

the local parent

FREE Parenting Conference!

Newmarket Memorial Hall

Thursday 1st March



9:00am - 2:30pm

Registration Form Inside!

Sharing Parenting 
making a difference to families

www.sharingparenting.com

Everyday

MAGIC

By Ordinary People

Thursday March 1st 2018

9:00am - 2:30pm

Memorial Hall, High Street, Newmarket, CB8 8JP

Your parenting questions answered in one day.

To register choose two workshops for Part 1 and two workshops for Part 2

Please register by 19th February

Name

Address

Email / Phone

Choices

Please send your registration form to :

Sharing Parenting
108 Freshfields
Newmarket
CB8 0EF

OR email your details and choices to
info@sharingparenting.com. You can
also call 01638 665997 or text 07867 568339

Part 1: (Please choose first & second choices)

1. Sibling Rivalry
2. Homestart Birth and Beyond Project
3. Understanding Behaviour
4. ADHD and Autism
5. Mindfulness
6. True Colours (Personality Assessment)
7. Pre-teens / Teens

Part 2: (Please choose first & second choices)

1. Sibling Rivalry
2. Discipline
3. Understanding Behaviour
4. Toddlers / Sleep & Eat
5. Mindfulness
6. True Colours (Personality Assessment)

Let's talk 'Parenting Styles'...

Have you ever thought about the way that you talk to your children or what they hear when they listen to you? Can a beautiful bright day soon become stormy with some quickly spoken words and rushed reactions? Our Parenting style can tell us a great deal about the communication methods we use and the effect that it has on our children.

PASSIVE PARENT

VERBAL: 'You do what you want dear, I'm sorry to be a nuisance, are you sure that's ok?'

BODY LANGUAGE: Quiet and wobbly voice, no eye contact, fidgeting and tendency to walk away

EFFECT ON CHILD: As there is no consistency the child may become irresponsible, demanding and uncooperative.

ASSERTIVE PARENT

VERBAL: 'Ok, we seem to have a problem here, let's sit down together and try it sort it out.'

BODY LANGUAGE: Relaxed and calm. Steady eye contact, fair and firm. Listening to child.

EFFECT ON CHILD: Child will feel respected and listened too.

AGGRESSIVE PARENT

VERBAL: 'I'm in charge, you do what I say, I don't care what you think!'

BODY LANGUAGE: Hands on hips, pointing fingers or clenched fist. Loud voice, always intimidating to the child.

EFFECT ON CHILD: The child will either become very timid or try to imitate the parent.

Go for green!

Assertive parents are friendly, firm and fair. Both parent and child feels respected and valued. Try it, it works!

PARENTING Q + A

This issue's Q + A: **SCREEN TIME**

How much is too much?

Screen time, like a lot of tools when used properly, can have a lot of benefits for children. There are some great educational sites and the trick is to pick your children's sites carefully. However, like anything it can be misused. There is a lot of evidence now that shows how too much time on screens can harm both their children's communication and social skills which are much needed in school and life. Decide as a family what your rules around screen time will be, each family is different.

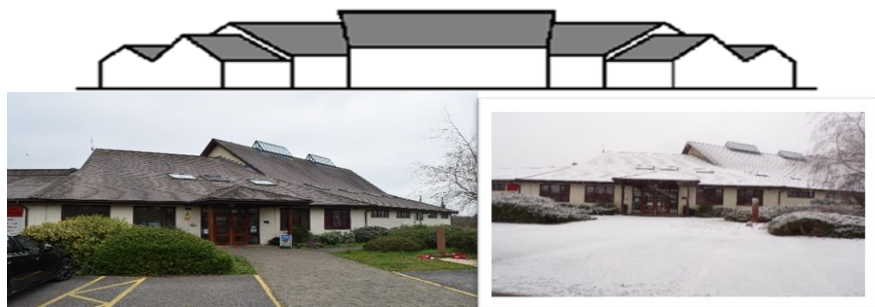
When you have your rules keep to them! Be consistent. Make sure your child is clear on the rules and the consequences of breaking them. If your child is old enough, let them be part of this decision process, ask them their views and take them into consideration before you make your final rule.

—Suzanne Pearson (Psychologist and Director of Sharing Parenting)

If you could ask a psychologist any parenting question, what would it be?

