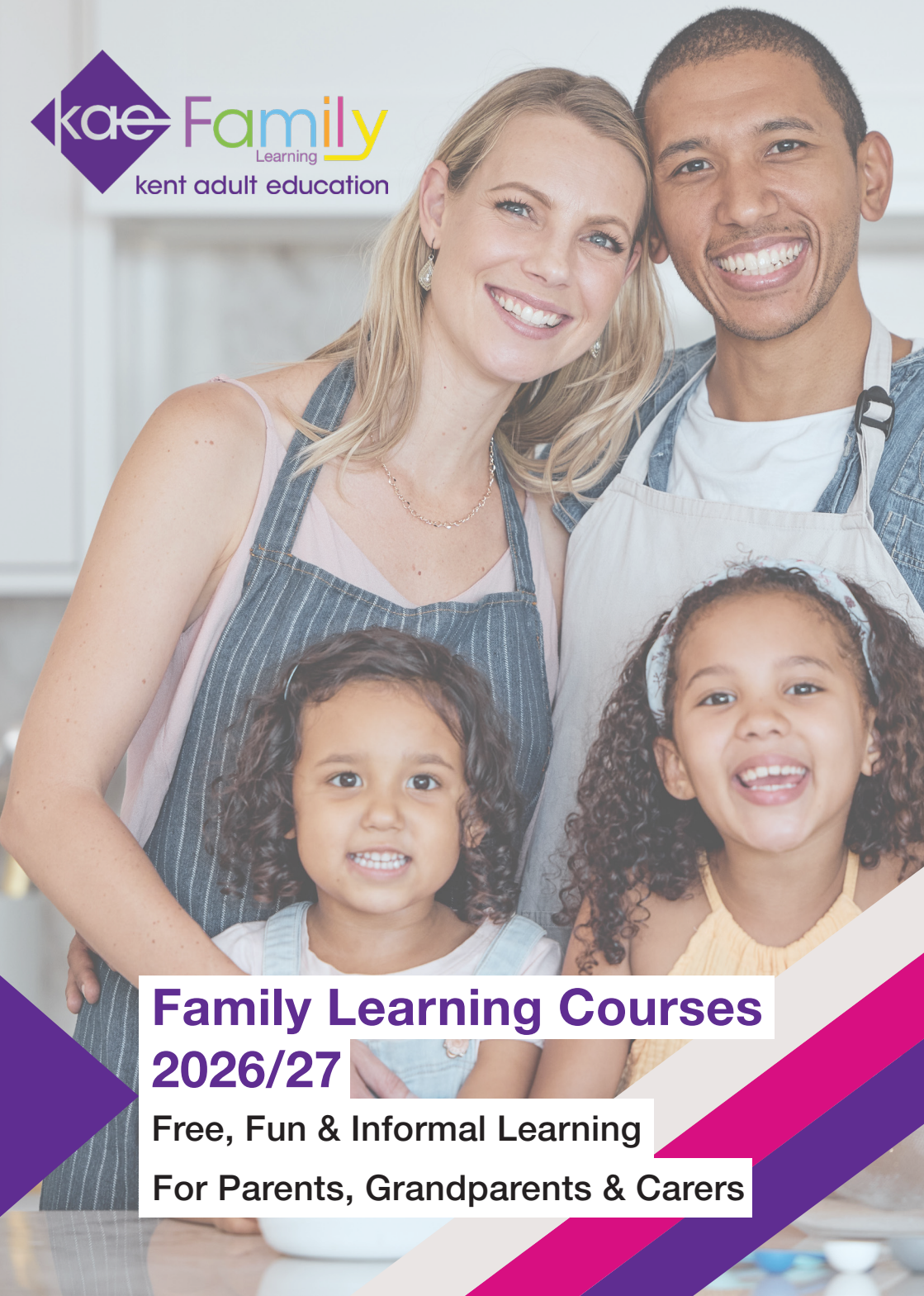




Family Learning Courses 2026/27

Free, Fun & Informal Learning

For Parents, Grandparents & Carers

About Our Courses

Family Learning courses are designed for children, parents and carers to share their learning experience in an exciting interactive learning environment. Courses support children's learning and extend family knowledge through fun and creative activities.

Who Can Join?

Kent Family Learning courses and workshops are free for parents, carers and grandparents, who are aged 19 years and above and who live in Kent and are intended to help create a better family life.

