enable children to build positive relationships with others, feel included into groups and become more self-sufficient.

Their practice is underpinned by humanistic values and principles which view children as resourceful and rich in their potential.

Key learning:
• Foundations of social pedagogy and its philosophical orientation
• Group activities to experience what social pedagogy feels like
• Key concepts within social pedagogical practice
• Case studies on how social pedagogues work with children and young people in diverse setting
• Discussion of possibilities for developing social pedagogy principles within your own practice.

“I will implement this among my team.”
Delegate, Social pedagogy

Building attachment: theory into practice

Monday, 7 November 2016 – Glasgow
Trainer: Jan Montgomery
Cost: from £95

Details: Attachment is the tie or bond of affection which forms between the child and his or her main carer. Insecure attachments leave children vulnerable and their development processes are incomplete when they reach school age. This course will explore ways to support children with attachment issues, including establishing a holistic behaviour management approach to promote mutual respect, co-operation and responsibility.

Key learning:
• Attachment theory and different types of attachment
• The link between attachment and relationships
• Building resilience
• Attachment patterns
• Brain development
• Neuroplasticity.
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Meditation books, cds - all ages
Support for Special Needs, Autism & ADHD

www.teachchildrenmeditation.com
Smarter schools

Getting it Right for Every Child (GIRFEC) means continually learning from the latest international evidence and research to make learning in Scottish schools as effective — and creative — as possible.

This series of learning opportunities brings new thinking and ideas for educators delivering CfE throughout Scotland.

Workshops on the calendar include Magical Maths and Raising Attainment through Parental Engagement.

NEW
Boys will be ... brilliant: breaking through the barriers to boys achievement

Friday, 11 November 2016 – Edinburgh
Trainer: Gary Wilson
Cost: from £115

Details: This course will highlight all the barriers to boys’ achievement and explore effective strategies to break them down.

The focus will be on boys and literacy, emotional intelligence, dealing with peer pressure, raising expectations, working with parents and much more.

The day will cover three sessions:
• Setting the context of boys’ underachievement
• Addressing the full range of barriers to boys’ achievement and effective strategies to break them down. This session will focus particularly on literacy.
• The remaining barriers and effective strategies.

During the course Gary will focus on emotional intelligence, peer pressure, teacher expectations, appropriate teaching and learning styles that hit all the buttons for boys without disadvantaging the girls.

Gary will also cover working with parents and offer a variety of models to take the work forward. Throughout the day there will be opportunities for discussion and reflection.

Attendees will come away with a greater insight into the reasons for boys underachievement and a range of strategies to address this issue.

Nursery to primary: easing transitions through play

Friday, 7 October 2016 – Edinburgh
Trainer: Chris Miles
Cost: from £95

Details: A key part of the drive to make transitions easier for children was Curriculum for Excellence’s proposal that more ‘nursery’ type learning through play should be practised in the early stages of primary. As this is a significant departure from the norm for many schools in Scotland, this workshop has been designed to explore how transformation can be achieved and the opportunities it presents.

Key learning:
• Adapting current settings to include more play
• Ensuring progression in learning
• The role of the teacher
• Finding confidence to try out a different way of working
• Being more adventurous.

Supporting children and young people with autistic spectrum disorders

Supporting primary-aged children and their families

Supporting teenagers and their families

— See page 19
Raising attainment through parental engagement

Friday, 9 September 2016 – Edinburgh
Trainer: Val Corry
Cost: from £115

Details: Parental engagement is a powerful lever for raising attainment in schools. Using this as a backdrop, this training event will seek to give delegates the tools to effectively plan approaches to engaging parents in order to improve educational attainment for children and young people.

Key learning:
• Demonstrate the evidence base for why engaging with parents is effective for raising attainment
• Give delegates an insight into understanding parents’ needs and barriers
• Address different strategies for engagement
• Facilitate knowledge exchange in relation to parental engagement, and ideas to progress.

NEW
Making maths magical: building enjoyment and success into primary maths

Friday, 22 April 2016 – Edinburgh
Trainer: Andrew Jeffery
Cost: from £115

Details: Teachers and pupils sometimes feel that maths can be a bit of a dry subject. They shouldn’t have to.

Delegates will explore how pupils between the ages of 5 and 7 learn mathematics best. Andrew introduces a range of activities that encompass all learning styles and are guaranteed to support children’s learning in creative, logical ways.

