



St Machan's Family Learning



Family life can be fun but it can also be challenging at times. Every family is unique and faces their own challenges that will need different types of support and information that is right for them. Across East Dunbartonshire, Scotland and the UK there is a wide range of supports available to families that could help enhance family life.

Here are Just some of the groups and services that are available, offering help and advice on a wide variety of issues.



SPACE (Supporting Parents and Children Emotionally)

This group is for families with children learning at pre-school level. It offers a wide range of free downloads to help families with children who made need help with emotional needs. If you click this link below it will take you to a page with free downloads as well as further courses you can do online.

<https://rockpool.life/course/space-supporting-parents-and-children-emotionally/>

Community Cook It

This gives families the opportunity to learn how to make healthy meals together with basic cookery skills. Involving the children will help develop their skills and build their knowledge in understanding food labels.

<http://www.knowledge.scot.nhs.uk/taysidenutrition/family-nutrition/community-cookit/cookit-recipe-file.aspx>

Words for life

Is a project that has been set up by the National Literacy trust to help parents turn the activities they are already doing with their child every day into opportunities to build up their child's language skills.

<https://wordsforlife.org.uk/>

Education Scotland

The link below takes you directly to the parent zone section of the website that covers a wide range of topics from transitions for the children be it starting school, changing school or leaving school. Learning at home. What your family may be entitled to and even forms for parents to discuss various topics that matter to them.

<https://education.gov.scot/parentzone/>

Education Scotland also produce a newsletter for parent and carers to keep them updated on all the latest goings on, subscribe here by clicking the link:

<https://edscot.org.uk/p/LQE-39I/subscribe>

If you are facing any issues and would like further support please get in touch with, St Machan's Family Learning Assistant, Lynsey

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