We would like to be able to offer them to as many people in Kent as possible so we limit enrolment to 3 courses per academic year per person. However, if you have a reason why you should be permitted to do additional courses, and are able to commit time for your attendance, please contact Business Support on 03000 415888 or email: businesssupportteam@kent.gov.uk

Non-attendance on courses means that another person could have benefited from your place.

All courses are funded by the Department for Work and Pensions (DWP) and are free to eligible learners.

To be eligible to enrol and attend our courses you must have lawful permission to reside in the UK and be ordinarily resident in the UK at the course start date.

Dependent on your individual circumstances, you may be required to show evidence of your residency status, ideally via a share code from the UK Government before you can enrol and attend courses with us.

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Creative Courses

Creative courses are an opportunity for parents and carers to have fun making an exciting craft with their child.

There are a variety of courses, including two-hour tasters and three-week courses.

Bug Hunt

Course length: 2 hours

Families will strengthen relationships, build confidence and extend communication whilst exploring the fascinating world of bugs. From indoor explorations to outdoor adventures, this course will spark curiosity, promote empathy towards wildlife and deepen understanding of habitats. Child's age range (yrs) 3+.

Elmer Craft

Course length: 2 hours

Families will make a 'milk carton Elmer', look at why we are 'one of a kind' and participate in a scavenger hunt based on the David McKee Elmer books. Child's age range (yrs) 3-11.

Green Warriors

Course length: 2-6 hours

Families find fun and creative ways with their children to help the environment by reducing, reusing and recycling. Child's age range (yrs), 3-5 Mini Green Warriors and 6-11 Little Green Warriors.

Kite Making

Course length: 2 hours

Families will extend knowledge, work together, design and make kites and fly their kite, weather permitting. The kites can be based on topics related to a school project if the tutor is notified at the time of booking the course. Child's age range (yrs) 3-11.

Little Gardeners

Course length: 2-6 hours

Help families find different ways to engage with gardening, help their children become familiar with the concept of growing their own and explore a range of fun, creative children's activities to raise awareness of horticultural concerns. Child's age range (yrs) 3-11.

Mask Making

Course length: 2 hours

Make masks together as a family. These can be based on topics related to a school project if the tutor is notified at the time of booking the course. Child's age range (yrs) 3-11.

Modelling (salt dough/clay/papier mache)

Course length: 2 hours

Discover the joy of modelling with this course designed to support interaction and provide quality time for fun learning experiences. Strengthen relationships, boost confidence and extend communication skills. From mastering the art of clay and dough creations to building stronger family and community connections. Child's age range (yrs) 3-11.

Outdoor Activities

Course length: 2 hours

For parents and carers to develop their interest in the outdoors. Workshops include; Making a Bird Feeder, Twig People and Leaf Printing. Families will participate in outdoor (weather permitting) or indoor activities to encourage empathy with wildlife and habitats. Child's age range (yrs) 3-11.

Rocket Making

Course length: 2 hours

Join us for an exciting two-hour session where families will unleash their creativity by crafting paper planes and pop bottle rockets! Weather permitting, we'll launch our rockets into the sky for an exhilarating experience. Child's age range (yrs) 3-11.

Seasonal Crafts

Course length: 2 hours

A creative and festive experience for the whole family. Work together to make cherished memories and beautiful crafts that celebrate being together as a family. Families will extend their knowledge of crafts and create a variety of seasonal craft items. Great for Christmas, Diwali, Easter and many other cultural occasions. Child's age range (yrs) 3-11.

Story and Craft

Course length: 2 hours

Strengthen family relationships through shared stories and crafting. Join us for a special reading experience where parents and carers read and discuss age-appropriate stories with their children. Create puppets and related crafts inspired by the tale to enhance enjoyment and promote creativity. Child's age range (yrs) 3-8.

“

The tutor who ran the course was absolutely amazing with children. My children felt comfortable straight away and were able to be completely themselves. The tutor was helpful with advice about development and skills such as helping me teach my left handed son how to cut. The stories and craft were so well thought out and the resources were great. This course was my children's favourite day out in the holidays and best of all it was free!

Thank you again for such a wonderful time!

