0-5 years



Growing Together:

Empowering Parents for Early Childhood Success

lancashire.gov.uk

Lancashire County Council

Comms 9068

As children grow their experiences, relationships and surroundings fundamentally shape their future. Lancashire Educational Psychology Service are hosting a range of free events for all Parent Carers living in Lancashire to support them in shaping the lives of their little ones.

Sessions will include take-home ideas on practical activities to do with your child. Events will take place online using Microsoft Teams to increase accessibility for Parent Carers across the county.



Sessions are available to all Parent Carer in Lancashire with a child aged 0 to 5.

22.10.2025 6 pm- 7 pm - Creating a positive relationship and joy with your child.

Building positive relationships helps children to feel secure and to thrive in their development. We will explore practical strategies to support your connection with your child as well as ways to keep yourself healthy through the challenges of parenthood so you and your child can enjoy healthier, happier lives. This session is for any Parent Carer expecting a child or with a child under 5 years old.

Book your place here: Growing Together: Topic: Creating a positive relationship and joy with your child

26.11.2025 6pm -7pm- The power of play: Fun ways to connect with your child through play

Play is vital for your child's development. It helps them learn new skills, express their creativity, and build social connections. Through play, children explore the world around them, develop problem-solving abilities, and gain confidence. We will share different types of play and ways to encourage playtime within daily life.

Book your place here: Growing Together: Empowering Parents for Early Childhood Success. Topic: The power of play: Fun ways to connect with your child through play



28.01.2026 6pm -7pm- Supporting big emotions
Struggling with your child's big emotions? Our upcoming workshop is here to help! We will equip you with effective strategies for supporting your child through emotional highs and lows. Learn how to create a calm environment, teach coping skills, and improve communication. This session will provide you with the tools to help your child navigate their feelings confidently.

Book your place here: Growing Together: Empowering Parents for Early Childhood Success. Topic: Supporting big emotions

18.03.2026 6pm – 7pm Promoting kindness and co-operation.
Learn new practical ways to foster empathy, teamwork, and positive social interactions in your home and in your child.

Book your place here: Growing Together: Empowering Parents for Early Childhood Success. Topic: Promoting kindness and co-operation

29.04.2026 6pm -7 pm Technology in Early Years
Join us in a practical and reflective space to explore the role of technology in Early Years development. We will share how digital tools can be used to support learning and play in childhood as well as strategies for balancing screen time and promoting healthy digital habits

Book a place here: Growing Together: Empowering Parents for Early Childhood Success. Topic: Technology in Early Years

01.07.2026 6pm – 7pm- Preparing children for the transition to school
Is your child starting primary school soon? This session is designed to help you and your child make a smooth transition! Learn practical tips and strategies to prepare your little one for this exciting new chapter. Discover how to build confidence, develop essential skills, and create a positive attitude towards school.

Book your place here: Growing Together: Empowering Parents for Early Childhood Success. Topic: Preparing children for the transition to school

