



creative
EDUCATION

Your School's Membership



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About us

Here at Creative Education, we strive to provide next day strategies for you within a clear and consistent culture and have done since we started 30 years ago.

Our courses and webinars are run by experts and practitioners so you can be given the correct steps, which we hope will boost morale.

We are real people, looking for real solutions.



Pooky Knightsmith



Tom Hesmondhalgh

How do I sign up?

How do I sign in?

Your child's school or college have signed up and has given you the opportunity to learn too!

So how do you sign up?

The School or college can sign you up in 2 different ways. We suggest checking in with the member of staff who sent you this pack.



1

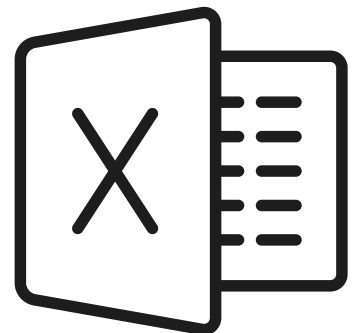
Special URL

The school or college will send you a link to our sign up form to give you access to our courses.

2

Ask us

You may have opted into signing up and submitting your details to the school. From there we can create an account for you and send you a welcome email.



So you are all signed up, how do you sign in?

Just head to the Creative Education Website
<https://www.creativeeducation.co.uk/login/>

What is available to us?

Our library of courses is ever-growing.

We offer over 100 courses on the site just for Parents and Carers like you, as well as Webinar Playbacks.

To access all of the courses just for Parents and Carers you can visit this link below,

https://www.creativeeducation.co.uk/available-courses/?_role=parents

We have also included a breakdown of the courses in this pack so do feel free to take a jump to the section you are looking for by visiting the contents page below.



How do I complete learning?

We have developed the site to be as easy as possible to learn and complete courses.

Once you find a course you would like to complete, click the 'Start Course' button

Start Course

A great feature of the site is it will remember the module you left off on.

So let's say you have to pause your learning for the night, when you sign in the next day you can pick up from where you left off on your In Progress courses.

In Progress

Continue

After you have completed a course, it will turn to completed and you will receive a certificate. There can be found in your profile at any time.

Complete

Open Registration

Course Categories

Some of our courses fall under a few categories, so here we have organised them by their primary category to make it easier for you to find what you are looking for.

We have so many different courses that we decided to pick out the top 5 in each category. You can explore more courses by clicking on

Behaviour

Curriculum

Health and Wellbeing.

SEND

Teaching and Learning.

Behaviour Courses

Making Mindfulness Fun

Whether you're a regular meditator or are new to Mindfulness, this course will provide you with some fun ideas for engaging children with mindful practices. Designed for both individual and group engagement, this course is perfect for teachers, parents, carers or anyone who works with or supports children.

Modules: 8

Time: 25 Minutes

Supporting your child with Oppositional Defiant Disorder (ODD)

This course is tailored towards parents and guardians with a child who may have already received a diagnosis of Oppositional Defiant Disorder (ODD) or who may be suspecting this to be the case. This video will also be useful for parents and guardians experiencing some challenges around defiant behaviours.

Modules: 7

Time: 20 Minutes

Behaviour Courses

OCD & Intrusive Thoughts: How to Help Your Child

This course has been developed to give you an overview of the key signs to spot in those who might be experiencing intrusive thoughts and OCD. We will also consider some of the ways we can support those experiencing intrusive thoughts and OCD, when to seek further support and how you can work with parents and carers.

Modules: 7

Time: 20 Minutes

OCD & Intrusive Thoughts: How to Help Your Child

This course has been developed to give you an overview of the key signs to spot in those who might be experiencing intrusive thoughts and OCD. We will also consider some of the ways we can support those experiencing intrusive thoughts and OCD, when to seek further support and how you can work with parents and carers.

Modules: 7

Time: 20 Minutes

Behaviour Courses

Navigating Frenemies, Cliques and Bants with Your Teen

This course is written with parents and carers of children from about the age of 11 primarily in mind, but the ideas here could easily be adapted for use by people working with young people or you could use them to deliver workshops or discussion sessions to parents or carers. This is one of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery

Modules: 8

Time: 20 Minutes

Supporting Children with Friendship Issues

This course is written with parents and carers of children up to the age of about 11 primarily in mind, but the ideas here could easily be adapted for use by people working with young people or you could use them to deliver workshops or discussion sessions to parents or carers. This is one of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery.