”

“

My twin boys had such a lovely time today reading and doing crafts together. It was so lovely to be able to do crafts without the stress of jobs being needed done at home. It was a relaxing calm environment with no rushing at all. My children were fully engaged the entire time

and had so much fun

”

A photograph of a woman with dark hair and a green shirt smiling at a young boy with brown hair who is also smiling. They are sitting at a table, possibly in a classroom or home setting, with a window and greenery visible in the background. A purple triangle is on the left side of the page.

English, Maths & Language

Courses are for parents, carers and guardians who wish to become more involved in their children's learning and enable them to help children acquire English, maths and language skills.

Adults can improve their own skills in English, maths and language and improve their ability to help their children.

Many courses have an element of parent and child working together except those for adults only.

Chatter Matters

Course length: 2-8 hours

Understand the importance of talking to your baby, toddler or young child and learn about language development. Find out how you can help your child's speech by talking about everyday activities, playing games and having family fun together. Child's age range (yrs) 2-5.

Family English

Course length: 12+ hours

Learn about the English curriculum and how it is taught in primary schools and brush up on your own spelling, punctuation and grammar. Child's age range (yrs) 4-11 or adult only.

Family Language (ESOL)

Course length: 12+ hours

For parents, carers and children whose first language is not English to practise speaking, listening, reading and writing. Improve your English to cope with everyday situations and find out how English is taught in schools in the UK. Child's age range (yrs) 4-11 or adult only.

Family Maths

Course length: 12+ hours

Learn how your children are taught maths at school. Brush up on your knowledge of mathematical terminology such as place value, estimate, different methods of calculation and problem solving. Child's age range (yrs) 4-11 or adult only.

Family English, Maths or Language (ESOL) with...

Course length: 10 hours

Discover our exciting range of Family Learning courses, where parents and children build essential English, maths and ESOL skills together through fun, hands-on activities. From Family Maths with Cooking, where families explore numeracy through recipes and food preparation, to developing practical language and lifesaving skills in Family Language ESOL with First Aid. Designed to boost confidence, improve everyday communication, and create memorable shared experiences. Child's age range (yrs) 4-11.

Keeping Up with the Children

Course length: 8-10 hours

Help parents and carers with learning about recent changes in the curriculum and how their child is taught at school. Familiarise adults with the main strategies used to teach calculation, mental maths, reading, writing, spelling and handwriting in primary schools. Parents and carers will feel more confident in supporting their children's learning, whilst providing an opportunity to brush up their own skills. It can be used as a route onto a longer English or maths course. Age range - adult.

Puppet Making

Course length: 2 hours

Families work together and encourage children's enjoyment of stories, by bringing them to life through creating puppets and props. Learn to use these effectively in storytelling. Child's age range (yrs) 3-11 or adult only.

Supporting Your Child with Language (ESOL)

Course length: up to 12 hours

Parents and carers with English as a second language will be empowered to support their child with their language skills. The focus is on speaking, listening, reading, and writing. Through interactive activities and engaging discussions, we'll practise English in everyday situations, equipping parents and carers with the confidence to navigate various scenarios with ease. Age range - adult.

Strategies to Support Your Child with English (aged 7-11)

Course length: 1 hour

This webinar is designed for parents who wish to enhance their children's literacy skills during the critical primary school years. The course provides practical strategies, tools, and activities that can be used at home to support and strengthen children's understanding of literacy including writing, speaking and listening and reading. Throughout the webinar, learners will have the opportunity to share ideas, strategies and ask questions in the chat function. Age range - adult.

Strategies to Support Your Child with Maths (aged 7-11)

Course length: 1 hour

This webinar is designed for parents who wish to enhance their children's mathematical skills during the critical primary school years. The course provides practical strategies, tools, and activities that can be used at home to support and strengthen children's understanding of key mathematical concepts. Throughout the webinar, learners will have the opportunity to share ideas, strategies and ask questions in the chat function. Age range - adult.

Supporting Your Child with Phonics

Course length: 2 hours

Parents and carers will discover effective strategies for supporting their child with phonics. This course offers practical guidance and resources to improve their child's literacy skills. From decoding words to improving reading fluency, learn valuable techniques to support phonics development. Age range - adult.

“

The Family Learning course has helped me understand how my children learn maths and given me practical strategies to support them. I feel more confident, and my children are now more engaged and comfortable asking for help

”

The background image shows a first aid training session. In the foreground, a person wearing purple gloves is performing CPR on a mannequin lying on a blue mat. Another person is also visible, holding a blue resuscitator device over the mannequin's face. In the background, there are several other mannequins, including a baby one, and a person standing. The setting appears to be a training room with blue and white striped curtains.

