

the local parent

Supporting families in Red Lodge, Lakenheath and Mildenhall



Sharing Parenting   www.sharingparenting.com
T: 01638 66
M: 07867 50
E: info@sharingparenting.com



Sharing Parenting   www.sharingparenting.com
T: 01638 66
M: 07867 50
E: info@sharingparenting.com

Community
Spotlight

E.P.I.C. Dads

KIDS LIFE

SUMMER!

www.sharingparenting.com

the local parent

is here to connect families and grow our community. We are passionate about parent support and happy kids.

Brought to you by the Sharing Parenting team, we want all families to feel connected, involved, and a part of their local community.

Amber and Amba

Sharing Parenting Outreach Workers



CONTENTS

- 2 Parenting Q+A
- 3 SUMMER!
- 4 Everyday Magic Conference
- 5 A.N.G.E.L.S
- 6 E.P.I.C. Dad, Kid's Life
- 7 Millennium Centre
- 8 Sharing Parenting

What is the best
way to
discipline
my kids?

PARENTING Q + A

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

Email your questions to
amber@sharingparenting.com

Try to put yourself into your child's shoes for a moment, How would you feel as the child being disciplined? Imagine if your parent took away your favourite toy or some other privilege? What feelings arise? Does it feel unfair? Do you feel disrespected? Taking away a toy or privilege away for an hour can have the same effect as if you were to take it away for a week. Our approach to discipline should be respectful and fair. Discipline is about learning. What lesson are you trying to teach? What can they learn from this interaction?

All behaviour is communication, so before jumping to discipline, try to understand the reason behind your child's behaviour. Keep the discipline moderate, respectful, and fair. Finally, LISTEN. Think two ears, one mouth and try to listen twice as much as much as you speak. Watch how this improves the relationship with your child and helps you better understand the reasons behind your child's behaviour.

Suzanne Pearson, Psychologist, Director of Sharing Parenting



Two ideas

to keep everyone happy this

Summer

1 Have a family meeting to decide what you should do this summer! Family meetings work wonders in families. Each member takes a turn to talk and all ideas are respectfully discussed and considered, no matter how big or small. Make a list of everyone's wishes, take a vote, and write those plans down on a calendar for everyone to look forward to. It doesn't have to break the bank either. The best bonding activities can often be the most simplistic, like going for a walk, planting in the garden, or baking. Aim for time spent together instead of money spent together. AND pencil in some time to be bored. Letting children "get bored" gives them a better understanding of what they themselves prefer and like to do. It also can be a great creativity boost, so go ahead and leave a few days empty!

2 Make time for you as well, Mum and Dad... it's your summer too. Much of the time, when we consider summer holidays, we think of the kids activities and don't prioritise our own. This is such a mistake! Everyone loves to enjoy the weather when it's nice or even a nice get away for the night (or a week). Ask a friend or Nanny and Grandpa to take the kids so you can have some time to yourself. Everyone doesn't just deserve a break, they NEED one. Burn out is a real thing and time to yourself is time to recover to go back to being the best parent you can be.

If you run into some parenting issues this summer, you're not alone! Research suggests that parents experience more stress than usual over the summer holidays. SHARING PARENTING is here to help!

Follow us on Facebook
to find Parent Drop
Ins, Coffee Mornings
and Courses to join!



What a great group of people-thank you!

Thanks for putting this on, it was great.

Love it, love it, love it!

Thankyou for all your hard work, please do it again.

Everyday

MAGIC

By Ordinary People

A really good day both professionally and personally.

A great event-very inclusive.

I wish I had more time to do some more workshops!



Parenting Conference at Newmarket Memorial Hall. May 2018

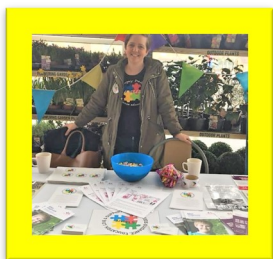
Many thanks to everyone who came and all who supported the day!

ANGELS are a support group for families living in and around Brandon. They exist for any family living with Autism, ADHD and all 'spectrum' disorders.

As much as Autism is in the media these days, ANGELS know how isolating life can still feel. Looking around for support, Carly soon realised there was not much available and so took the initiative and founded the group.

ANGELS was set up by Brandon Mum, Carly Wharf shortly after her son's diagnosis with Autism. Alec received an early diagnosis at just 2 years old after Carly realised something was not quite right. Initially doctors thought Alec just had a hearing problem, but tests revealed this was not the case.