You will also be learning a magic maths trick or two to take away and amaze your class!

Key learning:
• Lasting motivation, understanding and enthusiasm
• Exciting research-based ideas and activities for teaching maths in creative ways
• Concrete ideas for teaching key concepts that work in real classrooms
• Learn new ways to kick-start your lesson to ensure maximum engagement
• Share research on how children learn best, and some activities which support that research.

NEW
ABC, 123: Using music to improve numeracy and literacy

Monday, 9 May 2016 – Edinburgh
Trainer: Lucinda Geoghegan
Cost: from £95

Details: “Babies are born with a desire to communicate – they have a special language more akin to music than speech.” Sally Goddart Blythe

Singing is a powerful tool in the acquisition of language – it slows down the sounds of speech, articulation is clearer and vowel sounds are longer. Songs also help young children understand number, colour and shape, patterns and sequencing. In this session, Lucinda Geoghegan will explain how musical skills act as a support for literacy and numeracy development in the early and primary years.

Key learning:
• Practical hands-on activities
• Singing games with movement to encourage basic musical skills and concepts
• Development of skills to act as support for literacy and numeracy development in primary schools
• Links to Curriculum for Excellence outcomes and experiences.

NEW
ABC, 123: Using music to improve numeracy and literacy

www.childreninscotland.org.uk/training-and-events

Easy as 1,2,3: how to teach maths creatively (Primary Years)

Thursday, 26 January, 2017 – Edinburgh
Trainer: Rob Eastaway
Cost: from £115

Details: Make learning maths creative and achievable for children and young people inside and outside of the classroom.

Key learning:
• Creative implementation of Curriculum for Excellence by looking at maths in relation to real life situations
• Using numeracy across the curriculum to enhance learning
• Games, puzzles, curiosities, and mathematical “magic” to transfer straight to the classroom
• Maths activities for parents to incorporate into their busy lives.

Raising attainment through parental engagement

NEW
ABC, 123: Using music to improve numeracy and literacy
Understanding behaviours

There are many contributing factors that can lead young people to initiate conflict and display behaviours that practitioners may find challenging.

These courses explore the possible underlying issues and the triggers behind the behaviours, providing practical techniques and strategies for dealing with them in a positive way.

**Introduction to conflict, anger and aggression in primary-aged children**

Thursday, 3 November 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

**Key learning:**
- Key reasons why children become angry
- Impact of stress on brain development
- Attachment Theory
- Emotional and cognitive brain development
- The Arousal Cycle
- Neuroplasticity
- De-escalating strategies.

**There’s more to tears and tantrums: supporting distressed early years children**

Late 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

**Details:** This course explores children’s brain development through pre-birth, post-birth and throughout infancy, and how this affects their behaviours, learning and development. It then provides techniques for supporting young children therapeutically and dealing effectively with behaviours which challenge you.

**Key learning:**
- The impact of pre- and post-birth stress on children
- How children self-regulate emotional states and what may impede this
- The attachment process
- Hyperarousal and hyperactivity
- Empathy, resilience and socialisation
- Vygotsky’s therapeutic use of play
- Affective attunement.

**“Now have some excellent tools to use in difficult situations. Feel equipped to respond more appropriately – feel educated rather than just guessing wildly.”**

Delegate, Advanced Techniques in managing conflict, anger and aggression

**Advanced techniques in managing conflict, anger and aggression in primary-aged children**

Late 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

**Key learning:**
- Cognitive process of negative experiences
- Development and importance of empathy in self-regulation of emotions
- Stress reduction techniques and self-regulation of emotions
- Stress reduction techniques and self-regulation of emotions
- Techniques to alleviate aggressive behaviour
- Impact of insecure styles of attachment
- Cognitive processing of emotional and traumatic events
- Process of socialisation and what impedes children from engaging in appropriate behaviours
- Effect of hormones and stress on feelings and behaviours.
Introduction to conflict, anger and aggression in teenagers

Late 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

Key learning:
• Impact of unregulated stress
• Adolescence as a concept and young people’s perceptions of the adult world
• The nature of aggression
• Conflict and confrontation with authority
• Identity versus role confusion
• Attachment in adolescence
• Criminality pathway.

