

## EDUCATING CHILDREN

- READING MATTERS** Separate sessions tailored to support children of ages 0-4, 4-6 and 7-11. Practical advice on how children learn to read, how to motivate them, tips on selecting books and recommended book lists.
- WRITING MATTERS** Practical tips and activities to support all aspects of writing: handwriting, spelling, grammar and composition.
- NUMERACY MATTERS** Tips on providing effective support, using practical activities to develop numeracy skills.
- HOMEWORK MATTERS** Guidance and tips on how to establish solid homework routines and how to get children to do their homework willingly and independently, setting a foundation for good study habits.
- SCHOOL MATTERS** Nursery/Primary/Secondary/Understanding the UK system. Three different sessions covering the options available, factors to consider and key questions to ask when selecting a school. Includes advice on the application procedure, how to prepare your child for the transition to each new stage and understanding the education system.
- UNIVERSITY MATTERS** Guidance on easing a child's transition to university. Including emotional preparation, independent living, safety and independent study.
- RECEPTION MATTERS** For most families, a child's first day at school is nerve-racking and exciting. Getting off to a good start at school is vital and parents lay the foundations. This session offers very practical advice from both the perspective of a teacher and a parent.
- EXAM MATTERS** Understanding the role that parents can play in supporting their children through exams, offering guidance and practical tips on establishing a revision routine and key revision and exam techniques.
- LEARNING & MINDSET MATTERS** Insight into developing the top characteristics and strategies used by high performing students at GCSE, A Level & Undergraduate level. Based on the 'VESPA' approach.
- TECHNOLOGY MATTERS** A practical session on how parents can help their children manage technology and screen time and the risks involved in being online – setting boundaries and protecting the child.
- SMART MATTERS** What it means to be 'smart' or 'clever'. Tips on how parents can support children's learning while building confidence, motivation and independence so that children are well placed to become 'smart'.



*Rachel is an amazing professional with innovative thinking. It is a pleasure to work with her. The sessions she delivers on topics such as positive parenting, motivation, resilience, confidence, transition and many others to support our colleagues are full of simple practical advice. The feedback, received from parents and carers, is that the sessions helped them to better understand and support their children in everyday life.*