

The local parent

For parents, carers and families of Forest Heath.

Hello Sunshine!

What a wonderful time of year. The flowers are blooming, the weather is improving and hopefully we're all feeling positive and hopeful for the new season.

However, if you are struggling or finding things hard, we're here for you. Inside this issue you will find lots of parenting tips (that really work) to help you on your way to a calmer home plus news and information to support you in being the best parent you can be!

Make sure you book your place at this year's parenting conference...don't miss it!

From The Sharing Parenting Team x

Spring/Summer 2019



Everyday Magic Parenting Conference

Wednesday 10th July 2019

9am-2.45pm

Newmarket Memorial Hall

FREE! (includes lunch)

Day includes workshops and speakers on subjects that matter to you!

Visit our website to book your place!

Have you seen our new website?

www.sharingparenting.com



The BEST thing you can spend on children is TIME. Sharing Parenting delivers inspirational programmes for parents, families and professionals in a supportive, informal environment, created from a wealth of experience and passion for working with parents to support children.

Search...



What's Coming Up

For more information about our up and coming programmes please click on the blue titles or [contact us](#) or [visit our website](#) or the boxes below

Look out for our exciting NEW courses

Did you attend our Parenting Children Course a while ago but have fallen back into old habits? then our [Refresh your parenting skills](#) course is just



Sharing Parenting
making a difference to families

We are

10
2009-2019

www.sharingparenting.com

**Sharing Parenting is now a
MULTI-AWARD WINNING Company!!**

**In April, it was our honour to receive the
Community Award from the Federation Of
Small Businesses (East Anglia).**

**This is our very happy Director, Suzanne
Pearson receiving the award.**



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

PARENTING Q+A

Email: Amba@sharingparenting.com

It can be a hard job teaching our child to listen but one sure way to do it is to role model what you would like to see. Teach your child to listen by actively listening to them.

There are things you can do that might help -

1. Speak to the child without multitasking as you talk.
2. Use fewer words, be clear what you are saying without too much emotion. Be Calm.
3. See it from her point of view. Show empathy e.g "I can see you are tired however I need you to...."
4. Don't keep repeating yourself. If you've asked once and not gotten a response, don't just repeat yourself. Have a consequence e.g, "Can you tidy your toys? If you tidy them now you will be able to play again later." Follow through.
5. Engage cooperation e.g doing joint tasks like cooking.
6. Set up routines for behaviours you want.
7. Catch them being good!

My child never listens to me, even if I repeat myself! How can I get her to listen?



Keep in touch and let us know what works!

www.sharingparenting.com

Hi everyone, I'm **Hannah** and I'm a **Key Worker** with **Sharing Parenting**.

Having a one to one Key Worker really makes a difference in giving people the **confidence** and tools they need to reach their **goals**. I'm also a qualified **life coach** and a lot of what I do during one to one sessions uses these skills as well.

I first joined Sharing Parenting 3 years ago as an administrator and have **learnt** so much.

I would encourage **EVERYONE** to get **parenting support** as it's no easy 'job'! I've been a single parent for 7 years now; I have two children, a 10 and 8 year old, and I frequently rely on the **strategies** we advocate to get me through those 'new' challenges!

Finding parenting hard is **NORMAL** and we are all doing the best we can with what we have. There is definitely no harm in seeking out support from other parents.

For me though, the **best thing** about being a parent is when your children talk openly to you about what's **important** to them and they reflect back to you life skills they have taken on board from you....because actually it proves they **DO listen**!!

Meet The Team...



Hannah Woods
TCHC Key Worker

NEED A PLAN?... Sharing Parenting's BUILD YOUR RAINBOW

project helps you achieve your career dreams!



One to one and / or group sessions to help you move towards education, training or employment.

- True Colours for work—identify jobs which best suit your personality strengths and weaknesses and improve communications and relations with interview panels
- Creating / updating your CV
- Managing Stress and Anxiety / Mindfulness
- Becoming self employed—first steps
- Feel good about the future

**to be eligible for the BBO programme you must be over 24yrs old and have been out of work for 6+ months.*

Building Better Opportunities in Suffolk.

hannah@sharingparenting.com

HANNAH WOODS— 01638 665997 / 07403 396667



COMPETITION TIME!!

Congratulations to our Costa Coffee Competition Winners: Rob Jones, Gemma Bastick, Abi Gilby and Jason Copeland!



Many thanks to **Greggs, Newmarket** who have donated 10 **FREE** small drinks and a cake to our readers!! The first **10** readers to **'LIKE'** our Facebook page and **email 'CAKE'** plus their name and address will win!

Email: **Amba@sharingparenting.com** and visit

@sharingparenting-award winning company for your chance to win!

Entries must be received by Midday on Monday 1st July 2019

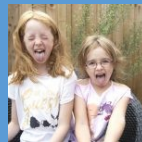
TRUE COLOURS PERSONALITY WORKSHOP

VENUE: The Paddocks Primary School, Newmarket, CB8 0DL.

DATES: Tuesday 11th and Tuesday 18th June. (You must attend both sessions)

TIME: 9.30-11.30am

TO BOOK: Visit www.sharingparenting.com



This issue of the Local Parent was sponsored by Lakenheath Parish Council. Thank you!

Are you are local family focused business or group? Would you like to spread the word to **2500** families in West Suffolk by featuring on our back page?

Ads start at £30 per issue.

Email **Amba@sharingparenting.com** for more info.

VOLUNTEERS NEEDED!!

Sharing Parenting need your help! We are getting bigger and busier reaching and supporting families across Forest Heath and we don't want to stop! Are you interested in volunteering with us? There are many roles to fill, admin, set-up, publicity, distribution to name just a few. If you have a few hours to spare, want to build up your cv or just meet some new people...get in touch! Training, supervision and a reference will be given throughout and at the end of your commitment.

Email: amba@sharingparenting.com or visit our website for more information:
www.sharingparenting.com/volunteering



Follow us on Facebook, Instagram, Twitter and check out our new website!
www.sharingparenting.com

Follow us on Facebook to find out all the exciting opportunities available to you!

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