Email your questions to amber@sharingparenting.com

Millennium Centre



What's On at the Millennium Centre?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		PRE FOOTBALL (CH) 10.00am - 11.00am	STAY & PLAY (CH) 10am - 11.30am	MOO-MUSIC (CH) 9.30am - 11.00am	FIT CLUB (CH) 8.00am - 9.00am	
		MR MELODY (CH) 11.00am - 12 noon			YOGA/PILATES (CR) 8.30am - 9.30am	
		CARPET BOWLS (CH) 2.00pm - 4.00pm		FOOTBALL FUN FACTORY (CH) 11.30am - 12.30pm	JAZZERCISE (CH) 9.30am - 10.30am	REACH CHURCH (CH) 11.00am - 2.00pm
BEAVERS (CH) 4.30pm - 6.00pm		PRIVATE TENNIS (CH) 4.00pm - 5.00pm		SCRABBLE (BR) 2.00pm - 3.00pm	FOOTBALL FUN FACTORY (CH) 11.00am - 12.30pm	PARTY Hall Hire Available (CH & CR)
CUBS (CH) 6.00pm - 7.30pm	FIT CLUB (CH) 6.00pm - 7.00pm	ZUMBA (CH) 6.00pm - 7.00pm	ALL STARS (CH) 6.00pm - 8.00pm	THE STUDIO-CT DANCING (CH) 4.00pm - 7.15pm	CHILDRENS PARTYS 12.30pm - 5.00pm (CH & CR)	
SCOUTS (CH) 7.30pm - 9.00pm	HOP (CH) 7.30pm - 8.30pm	KARATE (CH) 7.00pm - 8.00pm	SEQUENCE DANCE CLUB (CH) 8.00pm - 10.00pm	YOUTH CLUB (CH) 7.30PM - 8.30PM	EVENING EVENTS 5.00pm - Midnight (CH & CR)	SOHAM BAND (CH) 6.00pm - 8.00pm
		BADMINTON (CH) 8.00pm - 9.30pm			DEN'S BINGO (CR) 2nd Sat every month 7.30pm - 9.00pm	
KEY : (CH) = Cooper Hall (CR) = Conference Room (AD) = Allan Duncan Room (BR) = Board Room						
Red Robins (Conference Room) Monday - Friday 9.00am - 5.30pm Baby Robins (Allan Duncan Room) Monday - Friday 8.30am - 5.30pm						

The Red Lodge Millennium Centre was officially opened on the 1st December 1999 by Allan Duncan and has been serving the local community ever since. Situated in Rural Suffolk, within easy access of the A11, the A14 and in a small housing estate. We have the Large Cooper Hall, the Conference Room, the Allan Duncan Room and a Board Room all ranging in different sizes. There is also Clicks Bar & Grill, a Pre-School and a number of local community groups and fitness classes for the small to the not so small. We have space for Weddings, Conferences, Functions and Parties. Contact us by phone 01638 750760 or email to info@rlmcsuffolk.co.uk



What's On for the local parent ?

Monday

Quilting Angels

Bring a craft to work on, open to all ages (10:30-3:15 Red Lodge Sports Pavilion, IP28 8FQ)

Tuesday

Lakenheath Parent, Baby & Toddler Group

(Village Hall, IP27 9EW, 9:30-11:30am)

Fitclub and Buggy Fitcamp

(Red Lodge Sports Pavilion 10am, IP28 8FQ)

Wednesday

Breastfeeding Support Group

(The Stable, Newmarket, CB8 8NA, 10-12pm)

Thursday

Soft Play

(Brandon Leisure Centre, Church Road, IP27 0JB, 9:30-12:20pm)

Friday

Dad's Drop In

(Lakenheath Methodist Church, Back Street, IP27 9HW, 9-10:30am)

Coming up...

Easter Fayre

24th March, 2pm, Red Lodge Sports Pavilion, (IP28 8FQ)

Sibling Rivalry

Soham Children's Centre, 10th, 17th and 24th July, (CB7 5BH) Call: 01638 665997 to book.

'Outside The Box'

For parents of SEN children at All Saints School, Laureate School and The Glade School. Call: 01638 665997 for info.

Mindfulness

Soham Children's Centre, 21st, 28th Feb and 7th March, 6:30-8pm, (CB7 5BH) Call: 01638 665997 to book

Raising Children

10 week Parenting Course, West Row Academy, (IP28 8NY). Begins September 18th. Call: 01638 665997 for info.

Rainy Days??

Why not check out the Libraries in Lakenheath and Mildenhall. Warm, dry and endless adventures!

Pop-ups

Have you seen us yet?

Pop-ups are trained Sharing Parenting staff and resources, information, tips and treats for all you parents out there. We've been to schools, nurseries, leisure centres and even supermarkets! Come and join us!

Pop-ups:

Thursday 15th February:
Market Hill Brandon. 9-11:30am

Tuesday 20th February:
Little Fishes Nursery, Lakenheath.
8:45-9:15am

Sunshine Corner Nursery,
Lakenheath 2:30-4pm

Friday 23rd February:
Lakenheath Community Primary
School. 2-3pm

Tasters:

Thursday 8th March:
Parent Drop In at Brandon Library
(IP27 0BQ) 2-3pm

Wednesday 7th February
Coffee Morning
Millennium Centre Red Lodge
(IP28 8TT) 10:00-12:00pm

Community Spotlight

Citizens Advice Bureau

In case you haven't been in to your local 'CAB', this community resource offers a world of very useful information for anyone and everyone. Citizens Advice provides free, confidential, impartial advice across Forest Heath. There is information and support to address all aspects of life including:

- consumer benefits
- money advice
- employment
- housing
- community care
- relational issues
- utilities
- education
- racial harassment
- immigration
- and much more.