Carly attended the excellent 'Early Bird' course run by the National Autistic Society and this fuelled her passion to support other families.



Carly Wharf



Community Spotlight



ANGELS seek to be an ear that understands, a smile with no judgement and an instant network of friends for anyone who needs them.

The group meet regularly for Coffee Mornings, day trips, fundraisers and an amazing Summer Holiday Drop In!

They have a fantastic Facebook group page which provides support for many parents and carers not able to travel. They currently have over 200 members!

ANGELS are always looking to connect with new families.

Would you like to get in touch?

**Visit the website:
www.angels-autism.co.uk**

Or find them on Facebook

**@ANGELS-Autism Needs Guidance
Education Love & Support.**

Grab your Teddy, bring some lunch

and join us for a

Teddy Bear Picnic

31st July 2018 at 1pm
Red Lodge Chatty Café

Red Lodge
Sports Pavilion
Hundred Acre Way,
IP28 8FQ

FUN
for the
FAMILY!



Sharing Parenting
making a difference to families

PART OF THE
CHATTY CAFE
SCHEME

What's ON...

- * **SAT 14th-Red Lodge Fun Day @ Millenium Centre, IP28 8TT**
- * **Any day! Newmarket Spy Mission Treasure Trail. Visit www.treasuretrails.co.uk**
- * **SAT 11th-E.P.I.C Dad Fun Club, 10-12pm @ ALC Lakenheath, IP27 9HF**
- * **SAT 18th-Lakenheath Summer Fete, 12-4pm, Pavilion Playing Fields.**
- * **1st-31st August-Summer Activities @ West Stow Anglo Saxon Village. Visit for www.weststow.org info.**

E.P.I.C. Dad

E.P.I.C Dad has been busy!

The Survival Kits for New Dads has become an instant hit across Forest Heath with nearly 50 Dads receiving them so far!

Rich Keeble (E.P.I.C Dad Founder) joined us at the Everyday Magic Conference and inspired us with his passion and vision for fathers across the country.



The dads have also been having lots of fun, as well as the 'normal' Fun Clubs, in May they celebrated Star Wars.....in style! The kids came dressed as their favourite characters, the dads too! There was a Star Wars Bouncy Castle AND a visit from a Storm Trooper, Boba Fett and Chewey!



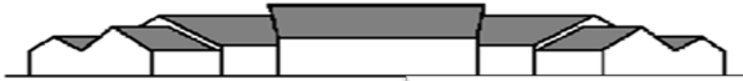
If you would like to join in the fun or find out more why not find us on Facebook or email us!

@ EPIC Dad
info@epicdad.co.uk

Hi, I'm Beth and I'm 13!!!!!! I am sooo glad the summer is here! We've had exams at school over the last few weeks and its been hard not to get stressed out. I've learnt how important it is to rest and have fun while getting my homework done and doing the extra revision. My parents keep telling me just to do my best and be proud of myself...easier said than done! Whatever you do this summer, travelling, chilling at home, whatever, have fun! I'm really looking forward to it all, especially no homework!
Luv Beth x



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	
Red Robins (Conference Room) Monday - Friday 9.00am - 5.30pm Baby Robins (Allan Duncan Room) Monday - Friday 8.30am - 5.30pm				KEY : (CH) = Cooper Hall (CR) = Conference Room (AD) = Allan Duncan Room (BR) = Board Room		

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



Sharing Parenting

making a difference to families



**ALL EVENTS AND
COURSES ARE FREE
FOR PARENTS!**

Who are Sharing Parenting?

Sharing Parenting offer a range of free parenting support programmes and also provide training, mentoring and supervision for professionals working with parents and children. In a nutshell, Sharing Parenting is an independent resource for evidence based parenting support.

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

Sharing Parenting also provide the services of two Community Outreach Workers, and two Family Support Workers located in four schools throughout Forest Heath.

Find out more about what we do at our local coffee mornings and pop ups through out schools, public libraries and local businesses in the Forest Heath area. More information is available through our website www.sharingparenting.com
Follow us on Facebook and Twitter.

**Courses
happening
NEAR YOU!**

Raising Children

10 week course @ West Row Academy. Starts Tuesday September 18th, 1-3pm

Raising Children

10 week course @Lakenheath Primary School, Starts Tuesday September 18th, 6:30-8:30pm.

All our courses run term time only. Please contact Sharing Parenting to book your place!

Tel: 01638 665997

Email: info@sharingparenting.com