First Aid

First Aid courses are an opportunity for parents and carers to learn essential life saving skills.

These courses are delivered online and face to face as a one-off workshop or a 3 week course.

Family First Aid

Course length: 2 or 6 hours

Join our essential course designed to equip parents and children with life-saving skills in managing incidents involving illness or injury. Learn how to provide care and support until medical help arrives. This course ensures readiness and confidence in handling emergency situations. Child's age range (yrs) 5-11 or adult only.

First Aid for Babies

Course length: 2 hours

This is a vital course designed to equip families with life-saving skills in managing incidents involving illness or injury. Whether it's a minor scrape or a more serious medical emergency, this course provides essential knowledge and practical techniques to help families respond effectively until medical help arrives. Age range - adult only - with non-crawling babies.

“

I now feel confident that if I am ever in a situation where CPR is needed, I am prepared and know what to do

”



Health & Wellbeing

Our health and wellbeing courses are interactive and an opportunity for families to focus on healthy eating, fitness and mental health.

Cooking on a Budget

Course length: 2-8 hours

This course encourages families to try new ideas and eat healthily on a budget. This fun, practical course includes planning, preparing and cooking a variety of food to be tasted with children at the end of each session. Improve confidence in cooking and brush up on practical maths and English skills. Child's age range (yrs) 3-11.

Family Sports - Multiskills

Course length: 1.5-2 hours

A fun and interactive physical course, where parents and children discuss healthy lifestyles and take part in movement skills using balls, jumping and running including relay races. Child's age range (yrs) 3-11.

Happy Thoughts Jar/Worry Box/Sock Monster

Course length: 2 hours

For parents and carers to get creative together to make a Happy Thoughts Jar, Worry Box or Sock Monster. Take time together to discuss worries or happy thoughts and create a craft to support these conversations. Child's age range (yrs) 5-11.

Navigating the Perimenopause & Menopause Workshop

Course length: 2 hours

This workshop is for any adult interested in learning more about how to support those navigating perimenopause/ menopause. Explore strategies for managing perimenopause and menopause symptoms, discuss current research on ways to reduce symptoms and share practical strategies which could help manage brain fog, hot flushes, stress and many more. Age range - adult.

“ I loved learning to cook gorgeous, healthy meals that don't break the bank. For years I hated how much processed food my children ate, but it was cheap. Now I can make healthy, nutritious meals even cheaper! ”

A photograph of a woman with long dark hair, wearing a red turtleneck, smiling and adjusting a yellow shirt with ruffled sleeves on a young girl with long dark hair. The girl is also smiling. They are in a kitchen with various items on shelves in the background. A purple triangle is on the left side of the page.

Parenting Courses

Our Parenting courses are not about being a perfect parent - more about discovering that other people's experiences are the same.

Parenting courses are not intended to be interventions and the tutor will not tell parents 'how it's done'. Rather, they are discussion-based with time to share experiences, ideas, concerns and possible solutions.

Autism Awareness

Course length: 8 hours

This course will look at various principles of Autism and the different aspects that can be present whilst recognising an autistic child's strengths and abilities. It will also develop techniques to create a supportive environment, behaviour management and coping strategies.

Age range - adult.

Calm Together - Emotional Regulation You and Your Child

Course length: 2 hours

A course dedicated to understanding and embracing Emotional Regulation. In this enlightening journey, participants will explore the two-step process of Emotional Regulation: 1) How to identify how we are feeling and 2) How to manage our challenging emotions. Join us as we delve into the neurology of emotions and reflect upon our own Emotional Development as adults, whilst developing coping mechanisms for both ourselves and our children. Age range - adult

Exploring Behaviour Strategies

Course length: 2 hours

This workshop enables parents and carers to build their confidence to manage certain situations, and provides the basis of how to manage behavioural issues and parents' own wellbeing. Raising children can be trying at times, it is a natural phase and being able to believe in oneself to implement good behaviour strategies will benefit parent and child alike.

Age range - adult.

Fathers Matter

Course length: 2 hours

Join our course designed for fathers and male carers to build confidence, learn effective communication skills and discover some new strategies to support their family's wellbeing. Age range - adult.