**citizens
advice**

Mildenhall

Forest Heath District Council Office
College Heath Road
Mildenhall
P28 7EY

Drop In:

Wednesday, Friday
9:30am - 1:00pm

Adviceline - 0300 330 1151

www.suffolkwestcab.org.uk

Newmarket

Foley Gate
Wellington Street
Newmarket
CB8 0HY

Drop In:

Monday, Tuesday, Thursday
9:30am - 2:30pm

Direct Phone - 01638 665999

www.newmarketcab.org.uk

Additional Contact - www.adviceguide.org.uk

**We want
YOU !!!**

**Would YOU like to volunteer with
the local parent?**

The local parent is a community project.

The purpose is to create community and find volunteers as well as sponsorship to have it continue. If you have a hobby of photography, writing, editing, graphic design, or have some news or events to share, please drop us an email at amber@sharingparenting.com

COMPETITION TIME!

Are you aged 8 years to 11 years old? Do you live in Lakenheath, Mildenhall or Red Lodge?

If so, we would love to hear from you!



We would like to hear your views on living, going to school and growing up in this area. Write your thoughts down in no more than 300 words and send them in to us at the address below. We'll have a read of them all and the winning article will be printed in the next issue.

Please send articles to amba@sharingparenting.com



KIDS LIFE!

Hi! I'm Beth and I am 12 years old. At my school right now we are thinking about G.C.S.E's. I'm feeling really pressured because I don't really know what I want to do but I know it will impact me in the future. My mum says that because many of the subjects can be lots of work I should also choose things I enjoy and might be less heavy, like Art. Even though I am nervous, my parents are being really supportive and keep telling me that whatever I choose will be perfect for me. My school has an Options Evening soon where the teachers encourage us to do the subjects best suited for us, so that will help. I try to do all my homework and revision as soon as I get in from school so I can spend the rest of the evening reading, listening to music and chilling with my family. Talking with my friends is also really important as it reminds me that I am not in this on my own and we are going through it together!

Luv **Beth** x



E.P.I.C. Dad Survival Kit



This year EPIC Dad is planning to launch the 'EPIC Dad Survival Kit'. The aim is to provide fathers and father figures of a new-born baby with a backpack of items to support and affirm their key role in the care and development of the child. The 'Survival Kit' will include 5 items for the new dad (eg snack bars, bottle of water, etc.) and 5 items for the new baby (eg nappies, wet wipes, etc.)

Also, there will be leaflets about groups available and info to support dads in their new role. Through this practical gift given out to new dads we hope to help men feel more involved in the family and empowered to support their baby and their baby's mum. We are looking forward to sharing more information as soon as this project develops.

For more info email: epicdadproject@hotmail.com or call

Richard Keeble on 07717744608.

Check out our What's On page for the latest E.P.I.C Dad events!

Who are Sharing Parenting?

Sharing Parenting is a Community Interest Company that offers a range of free parenting support programmes in addition to, training, mentoring and supervision for professionals working with parents and children. In a nutshell, Sharing Parenting is a resource for evidence based parenting support.

The term “evidence-based” means that our programmes work!

Over 300 parents in trials conducted by the University of London reported a positive impact on their family. There have also been evaluations completed by Educational Psychologists in Cambridge confirming the effectiveness of our courses. The U.K. Adlerian Society accredits the courses. Parenting U.K. has also awarded Sharing Parenting the CAN quality kite mark.

It doesn't end there...

In addition to the programmes offered, Sharing Parenting is also involved with various community projects. These include two Community Outreach Workers, two Family Support Workers located in four schools throughout Forest Heath, and a Reading Café Extraordinaire who has created 'reading cafes' focused on encouraging effective reading time with children at home.

We invite you to visit our website www.sharingparenting.com and follow us on Facebook and Twitter.

Sharing Parenting



making a difference to families

Join Us!

All events are FREE for parents!

21st February-Mindfulness

Soham Children's Centre

6:30-8pm (3 weeks)

Raising Children 10 Week Course

Exning Primary School (CB8 7EW),
Begins 24th February.

Call: 01638 665997 for info

1st March - Parenting Conference

Memorial Hall, High St, Newmarket

Please call or email us to book
your place on one of our fantastic
courses!

**The primary aim of
Sharing Parenting is to offer
parents a supportive, informal
environment, in which to gain
information, knowledge, skills
and confidence around
parenting.**

Tel: 01638 665997
info@sharingparenting.com