Modules: 8

Time: 25 Minutes

Behaviour Courses

De-escalation: What is it and how do I do it?

In this course you'll explore practical and effective de-escalation techniques that you can use to help the young people you support. This course is aimed at teaching assistants or anyone working with young people in an educational setting and there are some ideas here that could be adapted for use by parents and carers too.

Modules: 8

Time: 25 Minutes

Promote Emotional Regulation in Autistic Children

This course is suitable for any adult working with or caring for an autistic child or, to be honest, any child. As with so much of the work we do for children special needs, these ideas are widely applicable and will do good (and certainly no harm) for any child but will do especial good with children who are (or might be) autistic.

Modules: 9

Time: 45 Minutes

Behaviour Courses

An Introduction to PDA or Demand Avoidance. A Parents Guide

In this course you will learn about the characteristics of PDA, a profile of the autism spectrum. This can be very challenging as a parent and can often be overlooked or misinterpreted. We will look at all the ways that a child may present with PDA and how to spot the triggers alongside strategies to help support these children. This course will help you to learn new creative strategies and knowledge to support the child at home and how to understand our children and support them in a way that works for them.

Modules: 9

Time: 45 Minutes

Curriculum Courses

Continuing with Phonics

This course will build on the basic phonics and the progression of phonics to enable pupils to read by six. Strategies are explored for everyday practice to ensure that all pupils make good or better progress in phonics and early reading strategies.

Modules: 8

Time: 30 Minutes

PSHE Ideas for Pupils With PMLD (Part 1)

This course takes the PHSE Education Planning Framework for Pupils with Send and suggests ideas of sensory activities we can do to support this. Some of it is too abstract or irrelevant so it is important we plan for individuals in close consultation with their families and carers.

Modules: 6

Time: 55 Minutes

Health and Wellbeing Courses

Spot and Support: Anxiety

This course will enable you to gain a deeper understanding about how anxiety may present in young people. We will look at how to spot the signs as well as what can be done to support young people who may have anxiety.

Modules: 10

Time: 30 Minutes

Wellbeing: Simple Ideas for Keeping Active

This course looks at the physical benefits of exercise but also its impact on sleep and mood. We consider how much is enough; we don't ask you to run a marathon tomorrow but think about how we can all move more every day.

Modules: 7

Time: 20 Minutes

Health and Wellbeing Courses

Self-Care for Those Who Care

During this practical short course, Pooky will walk you through a range of simple ideas to help you to better look after yourself if you have caring responsibilities – this of course applies to all parents and carers but the ideas will be especially pertinent to those caring for a child with special needs or disabilities. None of these ideas require any existing knowledge or experience and they are all designed to feel easily doable. You don't have to do them all; pick one or two and see how you get on. This is one of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery.

Modules: 9

Time: 40 Minutes

Health and Wellbeing Courses

The Profound Impact of Grief – An Introduction to Grief and Children with PMLD

Grief is inclusive – but is grief support inclusive? Are the emotional needs of all children being met? All humans experience grief, regardless of their age or abilities. Sadly, the needs of bereaved and grieving children with SEND are often overlooked and when children have limited verbal communication skills this tends to result in their grief being totally neglected. This course looks at: what grief is (it's about much more than death), how to identify grief in children with PMLD, how these children express their grief and crucially how we can support bereaved and grieving children with PMLD.

Modules: 7

Time: 60 Minutes

Health and Wellbeing Courses

Supporting Autistic People with Problem Solving

In this 5-minute video, I demonstrate a visual strategy to support autistic students with problem-solving. This strategy involves generating various solutions to problems and exploring the consequences of each one to decide which solution is the best and why.

Modules: 2

Time: 5 Minutes

Parental Awareness of Self-Harm

Self-harm is really not discussed enough within our society and it affects more young people than we might think. It can be anything from nail biting to hair pulling right through to some more serious actions. Within this session, we will take a look at some of the triggers, some of the signs to look for and have an open conversation about ways to support young people to break the cycle of self-harm.