Let's Talk About Bullying

Course length: 2 hours

Enable parents and carers to understand what the difference is between bullying and social skills development, equipping them to effectively support their children. Through discussions, explore common signs of bullying, learn strategies to nurture and bolster their child's confidence and self-esteem and discover resources for further help and support.

Age range - adult.

Managing Children's Behaviour

Course length: 8 hours

Learn about why children behave in certain ways and how parents can positively influence their children's behaviour. Take part in discussions with other parents, try out new strategies at home and talk about how these worked. Improve family life and your relationship with your children. Age range - adult.

Managing Sleep

Course length: 2 hours

This course is a supportive space designed to explore healthy sleep habits and strategies for parents and carers.

In this workshop, we'll delve into the various barriers that can affect bedtime routines, share practical sleep strategies, and discuss the impact of poor sleep on behaviour. Age range - adult.

Raising Independent Young Adults

Course length: up to 6 hours

This course is dedicated to embracing parenting our older teenagers. In this enlightening journey, participants will explore how to navigate parenting this age group. Delve into strategies for conveying our own values and morals to our young adults. Through discussions and practical techniques, participants will create a personal action plan to internally model and promote positive values - such as respect, responsibility and empathy in their children. Age range - adult.

Self-Harm Awareness

Course length: up to 2 hours

This supportive course helps parents and carers understand why self-harm can occur, recognise warning signs, and learn how to respond with confidence and compassion. You will gain practical guidance on starting safe conversations with your child and knowing when and how to seek further support. Age range - adult.

Stepping Up into Primary

Course length: 2 hours

The opportunity to discuss with other parents the anxieties over your child starting a new school. How to best prepare your child and know what to expect. Age range - adult.

Stepping Up into Primary with Crafts

Course length: 2 hours

Have fun with your child in this fully interactive session, where parents and carers can get creative with craft together whilst learning how to get your child school ready. Child's age range (yrs) 3-5.

Stepping Up into Secondary

Course length: 2 hours

The opportunity to discuss with other parents the anxieties over your child starting a new school. How to best prepare your child and know what to expect. Age range - adult.

Stepping Up into Secondary - Extra

Course length: 4 hours

Enable parents and carers to reflect on their feelings about their child starting secondary school, what to expect and how to best prepare and support their child in the transition. This course also discusses some of the worries that parents and carers might have about internet safety, knife crime, sexual harassment and mental health. Age range - adult.

Strategies to Support Your ADHD Child

Course length: 1 hour

A supportive and informative webinar designed to help parents and caregivers understand and navigate the challenges of ADHD. In this course, learners will discuss practical strategies for creating a supportive and nurturing environment for their child. Throughout the webinar, learners will have the opportunities to share ideas, strategies and ask questions in the chat function. Age range - adult.

Strategies to Support Your Autistic Child

Course length: 1 hour

This webinar is designed to help parents and caregivers understand and navigate the challenges of Autistic Spectrum Disorder. In this program, learners will learn practical strategies for creating a supportive and nurturing environment for their child. Age range - adult.

Strategies to Support Your Teen Develop Positive Friendships

Course length: 1 hour

In this webinar, you will explore practical ways to improve daily communication, encourage healthy peer relationships and better understand how to support your teen's emotional well-being.

You will also learn how to recognise signs of vulnerability to radicalisation and where to seek guidance if needed. The webinar provides insights into managing screen time and social media safely, while also helping you discover local resources and support networks. It offers an introduction to teenage brain development and shares helpful steps for planning life beyond secondary school. Age range - adult only.

Supporting ADHD in the Home

Course length: 8 hours

Explore the characteristics of ADHD and the environments in which our children spend time with us. In this course, you will be able to share ideas and strategies for managing behaviour, recognise a child's strengths and abilities and celebrate the positives of ADHD. Age range - adult.

Supporting Families with ADHD Teens

Course length: 2 hours

Explore Autism & ADHD through the adolescent years with a focus on emotion regulation, supporting change, managing the environment and setting boundaries. Age range - adult.

Supporting Your Child's Anxiety

Course length: 2 hours

Increase your understanding of anxiety in children with the help of the tutor and other parents and carers in the group. Discuss experiences of anxiety and learn ways to help children manage their anxiety. Age range - adult.

Supporting Your Family Through Our Screen Obsessed World

Course length: 2 hours

This is a supportive workshop designed to increase understanding and provide time for parents and carers to think about the impact of technology and screen time on their children and their family as a whole. In this two-hour session, learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support their children. Age range - adult.