Advanced techniques in managing conflict, anger and aggression in teenagers

Thursday, 9 June 2016 – Edinburgh
Trainer: Stan Godek
Cost: from £95

Key learning:
• Attachment in adolescence and its impact on behaviours
• Reducing the impact of stress on brain development and neuroplasticity
• Approaching adolescent brain development as an opportunity rather than a crisis
• Role of empathy in lessening aggressive and violent behaviour
• Brain development and the impact of hormonal change in adolescence
• Impact of stress on the opportunities for effective therapeutic intervention.

MEMBERSHIP: WHAT’S IN IT FOR YOU?

Being in membership with Children in Scotland adds your voice to an influential network of more than 500 voluntary, statutory and professional organisations and individuals, representing over 10,000 individuals working with children, young people and their families in Scotland.

As well as receiving substantial discounts on all our training and events, including in-house training, members also benefit from:

• A free subscription to our bi-monthly magazine
• Access to a free legal helpline offering support and advice
• Membership of Scotland’s Children’s Sector Forum
• Invitations to exclusive events and networking opportunities
• Daily and weekly news bulletins and policy updates e-mailed direct to your inbox
• Exclusive briefings on policy and legislation
• Practical resources from the members’ section of our website
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An individual membership costs just £60, and school memberships start at £65 for the year.

To join today, email: membership@childreninscotland.org.uk or phone 0131 313 8828.

In-house training
Training when and where you need it

If there’s a training course that you would like to attend, but there isn’t a suitable date, we can run any of our courses for you as in-house training.

This means that not only can you pick a time, date and venue which suits you, but we will work with you to personalise the training to meet your organisation’s specific needs.

Prices for a full-day workshop start from just £850 for up to 18 people.

Contact training@childreninscotland.org.uk to enquire.
Inclusion and ASN

These learning opportunities support our aim that Scotland becomes a nation where all children and young people have equal opportunities to thrive and experience high quality services that meet their needs and help them achieve their aspirations.

NEW
Understanding Pathological Demand Avoidance Syndrome in children

Wednesday, 25 May 2016 – Edinburgh
Trainer: Ruth Fidler
Cost: from £115

Details: Pathological Demand Avoidance Syndrome (PDA) is increasingly recognised as part of the autism spectrum.

Information on PDA is extremely limited and there are very few forums for learning about the disorder. This event is a rare opportunity to hear experts in the field discussing the latest strategies and best practice.

Key learning:
• What PDA is
• Implications for a child diagnosed with the disorder
• What we can learn from the very latest research
• Practical strategies for interacting with children with PDA.

NEW
Autism and emotional wellbeing: A seminar with Sarah Hendrickx

Wednesday, 20 April 2016 – Edinburgh
Trainer: Sarah Hendrickx
Cost: from £115

Details: The day will be delivered in two parts, focusing on anxiety and happiness.

Anxiety is well accepted as a frequently seen impact of autism in children and young people. Understanding the causal factors of anxiety is key to developing self-understanding and realistic goal-setting.

Key learning will include resources, tools and ideas to support anxiety management from a self-help and practitioner-guided perspective.

The second part of the day will focus on the positive side of wellbeing. Happiness is often considered to be the ultimate mark of a good life. But what is it? How do you get it, and how do you keep hold of it? Happiness is a hard concept to pin down for most people, but can we assume that it has the same meaning for autistic people?

Key learning:
• An exploration of what happiness means from an autistic perspective
• How to support autistic children and young people to achieve happiness.

Girls and autism

Monday, 31 October 2016 – Glasgow
Trainer: Sarah Hendrickx
Cost: from £95

Details: Despite the increasing numbers of girls being diagnosed with Autism Spectrum Disorder, girls are still less likely to be identified than boys. Research shows that this can be due to a number of reasons, such as girls being more able to interact socially through delayed imitation. As a result, they are often not referred for diagnosis and miss out on suitable support.

This seminar will be led by Sarah Hendrickx, an expert and author in Autism Spectrum conditions and neuro-diversity, who also happens to have Asperger Syndrome.

Key learning:
• Current research into girls on the spectrum
• What’s the difference – how autism presents differently in girls
• Diagnosis and how to apply the criteria
• Analysis of the diagnostic criteria in relation to girls
• Key problems that girls face
• Strategies to support girls on the spectrum and their families.
Music therapy for children with autism and related conditions

Wednesday, 14 September 2016 – Edinburgh
Trainer: Jacqueline Z Robarts
Cost: from £115

Details: Research shows that children with autism respond positively to music.
This workshop will provide an introduction to what musical communication and interaction can offer children with autism and social-communication difficulties.