Modules: 10

Time: 30 Minutes

Health and Wellbeing Courses

Supporting Your Child When They're Starting a New School

During this practical short course, Pooky will walk you through a range of simple ideas to help you to support your child when they're preparing to start a new school. None of these ideas require any existing knowledge or experience and they are all designed to feel easily doable. You don't have to do them all; pick one or two and see how you get on. This is one of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery.

Modules: 9

Time: 40 Minutes

Suicide: How to Support During Crisis Moments

During this course we explore the practical steps we can take to support someone who is suicidal. It's designed to give you the confidence and ideas you need in those most difficult moments. This course was commissioned by HeadStart Kernow, a National Lottery funded project.

Modules: 12

Time: 35 Minutes

Health and Wellbeing Courses

OCD & Intrusive Thoughts: How to Help Your Child

This course has been developed to give you an overview of the key signs to spot in those who might be experiencing intrusive thoughts and OCD. We will also consider some of the ways we can support those experiencing intrusive thoughts and OCD, when to seek further support and how you can work with parents and carers.

Modules: 7

Time: 20 Minutes

Anxiety: Helping Your Autistic Child to Help Themselves

Anxiety is very much part of growing up and is something that we will all face at some point in our lives. However, Autistic children can experience Anxiety more intensely and more frequently than other children. Throughout the following modules, we will consider how best to support children with Autism.

Modules: 8

Time: 25 Minutes

Health and Wellbeing Courses

Supporting Autistic People with Problem Solving

In this 5-minute video, I demonstrate a visual strategy to support autistic students with problem-solving. This strategy involves generating various solutions to problems and exploring the consequences of each one to decide which solution is the best and why.

Modules: 2
Time: 5 Minutes

Parental Awareness of Self-Harm

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Modules: 10
Time: 30 Minutes

Health and Wellbeing Courses

Transitional Objects as Sources of Comfort

Kate Holden explores how transitional objects can bring comfort to children at times of stress or uncertainty.

Time: 5 Minutes

Supporting Your Child When they have an Eating Disorder

This course is for parents supporting their child with an eating disorder. Gemma will guide you through, what an eating disorder is, warning signs to look out for and tips to support your child. Gemma will end the course with the importance of practicing self-care as a parent and some useful resources.

Modules: 8

Time: 45 Minutes

Health and Wellbeing Courses

Help Anxious Children Feel Calm & in Control

When faced with a child who is worried or anxious, it can be hard to know how best to help and sometimes in trying to help, we end up making things worse. In this course, Pooky helps you to understand the cycle of anxiety and the simple steps you can take to help your child feel like together you are taking control of their anxiety rather than letting their anxiety control them.

The course has been developed and delivered by Dr Pooky Knightsmith and is aimed at parents and carers and other champions of children aged ten and under, though you may find the ideas are more widely applicable. The development of this course has been supported by Resilient Rutland who are funded by the National Lottery Community fund.

Modules: 10

Time: 40 Minutes

Health and Wellbeing Courses

Self-Esteem: Helping Teens Find Purpose & Belonging

During this practical short course, Pooky will walk you through a range of simple ideas to help you boost the self-esteem of the young people in your care. None of these ideas require any existing knowledge or experience and are designed to feel easily doable. You don't have to do them all, pick one or two and see how you get on. This course is written with parents and carers primarily in mind, but the ideas here could easily be adapted for use by people working with young people or you could use them to deliver workshops or discussion sessions to parents or carers. This is one of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery.

Modules: 11
Time: 55 Minutes

Health and Wellbeing Courses

How to be Kinder to Yourself

We all have an internal monologue, that voice in your head. In this course we get you to think about what that voice is like – is it harsh and critical or kind and encouraging? We all live in a world with increasing pressures and this course will help you to take a step back and reflect on how to be kinder to yourself – what sort of friend are you to yourself?

Modules: 8

Time: 30 Minutes

Anxiety – 5 Simple Coping Strategies

This mini-course has been developed by Pooky to share with you 5 very simple strategies that can be used by adults or children to help them to manage day to day feelings of anxiety. These strategies will not change the underlying issues, but they can help us to get through each day without feeling completely overwhelmed.

