



## Find out more

To find out more about the UFA log on to: [www.ufa.org.uk](http://www.ufa.org.uk)

If you are interested in the UFA running a Helping my Child to Learn training the trainer programme in your area, contact us now and we can discuss your needs and requirements, call us on: 0121 212 9838.

'I am a better person, nicer, more helpful, friendly. I am more self-confident and have more self-belief.'  
UFA young person.



Learning is...  
a journey

## Helping my child to learn with the UFA

'UFA is part and parcel of me now – it's at my core. It was life changing for me and for all the children I come into contact with.'

THE  
POWER  
TO  
LEARN



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# Helping my child to learn - training the trainer



‘We want to set up things that our kids can do when they are not at school.’ - UFA Parent

## The UFA

The UFA is a national educational charity that during the past ten years has worked with over half a million young people to provide enriching and challenging learning activities. We work in partnership to develop the capacity of others to enable and encourage the potential of young people.

## Our aim

To create learning that enriches lives in home, school and community, raising aspirations and achievement for young people aged 5-25.

## How

- Creating a learning network that young people can belong to anywhere that develops learning & leadership skills for life.
- Creating relationships in schools, communities and with parents that develop innovative learning activities that take place inside and outside of the school.

## Helping my Child to Learn: Training the Trainer

This is a one day training programme that introduces delegates to the Helping my Child to Learn ten hour training course. Completion of the programme will enable each delegate to run their own ten hour training course for parents. Each delegate will get a copy of the ten hour course, a free CD of resources and a copy of the Helping my Child to Learn book.

During this day you will:

- Consider the role of parents in their child's education.
- Consider the implementation of a parent training programme.

- Become more familiar with the ten hour Helping my Child to Learn programme.
- Try out some of the activities.
- See and try out the resources.
- Plan for your needs.

## Audience:

Those currently working with, or intending to work with parents and carers. In particular,

- Parent Support Advisors.
- UFA Fellows interested in parent training.
- Local UFA teams.
- Early years teams.
- Children's centre delivery teams.

## Background information about the ten hour course:

The ten hour training programme is designed to introduce parents and carers to a range of learning to learn strategies that would support their child's learning.

Since its publication in 2004, the UFA booklet Helping my Child to Learn has proved very popular with parents. This programme has been designed to make the booklet come alive so that parents are able to deepen and extend their understanding of its content. The programme will help parents and carers to support the learning of their children, to become more effective, successful learners and to overcome barriers to learning.

This programme is delivered in five sessions:

1. Getting ready to learn.

This session introduces the programme, sets the ground

rules and begins to explore the nature of learning.

2. My amazing brain.

This session explores some simple brain facts considering what is good for and not good for our brains in order to take on new learning.

3. Learning in different ways.

This session explores some of the ways in which we prefer to take in new information using our senses. It goes on to consider the different ways there are of being intelligent, using Howard Gardner's theory of multiple intelligences.

4. Making the learning stick.

This session builds on what we know about our amazing brain and considers different strategies for improving our memories. It considers the importance of reviewing learning.

5. Deepening the learning.

This session considers the importance of emotions in learning and explores the importance of positive talk and enjoyment to engage and motivate children.

Each session is designed to be two hours long.

## The aims of this programme are:

- To deepen parents' and carers understanding of the course booklet: Helping my child to Learn.
- To develop parents' and carers knowledge in order to understand more about themselves and children and young people as learners.
- To understand more about the UFA approach to learning.
- To help parents and carers to understand how to help to maximise children's and young people's learning potential.
- To develop an understanding of the importance of the developing of an internal (emotional) and external (physical) learning environment which helps to support and promote learning.
- To develop an understanding of the many ways that learners are the same and different to each other.
- To share a range of strategies for supporting the learning of children and young people.
- To help parents and their children overcome barriers to learning.

## Cost of the training the trainer programme:

- £1500 for a course with a minimum number of 15 participants (which is £100pp).