Key learning:
- The significance of musical interaction for children with social communication needs and developmental delay
- Developmental and psychodynamic aspects of music therapy
- Co-active and avoidant styles of communicating in musical interaction
- Using music to bring about emotional regulation and practical skills using music to encourage social communication.

Accelerated progress for pupils with speech, language and communication difficulties: Using iPad and Android technology

Wednesday, 28 September 2016 – Edinburgh
Trainer: Chris Williams
Cost: from £115

Details: This course provides accessible and proven activities to support all adults working with children who have speech, language and communication needs.

Key learning:
- A strong understanding of how technology can remove barriers facing children with speech, language and communication difficulties
- Understand a range of simple, transferable and flexible approaches to support pupils’ development
- Know how to use technology-based applications to provide structured programmes of supporting activities for individual pupils and groups
- A strong understanding of key principles in recording and assessment and innovative ways to enhance the purpose and value of assessment with technology.

Supporting children and young people with autistic spectrum disorders

Supporting early years children and their families
August 2016
Trainer: Autism Network Scotland
Cost: from £95

Supporting primary-aged children and their families
Friday, 25 May 2016, Glasgow
Trainer: Adele Kytzia
Cost: from £95

Supporting teenagers and their families
Late 2016,
Trainer: Adele Kytzia, Glasgow
Cost: from £95

Details: As awareness of Autism Spectrum Disorder (ASD) is on the rise, more children are being diagnosed in their early years and beyond. It is widely accepted that the earlier the intervention, the better support can be provided to children and their families.

This series of courses looks at age-appropriate ways to support children and young people and their families throughout and following a diagnosis of autism.

Key learning:
- Autism Spectrum Disorders and how they present in different ages
- What to expect from the diagnostic process
- Age-appropriate explanations of ASD and its effects
- Practical ways to support learning and development
- Communication strategies
- Provision of emotional and practical support to families.
Do you teach a visually impaired pupil?

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Starcatchers’ Creative Skills approach uses practical arts training to help Early Years practitioners feel, and be, more creative.

“It’s not being told what to do, it’s about a new way of thinking about your practice. You get to be more creative about being creative.” Nursery practitioner, Aberdeen

We specialise in training in open-ended, child-led creative arts experiences that support delivery of GIRFEC and Curriculum For Excellence, including:
• In-service days
• Bespoke training programmes
• Practical arts training for 0-3s and 3-5s
• Break out taster sessions within larger events

All our training is delivered by artists who specialise in working with babies and young children. For more information visit www.starcatchers.org.uk or email info@starcatchers.org.uk

Video Interaction Guidance (VIG) is a strengths-based therapeutic intervention, with a growing evidence base. It helps clients bring about positive change in their important relationships by promoting attuned interactions.

The programme, which is fully accredited by AVIGuk, includes half-day training sessions in VIG, plentiful leisure and sightseeing time, and all accommodation.

The Orkney archipelago lies off John O’Groats in the north of Scotland. You can enjoy Orkney’s world-renowned archaeological sites, as well as abundant nature, high-quality local produce from land and sea, and the rich cultural heritage.

For availability and prices please enquire from Miriam Landor, miriam@vigorkney.co.uk, (programme leader, AVIGuk-accredited National Supervisor / trainer).

Visit www.vigorkney.co.uk

Are you seeking to improve outcomes for those who struggle with relationships?

Video Interaction Guidance (VIG) is an evidence-based approach for the development, sustainability and repair of satisfying and effective relationships – between parents and children, teachers and pupils, health staff and patients, social care staff and clients, etc.

In recent N.I.C.E. guidelines this type of approach has been recognised as improving:

- maternal/paternal sensitivity
- attachment
- joint attention
- engagement and reciprocal communication

SeeChange specialises in training professionals to deliver Video Interaction Guidance (VIG) and Video Enhanced Reflective Practice (VERP) the application of VIG for professional development. SeeChange members are accredited by the Association for Video Interaction Guidance UK (www.videointeractionguidance.net).