Modules: 8

Time: 10 Minutes

Health and Wellbeing Courses

10 Ideas to Boost Family Wellbeing

During this practical short course, Pooky will walk you through a range of simple ideas to help you to boost the wellbeing of your family. None of these ideas require any existing knowledge or experience and they are all designed to feel easily doable. You don't have to do them all; pick one or two and see how you get on. This course is written with parents and carers primarily in mind, but the ideas here could easily be adapted for use by people working with young people or you could use them to deliver workshops or discussion sessions to parents or carers. One of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery

Modules: 13

Time: 50 Minutes

Health and Wellbeing Courses

Anxiety: Supporting Teens to Support Themselves

During this practical short course, Pooky will walk you through a range of simple ideas to help you to be the adult that your anxious teen needs. None of these ideas require any existing knowledge or experience and are designed to feel easily doable. You don't have to do them all, pick one or two and see how you get on. This course is written with parents and carers primarily in mind, but the ideas here could easily be adapted for use by people working with young people or you could use them to deliver workshops or discussion sessions to parents or carers. One of a series of webinars commissioned by Resilient Rutland who are funded by the National Lottery

Modules: 11

Time: 50 Minutes

Health and Wellbeing Courses

Support Your Worried Child

During these uncertain times we all face, perhaps you have found yourself in the challenging position as a parent or carer with a child who is now attending school remotely or on a distanced learning basis. This can be a worrying time for children and young people as well as adults. Children are missing their friends and the goal posts are constantly changing about school and how they are expected to learn. In this course, I will give you some strategies to support you in communicating about mental health and feelings. This course has been designed for parents/carers with a child in primary school and requires no previous training or knowledge.

Modules: 10

Time: 35 Minutes

Health and Wellbeing Courses

Build Bonds with Babies & Infants

Bond building with babies and infants takes time effort and energy, but the rewards are so worthwhile. Children who create secure attachments and feel truly safe and happy when with one or more of their caregivers are far more likely to thrive in life and learning. This course looks at some of the basic building blocks needed to form strong bonds with little ones you are working with or caring for and is suitable for parents, carers or professionals working with babies and young children.

Modules: 11

Time: 50 Minutes

Health and Wellbeing Courses

Support Students Who Self-Harm: 8 Ideas That Work

In this course Pooky will walk you through eight practical ideas and approaches to enable you to better support students who are currently self-harming. This will aid your understanding and your confidence. The course is suitable for anyone working with or supporting a young person who is self-harming in any way. These videos could also make a useful focus for team INSET.

Modules: 11
Time: 35 Minutes

Children's Wellbeing: When to Worry. and What Next?

During this course, we consider the warning signs that a child is struggling with their wellbeing and how we can create a supportive environment to help them explore their worries. This course was written initially for parents and carers but provides useful ideas for any adult who works with or cares for children.

Modules: 8
Time: 45 Minutes

Health and Wellbeing Courses

Improve Children's Sleep With These Top Tips

Sleep is absolutely vital for positive physical and emotional wellbeing. This course will give you an understanding of how sleep works and why it's so important. We will look at some of the potential barriers to getting a good quality night's sleep and then give you some practical strategies and tips to help improve sleep. If you are a parent this course will also help you to understand a bit more about supporting your child to get a good night's sleep.

Modules: 11

Time: 35 Minutes

Support a Grieving Adult

When a friend, colleague or member of your community is bereaved, it can be difficult to know what to say or do. In this course, I walk through some simple ideas to give you confidence in providing the right kind and amount of support to an adult who is grieving.

Modules: 10

Time: 25 Minutes

Health and Wellbeing Courses

Simple Ideas to Support with Eating Disorders

Eating disorders are really hard to understand and can leave us very worried about doing and saying the wrong thing, fearful that we'll make things worse.

Consequently, many people do not try to help at all. In this course I've tried to help you build your current strengths and understanding to give you some ideas about how to support a child or young person with an eating disorder even though you're not an expert. You won't get it right all the time, none of us do... but these simple ideas will build your confidence and enable you to make a difference to any child you are working with or caring for regardless of your role and experience.

Modules: 9

Time: 25 Minutes

Health and Wellbeing Courses

Understand Anxiety: 10 Things You Need to Know

This course provides an accessible introduction to anxiety and provides useful pointers for any adult supporting a child with anxiety. Common misunderstandings and misconceptions are addressed, we consider some potential pitfalls to avoid and we explore a range of simple, practical ideas for supporting anxious children.

