

Family learning offer a variety of free courses designed to increase the skills of parents, grandparents and carers of children.

Courses are being delivered on-line, give it a try and it doesn't matter if children join in.

To book onto a course call **01482 615 349** or email learneradvice@hullcc.gov.uk.

Unsure about which course is best for you, speak to one of our tutors at one of our on-line open events. To receive an invite e-mail learneradvice@hullcc.gov.uk, state which event you would like to attend, and the details of how to join will be sent to you. *Details of events can be found below.

Christmas healthy plate 1 week	
<p>This 1 week online course is designed to give you confidence, ideas and support to plan, design and cook healthy meals for your family.</p> <ul style="list-style-type: none"> • Introduces you what is meant by a balanced diet and food groups. • a look at portion sizes • sharing of ideas for the festive period 	<p>Start date Tuesday---8/12/20 –10.00- 11.00</p>
Introduction to first aid for parents 1 week	
<p>This 1 week course aims to improve your own understanding, knowledge and skills that you can use at home.</p> <ul style="list-style-type: none"> • Actions to take for choking. • Treating cuts and bruises. • Treating minor burns. • Instruction on CPR 	<p>Start date Tuesday---8/12/20- 10.00-11.00</p>
Adjective treasure hunt 2 week	
<p>This 1 week course is designed to make English fun with your children plus update your own knowledge.</p> <ul style="list-style-type: none"> • we explore what adjectives are • Opportunity for you to undertake some creative writing. • Reading and discussing some well-known children's texts . • Activities to try at home 	<p>Start date 10/12/20--- 10-11.00--Thursday</p>

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Christmas Weigh your home	
<p>This 1 week course has been designed to help you bring Maths to life within your home.</p> <ul style="list-style-type: none"> • Explore how to use every day object to support learning at home. • Find ways to support your children with understand weighs. • Fun activities to try and share. 	<p>Start date 9/12/20— 10.00- 11.00--Wednesday</p>

Introduction to phonics	
<p>This 1 week course has been designed to help you be able to support your children learn phonics.</p> <ul style="list-style-type: none"> • An introduction into phonic, allowing you to explore and ask questions • Helpful tips to supporting children spell using phonic. • Activities for you to try at home 	<p>Start date 10/12/20---Thursday---13-14.00</p>

Christmas tally workshop	
<p>This 1 week workshop has been designed to bring maths to life within the home.</p> <ul style="list-style-type: none"> • Instruction and advice of how to use tallies and graphs. • Fun activities to try at home. • Further and refresh your own knowledge 	<p>Start date 10/12/20---Thursday---10-11.00</p>