





[Free and fun Family Learning courses](#)

# Family Learning Early Years Programme

October 2021

	<p><b>Little Movers</b> 1 session</p> <p>Delivery options: Online and various Norfolk venues</p>	<p>This fantastic FREE session will help support your little movers! You will discover the importance of action rhymes, activities and games for your child/ren's physical development, wellbeing and learning. This session is designed for parents/carers and their children aged 0 to 4 years, taking part together.</p>	<p>To book: <a href="#">Little Movers</a></p> <p>Telephone: 0344 800 8020 option 5</p> <p>Email: <a href="mailto:adultlearning@norfolk.gov.uk">adultlearning@norfolk.gov.uk</a></p>
	<p><b>Little Talkers</b> 1 session</p> <p>Delivery options: Online and various Norfolk venues</p>	<p>This fantastic session will help support your little talkers! You will discover the importance of stories, rhymes and games for your child/ren's communication development, wellbeing and learning. This session is designed for parents/carers and their children aged 0 to 4 years, taking part together.</p>	<p>To book: <a href="#">Little Talkers</a></p> <p>Telephone: 0344 800 8020 option 5</p> <p>Email: <a href="mailto:adultlearning@norfolk.gov.uk">adultlearning@norfolk.gov.uk</a></p>
	<p><b>Making Friends</b> 1 session</p> <p>Delivery options: Online and various Norfolk venues</p>	<p>This fantastic session will help your child/ren to make little friends! You will discover the importance of taking turns, building relationships and expressing feelings for your child/ren's social development, wellbeing and learning. This session is designed for parents/carers and their children aged 0 to 4 years, taking part together.</p>	<p>To book: <a href="#">Making Friends</a></p> <p>Telephone: 0344 800 8020 option 5</p> <p>Email: <a href="mailto:adultlearning@norfolk.gov.uk">adultlearning@norfolk.gov.uk</a></p>
	<p><b>Promoting Positive Behaviour</b> 2-week course Tuesday 05/10/2021 and 19/10/2021 19:00-20:30</p> <p>Online</p>	<p>This 2-week course will help you to gain confidence and skills to support your child/ren's behaviour with approaches based on current guidance and best practice. With the two sessions taking place a few weeks apart, this will give you time to practice the approaches before returning for more tips and answers to questions. This course is suitable for those with children aged 0-4 years. Parents/carers are encouraged to attend without their children.</p>	<p>To book: <a href="#">Promoting Positive Behaviour</a></p> <p>Telephone: 0344 800 8020 option 5</p> <p>Email: <a href="mailto:adultlearning@norfolk.gov.uk">adultlearning@norfolk.gov.uk</a></p>



**Let's Explore Together**

4-week course  
Friday 01/10/2021 –  
22/10/2021  
12:45-14:15

Online

This course will help you discover how your child/ren experience the world through their senses, how they explore and learn about the world around us. You will learn some exciting and fun activities which will engage and entertain your child/ren whilst at home. It will also give you a chance to spend some quality time together and support their development as they grow. This course is for children aged 0-2 years, with their parents/carers.

To book:  
[Let's Explore Together](#)

Telephone: 0344 800 8020 option 5

Email:  
[adultlearning@norfolk.gov.uk](mailto:adultlearning@norfolk.gov.uk)



**50 Things to do Before You're 5**

1 session

Delivery options: Online  
and various Norfolk venues

These fantastic FREE sessions will help you to learn some fun and easy age-appropriate activities, support your child's development and tick off some of the 50 Things to do Before You're Five activities. They are designed for parents/carers and their children aged up to 5 years, taking part together.

To book:  
[50 Things](#)

Telephone: 0344 800 8020 option 5

Email:  
[adultlearning@norfolk.gov.uk](mailto:adultlearning@norfolk.gov.uk)