Modules: 14

Time: 25 Minutes

Understand Anxiety: 10 Things You Need to Know

This course provides an accessible introduction to anxiety and provides useful pointers for any adult supporting a child with anxiety. Common misunderstandings and misconceptions are addressed, we consider some potential pitfalls to avoid and we explore a range of simple, practical ideas for supporting anxious children.

Modules: 14

Time: 25 Minutes

Health and Wellbeing Courses

Enable Children to Feel Safe so They Can Flourish

Safety is a theme that I return to again and again in my work whether it's about taking a trauma informed approach, enabling children with special needs to thrive or simply about creating an environment in which every child can flourish. One of the most basic needs that must be met for every child is a feeling of safety and in this course I pick that apart and go beyond the built environment, exploring how we can enable a child to feel safe physically, socially, emotionally and cognitively. The course is suitable for anyone working with or caring for children and young people and requires no specialist knowledge.

Modules: 7

Time: 25 Minutes

Health and Wellbeing Courses

How to Create a Personal Wellbeing Action Plan

Wellbeing action plans are an evidence-based approach to promoting wellbeing. They can be used by children or adults and give a clear, simple framework for staying well. This course gives you an overview of the different elements of a wellbeing action plan and some clear pointers for developing an effective plan. The framework provided can help to clarify your thoughts and actions whether it's your own wellbeing that you're looking to promote or if you're supporting a pupil or colleague. The process of writing the plan is every bit as important as actually implementing it and this is especially true when it comes to planning ahead for the holidays with more vulnerable pupils. This course is suitable for anyone interested in developing a wellbeing action plan for themselves or in supporting a child or adult to write one. The course has been developed and delivered by Dr Pooky Knightsmith, a mental health expert who has supported hundreds of adults and children to develop wellbeing action plans through workshops and also through her book "The Mentally Health Schools Workbook" which has an entire chapter dedicated to supporting staff to develop wellbeing action plans.

Modules: 9

Time: 40 Minutes

Health and Wellbeing Courses

Be the Adult a Grieving Child Needs

When a child experiences the death of a loved one, the adults around them play a hugely important role both in supporting in the immediate aftermath and also of helping to support and guide the child towards the future. This course explores what children most need from adults at such a difficult time and shares practical ideas for how we can step up and fulfil such an important role with confidence.

Modules: 8

Time: 35 Minutes

Communicate Calmly with a Distressed Child

Communicating calmly is easier said than done when we are faced with a child who is anxious, angry or aggressive. This course walks you through some simple strategies to enable you to keep your cool and to outwardly be the supportive, calm adult that a child in distress needs even if you're inwardly panicking or screaming!

Modules: 6

Time: 25 Minutes

Health and Wellbeing Courses

Support Young People to Break the Cycle of Self-Harm

Self-harm is a topic that many people feel puzzled or scared by so this course aims to demystify it for you and help you to gain an understanding of the motivations behind self-harm and how we can use this understanding to support a young person to a place of relative safety. There is no quick fix nor a one size fits all answer here, but this course will boost your confidence and give you some clear ideas about how best to support children or young people who are currently self-harming. This course has been developed by Dr Pooky Knightsmith, an internationally recognised mental health expert and author of “Can I tell you about Self-harm – a guide for parents friends and professionals” and “Self-harm and eating disorders in schools” which was based on her PhD research into the topic.

Modules: 10
Time: 30 Minutes

Health and Wellbeing Courses

Be the Adult a Child Needs During Lockdown

At a time when everything feels uncertain, children of all ages are looking to the adults in their lives for guidance and reassurance. That can be difficult when we are also struggling to come to terms with a new normal and have no idea quite what the future holds. However, there are simple steps we can take to support the children in our care and protect their wellbeing. These ideas are evergreen and are a good focus to support children at any time, but right now they're more important than ever. The course has been developed and delivered by Dr Pooky Knightsmith and is brought to you in collaboration with SecEd and Headteacher Update magazines.