Supporting Your Neurodiverse Child to Eat Healthily

Course length: 2 hours

A supportive workshop designed to increase understanding and provide practical strategies for parents and carers in helping children manage food issues. In this session, learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support children experiencing issues surrounding food and encourage healthy eating. Age range - adult only.

Supporting Your Teenager's Mental Health

Course length: 2 hours

This workshop is designed to increase understanding and provide practical strategies for parents and carers in helping teenagers manage their mental health. In this session, learners will engage in open discussions facilitated by the tutor and fellow parents, sharing experiences and learning effective ways to support teenagers experiencing anxiety and mental health issues. Age range - adult.

Tools for Tough Behaviours - Building Positive Change

Course length: 10 hours

Support and guidance for families where the balance in the home has become inappropriate and is causing severe behaviour issues and concerns. Parents and carers will try new strategies to re-establish boundaries, respect and a balanced home environment. Age range - adult.

Understanding Your Teenager

Course length: 8 hours

Understand what it is like being a teenager and find out how the teenage brain develops. Participate in discussions about family life with other parents. Improve communication with your teenager. Age range - adult.



“

This Autism Awareness course has supported me and my family through the trials of raising neuro-divergent children

”

“

The course gave me a lot of resources to use with my son's emotional regulation

”

“

Family Learning always accommodate our request for courses - staff are always polite and helpful and notify us of new courses - I love working with KAE may it long continue. Loving the new course on teaching your neuro-diverse child to eat more healthily - I think this is going to be popular with our families

”

“

It has given me a lot of ideas on how to speak to my grandchildren about social media

”



Science, Technology, Engineering and Maths (STEM)

These fun courses offer families the chance to get creative whilst learning about how things work, introductory chemistry and coding.

Builders and Boffins

Course length: 2-6 hours

Families will extend their knowledge of STEM (Science, Technology, Engineering & Maths) through fun and creative activities. Gain confidence in planning and creating a variety of homemade toys, experimenting with water or conducting investigations in sound. Child's age range (yrs) 3-5 Mini Builders and Boffins, 6-11 Little Builders and Boffins.

Ready Steady Code

Course length: 2 hours

Get ready for an exciting coding adventure! Join us in building mazes and programming the robot mouse to race towards the cheese. It's time to build your knowledge of coding skills and see who reaches the cheese first! Perfect for families with children aged 5-11 years.

Spectacular Science

Course length: 2 hours

Put the fizz and pop back into your family! Have fun completing interactive and fun science experiments. Investigate forces making bridges from straws and paper, or find out about air resistance making helicopters, or make a lava lamp using your smartphone! Child's age range - 7-11 years.

“ Every course that is provided is of an excellent standard. The parents that do attend, engage with the tutor and the learning content ”



Towards Employment

Recognise and build on your skills to enter or return to the workplace.

ESOL - An Introduction to Employment

Course length: 8 hours

Are you thinking about finding work in the UK but not sure where to start? This friendly and supportive course is designed for ESOL learners at Entry Level who want to build confidence and learn about work in a relaxed, welcoming environment. You will explore different types of jobs, learn how people find work, and practise understanding simple job adverts. The course is a great first step towards future employability courses, volunteering or employment support. Age range - adult.

Introduction to Working with Children

Course length: 10 hours

This course is designed to give adults the opportunity to discuss and find out about a range of different careers that involve working with children. Identify the skills needed to work with children, increase knowledge on important topics like child protection, literacy, numeracy, phonics, safeguarding and managing children's behaviour and develop a career in working with children. There may be an opportunity to include a workshop with the National Careers Service at the end of the course. Age range - adult.

Steps to Success

Course length: 2 hours

This workshop provides open discussion and learning on how to effectively use the resources provided on the National Careers Service website to achieve professional goals. Develop essential skills such as creating CVs that stand out, mastering interview techniques and identify valuable training opportunities to enhance career prospects. Age range - adult.

Contact Us

We are happy to attend any engagement events, coffee mornings and family days to run a workshop or information stand. Contact us to arrange.

Visit: kentadulteducation.co.uk

Email: businesssupportteam@kent.gov.uk

Call: 03000 41 22 22



Course content, children's age ranges and delivery can be adapted to a setting's particular need.

Please speak with our Community Education Managers to discuss:

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