

# CORNWALL VIRTUAL FAMILY SPACE WORKSHOPS

These are live virtual workshops, with each session lasting up to 2 hours



**Potty Training:** this workshop includes the three step 'Let's Go Potty' approach, preparation to use the potty, practising potty skills, and stopping using nappies as your child gains confidence.



**Child & family Safety in the Home:** this workshop can help you think about safety in each room of your home to minimise risks of accidents and injuries to your family. Focusing on falls, burns, scalds, drowning, poisoning, button battery safety and other potential at-home hazards.



**Child & family Safety outside the Home:** this workshop will cover sun safety, water safety, garden safety, car seat safety, road safety and firework safety.



**Mini First Aid:** an Interactive Virtual Class for parents and carers. This award-winning, CPD-accredited class covers CPR, choking, bumps, burns, breaks, febrile seizures, sepsis and meningitis awareness. Includes a handy digital first aid guide.



**Balanced Mind, Balanced Home:** this session, for male parents and carers, will cover stress, anxiety, mental health, grounding techniques and more...



TO BOOK, USE OUR  
QR CODE



VIRTUAL FAMILY SPACE

Any questions? Email the team at [Virtualfamilyspace@barnardos.org.uk](mailto:Virtualfamilyspace@barnardos.org.uk)