Modules: 7

Time: 35 Minutes

Health and Wellbeing Courses

Break the cycle of emotionally based school avoidance (school refusal)

During this course, you'll learn about how the cycle of school avoidance develops, and the part we may unwittingly play in that, as well as exploring a range of simple steps that you can take, alongside families, to support children to return to school and engage regularly and meaningfully; helping school turn from a place of fear to a place of safety for the child. We also explore the steps we can take to spot the early warning signs and prevent a school avoidance cycle from developing as well as exploring some universal strategies that we can employ to make school feel like a safer and more inviting place for every child. The course has been developed and delivered by Dr Pooky Knightsmith, an internationally respected child and adolescent mental health expert who has worked closely with a range of schools and local authorities to develop their approach to emotionally based school avoidance.

Modules: 11

Time: 25 Minutes

Health and Wellbeing Courses

Spot the Warning Signs of Poor Mental Health

This course highlights a series of warning signs that might indicate that a child or young person is in need of support with their emotional wellbeing or mental health.

The list has been specifically devised to draw on the warning signs that are most easily picked up within a school setting and as well as exploring each individual warning sign, we also explore exactly when to worry – and when not to as well. The course has been developed by Dr Pooky Knightsmith, an internationally recognised child and adolescent mental health expert and author of The Mentally Healthy Schools Workbook.

Modules: 12

Time: 25 Minutes

Health and Wellbeing Courses

How to Stay Mentally Well at Work

This course explores a range of simple and highly practical steps that individuals can take to promote their wellbeing in the workplace. It recognises the unique challenges faced by those in education and considers some tried and tested strategies for overcoming these. Each module ends with a challenge – these are simple small actions which should be relatively easy to execute and which will enable you to take a step in the right direction. For example, can you find a few precious minutes to sit down and focus on eating your lunch... without talking about work? Challenge accepted? The course has been developed by Dr Pooky Knightsmith, an internationally recognised mental health expert and author of *The Mentally Healthy Schools Workbook*.

Modules: 7

Time: 35 Minutes

Health and Wellbeing Courses

Bereavement: 10 Simple Ways to Support

When a child loses someone they love, it can be hard to know how best to help – sadly, this is a situation that we can't fix. But, there is lots that we can do support the child to feel a little better in this moment and to provide a little hope for the future which is the focus of this course which provides you with a wide range of practical ideas. Working through these modules will help you frame your support in such a way that gives you confidence you are doing the right thing and will enable the child you are supporting to feel heard, seen and safe. This course has been developed by Dr Pooky Knightsmith, an internationally recognised mental health expert and author. The course is based on training session first commissioned by Penhaligon's Friends. A Cornwall based charity which specialises in supporting children who've been bereaved.

Modules: 13
Time: 30 Minutes

Health and Wellbeing Courses

Simple Self-Soothe Strategies

This course walks you through a range of practical strategies that can be used by adults or children in order to create a sense of relaxation and wellbeing.

Each strategy stands alone, though there is huge benefit to learning a range of strategies for use in different situations. It is best to learn self-soothe strategies at a time of relative peace and calm and to become familiar with them so that they can be turned to at times of stress in order to bring some relief. The ideas are all simple and safe and can be practised alone or with the support of a trusted friend or adult. Many of the ideas could be used in a group or class setting in order to help children to reset and ready themselves for learning following busy, noisy or unstructured periods in the day such as breaktimes and lunchtimes. This course has been developed by Dr Pooky Knightsmith, an internationally recognised mental health expert and author.

Modules: 7

Time: 20 Minutes

Health and Wellbeing Courses

Promote Positive Body Image

Four practical strategies for promoting positive body image are explored in this course which aims to help school staff boost the self-esteem and body image of the children in their care. The ideas translate to both primary and secondary school and are applicable to children or all genders. The course has been developed by Dr Pooky Knightsmith, former chair of the expert reference group on body image which reported into UK government and lead author of Department for Education funded guidance for PSHE teachers about promoting positive body image in learners.

Modules: 7

Time: 20 Minutes

Health and Wellbeing Courses

Stay Mentally Well During COVID19

This course explores some simple strategies for promoting your wellbeing during the Coronavirus pandemic. These are challenging times for all of us, so this course walks you through simple, easy to implement, strategies to give you a boost and protect your wellbeing. All of the ideas are suitable for use by adults or children and many work best when embraced collectively as a class or family. This course has been developed by Dr Pooky Knightsmith, an internationally recognised mental health expert and author.