For more information and to discuss how we can meet your needs please contact us via email at:

seechangevig@gmail.com

Annual Conference - save the date: Wednesday 2 and Thursday 3 November 2016
www.childreninscotland.org.uk/training-and-events
# Learning events at a glance

## April 2016
- **New** Therapeutic storytelling with children  
  15 April, Edinburgh  
  6
- **New** Autism and emotional wellbeing: a seminar with Sarah Hendrickx  
  20 April, Edinburgh  
  18
- The impact of trauma and loss on adopted and fostered children  
  21 April, Edinburgh  
  8
- **New** Making maths magical: building enjoyment and success into primary maths  
  22 April, Edinburgh  
  15
- **New** The power of play therapy  
  28 April, Edinburgh  
  7

## May 2016
- **New** Supporting children with Foetal Alcohol Spectrum Disorders  
  06 May, Edinburgh  
  6
- **New** ABC, 123: using music to improve numeracy and literacy  
  09 May, Edinburgh  
  15
- **New** Preventing CSE: a seminar with Rotherham survivor Emma Jackson  
  11 May, Edinburgh  
  4
- **New** Inclusive play for every body  
  20 May, Edinburgh  
  7
- **New** Understanding Pathological Demand Avoidance Syndrome in children  
  25 May, Edinburgh  
  18
- **New** Supporting children with autistic spectrum disorders (primary)  
  25 May, Edinburgh  
  19

## June 2016
- Mindfulness  
  03 June, Edinburgh  
  9
- Bereavement, trauma and loss (module 2)  
  03 June, Dundee  
  9
- Supporting children who internalise their distress (primary)  
  06 June, Dundee  
  9
- **New** Life story work with troubled children (with Richard Rose)  
  09 June, Edinburgh  
  7
- Advanced techniques in managing conflict, anger and aggression in teenagers  
  09 June, Edinburgh  
  17

## July 2016
- Keep an eye out for new learning opportunities added to our website throughout the year:  
  www.childreninscotland.org.uk/training-and-events

## August 2016
- **New** Supporting early years children with autistic spectrum disorders  
  August, Edinburgh  
  11
- Child protection: for managers and designated persons  
  17 August, Dundee  
  5
- **New** Child protection: digital safety  
  30 August, Edinburgh  
  5
- Learning through play the Froebel way  
  26 August, Edinburgh  
  11

## September 2016
- Working with young parents  
  05 Sept, Edinburgh  
  11
- Mindfulness  
  08 Sept, Stirling  
  9
- Raising attainment through parental engagement  
  09 Sept, Edinburgh  
  15
- Music therapy for children with autism and related conditions  
  14 Sept, Edinburgh  
  19
- Positive mental health in children and young people  
  14 Sept, Edinburgh  
  8
- **New** The great escape: leading change in outdoor provision and practice  
  16 Sept, Edinburgh  
  10
- Social pedagogy  
  16 Sept, Edinburgh  
  12
- Accelerated progress for pupils with communication difficulties  
  28 Sept, Edinburgh  
  19
- Bereavement, trauma and loss (module 1)  
  30 Sept, Edinburgh  
  9
Keep up to date with our website as new learning opportunities are added throughout the year.

October 2016

- **New** A seminar with Dr Bruce Perry 03 Oct, Edinburgh 6
- Child protection for all: an introduction and refresher 06 Oct, Glasgow 5
- Nursery to primary: easing transitions through play 07 Oct, Edinburgh 14
- Secondary trauma and self-care 28 Oct, Dundee 8
- Girls and autism 31 Oct, Glasgow 18

November 2016

Children in Scotland's annual conference, 2-3 November, North Lanarkshire

- Introduction to conflict, anger and aggression in primary-aged children 03 Nov, Edinburgh 16
- Building attachment: theory into practice 07 Nov, Glasgow 8
- **New** Boys will be... brilliant: breaking through the barriers to boys' achievement 11 Nov, Edinburgh 14

December 2016

Keep an eye out for new learning opportunities added to our website throughout the year:

www.childreninscotland.org.uk/training-and-events

LATE 2016 (dates TBC)

- There's more to tears and tantrums: supporting distressed early years children Edinburgh 11
- Introduction to conflict, anger and aggression in teenagers Edinburgh 17
- Advanced techniques in managing conflict, anger and aggression in primary children Edinburgh 16
- Supporting teenagers with autistic spectrum disorders Glasgow 19

January 2017

- Bereavement, trauma and loss (module 2) 20 Jan, Edinburgh 9
- Easy as 1,2,3: How to teach maths creatively (primary) with Rob Eastaway 26 Jan, Edinburgh 15