



**Oxford
Hub**

Free Workshops for Parents at Oxford Hub

**Oxford Hub at Windale School
Windale Ave, Oxford OX4 6JD**

Date and Time	Suitable for	Workshop
Wednesday 25/2/26 13:00 - 14:30	Parents/Carers of primary school age children	Emotional Regulation Understand what is meant by emotional regulation and introduce Zones of Regulation as a tool to support your child.
Wednesday 4/3/26 13:00 - 14:30	Parents/Carers of primary school age children	Developing Resilience Understand what resilience is and what factors influence a child's ability to be resilient and develop tools to support your child to develop resilience.
Wednesday 11/3/26 13:00 - 14:30	Parents/Carers of primary school age children	Managing Meltdowns Effectively Find out about the connection between the senses and meltdowns and developing strategies to support your child with meltdowns.
Wednesday 18/3/26 13:00 - 14:30	Parents/Carers of nursery age children	Developing Communication With Your Child Understanding benchmarks and strategies to support the development of Speech, Language and Communication at home.
Wednesday 25/3/26 13:00 - 14:30	Parents/Carers of nursery age children	Early Maths for Parents Gain understanding of the areas of maths that are taught in Reception and learn strategies and activities to support your child's enjoyment and learning of maths.

To enroll, contact Penelope Lea (Family Learning Tutor)

penelope.lea@abingdon-witney.ac.uk

These sessions are fully funded so are free to families living in Oxfordshire (Ts and Cs apply).