Modules: 9

Time: 25 Minutes

Health and Wellbeing Courses

Ensuring a Smooth Transition in the Year of Covid

Matt Bromley starts this course by summarising the key principles for a smooth transition from primary school to secondary school in usual times, before going on to explore how we can adapt the process to enable students to transition well during the context of Covid.

Modules: 7

Time: 35 Minutes

Laugh Your Way to Stronger Connections

This course is for parents, carers and extended family members who want to learn creative and practical ways to playfully connect with their children. You will learn ideas and strategies for harnessing natural and spontaneous laughter, and discover how to create more opportunities for play, expression and connection.

Modules: 9

Time: 25 Minutes

Health and Wellbeing Courses

Spot and Support Attachment Disorder

This is a course for anyone new to Attachment Disorder and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 8

Time: 20 Minutes

Health and Wellbeing Courses

Simple Ideas to Support with Eating Disorders

Eating disorders are really hard to understand and can leave us very worried about doing and saying the wrong thing, fearful that we'll make things worse.

Consequently, many people do not try to help at all. In this course I've tried to help you build your current strengths and understanding to give you some ideas about how to support a child or young person with an eating disorder even though you're not an expert. You won't get it right all the time, none of us do... but these simple ideas will build your confidence and enable you to make a difference to any child you are working with or caring for regardless of your role and experience.

Modules: 9
Time: 25 Minutes

Health and Wellbeing Courses

Children's Wellbeing: When to Worry. and What Next?

During this course, we consider the warning signs that a child is struggling with their wellbeing and how we can create a supportive environment to help them explore their worries. This course was written initially for parents and carers but provides useful ideas for any adult who works with or cares for children.

Modules: 8
Time: 45 Minutes

Why are so Many Autistic Girls Missed in School?

In this course we explore why it can be hard to pick up on autism in girls. We then consider some of the warning signs we can be looking out for and the practical steps we can take to support a girl if we believe she may be autistic. This on-demand course was inspired by a learn live session run by Pooky which over a thousand people registered to attend.

Modules: 7

Time: 55 Minutes

Spot and Support ADHD

This is a course for anyone new to ADHD and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 15 Minutes

Spot and Support Speech, Language & Communication Needs

This is a course for anyone new to Speech, Language and Communication Needs and wanting to find out more about them. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 20 Minutes

Spot and Support ADHD

This is a course for anyone new to ADHD and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 15 Minutes

Spot and Support Attachment Disorder

This is a course for anyone new to Attachment Disorder and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 8

Time: 20 Minutes

Spot and Support ADHD

This is a course for anyone new to ADHD and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 15 Minutes

Create a Truly Inclusive Environment **Where Children with Special Needs Can** **Thrive**

During this course, we walk through a simple framework for promoting a truly inclusive environment that feels safe and nurturing for all children and especially those with special educational needs or social, emotional or mental health issues. Inspired by the 4S framework developed by Daniel J Siegel and Tina Payne Bryson for parents, we consider our role as adults working with, caring for or supporting young people with special needs and the small but meaningful changes we might make to the physical, social, emotional and cognitive environment to enable them to thrive both now – and in the future as every positive experience helps to create and strengthen neural pathways; laying the foundation for future positive experiences. This course was developed for SENDCos (special needs leads in UK schools) and so the course will be of special interest to anyone supporting a child or children with special needs or emotional wellbeing issues. However, there is much of interest here for anyone who works with or cares for a child. The ideas are widely applicable and highly adaptable and you'll be able to readily apply them to your work and life. This course was developed and delivered by Dr Pooky Knightsmith who has a PhD in child and adolescent mental health and has spent many years as a governor at a range of special schools and who has led many training events for staff and parents supporting children with SEND. A version of this course was originally part of an online SENDCo training event commissioned by the Girls Day School Trust in the UK.

Modules: 12
Time: 50 Minutes

Spot and Support Autism

This is a course for anyone new to Autism and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying traits and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 20 Minutes

Spot and Support Dyspraxia

This is a course for anyone new to Dyspraxia and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 15 Minutes

Spot and Support Dyslexia

This is a course for anyone new to dyslexia and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 30 Minutes

Spot and Support Dyspraxia

This is a course for anyone new to Dyspraxia and wanting to find out more about it. It aims to give you the basics so that you can start to identify pupils who may be displaying tendencies and work with those pupils to support their needs. We'll therefore give you advice and simple ideas you can put into practice straight away and approaches to adapt and trial. It may be that the pupil needs further support so we'll talk about what other avenues you may want to pursue. Great for teachers new to the profession, support staff or anyone wanting to check their understanding and support pupils to have the best possible outcomes.

Modules: 7

Time: 15 Minutes

Teaching and Learning Courses

Creating and Using Sensory Stories

Sensory stories are a hidden gem in the world of special education. These beautifully captivating stories created using concise text and rich and relevant sensory experiences can be wonderful for those who need a sensory approach to education, but more than that they can further enrich education promoting engagement for all. Consider the lessons you remember from school. Did they have sensory elements that secured them in your memory? Are there certain sensations that remind you of times and places? For me the smell of hot water bottles reminds me of my Grandma's house. In these insights we find in our own lives the power of sensation for story telling.

Modules: 8
Time: 50 Minutes

Teaching and Learning Courses

Enabling Your Child to be an Independent User of ICT

This course is designed to teach you some of the basics about how to make your child more independent in accessing their learning online and how we can enable them to make effective use of their technology for homework tasks. We will also consider some of the ways of staying safe online

Modules: 10
Time: 25 Minutes

Understanding the Teenage Brain

The teenage years must be an exciting time to be a brain! Everything is changing, new connections are being made and the way that information is processed also evolves. This course will take you through the essential information you need to know in order to be a supportive adult to a teenager.

Modules: 8
Time: 35 Minutes

Teaching and Learning Courses

How to Support Your Child When They're Learning Online

There have been a lot of changes to the way that schooling has been received by young people and there may be more in the future. This course is designed to give you some practical hints and tips around managing these changes and enabling your child to get the most out of their learning wherever they are. So, if you want to know what you can do to support your child in these unpredictable times, join me to learn more. This course has been designed for parents/carers with a child in primary school or lower secondary school and requires no previous training or knowledge.

Modules: 8

Time: 25 Minutes

Teaching and Learning Courses

Support Children with Their Reading

This course is designed to teach you some of the basics on how to support reading with some strategies which have been tried and tested. It will get you started on thinking about what you can do to support reading.

Modules: 7

Time: 25 Minutes

How to Support Children with Their Writing

During this short course, you'll learn how to support children with their writing including those who are reluctant or appear to be struggling. As well as providing you with practical ideas you can use to support any child you are caring for or working with, we hope that Jess' calm and reassuring approach will boost your skills and confidence.

Modules: 7

Time: 25 Minutes

What else can I access?

As well as these on demand courses we also offer more in-depth learning called Pathways.

Parents: Supporting Your Child

Courses: 8
Time: 3 Hours

Parents: Supporting Your Teen

Courses: 10
Time: 3 Hours

PMLD: Activities for Promoting Awe & Wonder

Courses: 6
Time: 4 Hours

PMLD: Activities for Promoting Emotional Wellbeing

Courses: 4
Time: 2 Hours

Supporting Children with PMLD Through Loss and Grief

Courses: 4
Time: 2 Hours

What else can I access?

As a bonus, we run webinars for all members.

Some will be aimed more at school and college staff, but if you have an interest in the subject, or would like to know more, we would be more than happy to have you along.

You can book to attend live, or you can watch the webinar replays back.

Book to watch live Webinars here

<https://www.creativeeducation.co.uk/available-webinars/>

Watch Webinar Playbacks here

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course_type=webinar-playback&role=parents](https://www.creativeeducation.co.uk/available-courses/?course_type=webinar-playback&role=parents)

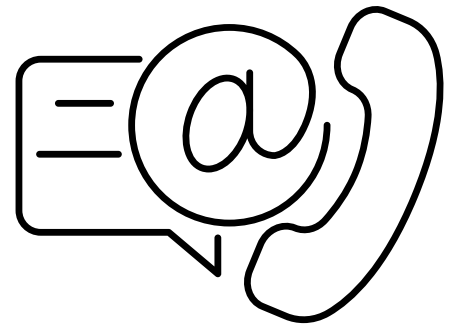




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Still have Questions?

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