

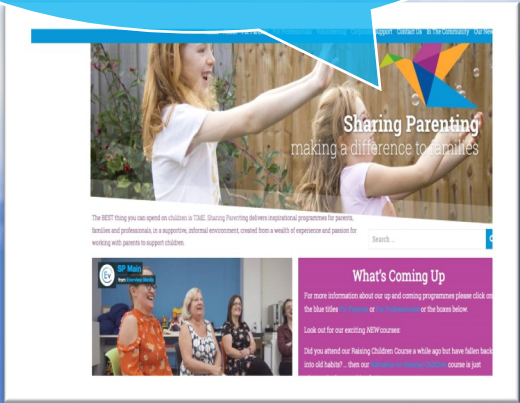
The local parent (mini)

For parents, carers and families of Forest Heath.

Winter 2019 Issue:1



Have you seen our brand new website?
www.sharingparenting.com



Welcome to the new Sharing Parenting Mini Mag!

Following the success of our big sister publication 'The Local Parent', we hope you like the mini mag just as much. We have a much bigger area this time and we should end up in the hands of 2,500 parents and carers across Forest Heath.

The mini mag is here to connect families and grow our communities. Brought to you by the Sharing Parenting team, we want all families to feel connected, involved and a part of their local communities.

We'll be bringing you local information and community highlights, as well as proven parenting tips and strategies that really work.

We want to hear from you! Please get in touch, ask questions and share your views. You never know, you may find yourself in the next issue!

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

Email: Amba@sharingparenting.com

PARENTING Q+A

My child has started hitting other children when we are at Toddler Groups. It's so embarrassing I don't want to take him anywhere. What can I do?

We can get very embarrassed when our children hit other children and can feel it is an indictment of our parenting skills. Often when toddlers hit out it's a form of communication, your toddler maybe frustrated and unable to say what he feels. Here are some things we can do to help this situation...

Try to pre-empt any hitting and distract them.

Show your disapproval. The instant your child's fists fly, state loudly and firmly, "No!"

Remove your toddler from the situation.

Never hit/bite your child back – it gives the wrong message.

Catch your toddler playing nicely and give encouraging words eg. 'You're playing nicely, you're sharing' etc.

RAISING CHILDREN PARENTING PROGRAMME

For 10 weeks over last term, parents all over Suffolk gathered together in order to sharpen their parenting skills and to learn some new ideas and strategies. Sharing Parenting's flagship course is an evidence-based parenting course, that really works! Topics covered include: Parenting Styles, Effective Discipline, Labelling and Encouragement. The sessions are led by our friendly facilitators and are relaxed, engaging and fun.

Parents will leave feeling confident and empowered.

HAVERHILL

LAKENHEATH

WEST ROW

'Everyone should have a chance to do a Sharing Parenting course, it's the best course I have ever done!' Rachel-Parent

If you would like to join us on one of our courses, see the list below for the newest dates and venues and please get in touch!

Glade Academy, Brandon- Starts Monday 21st January, 1-3pm

All Saints CEVA Primary School- Starts Tuesday 22nd January, 9:30-11:30am

info@sharingparenting.com - www.sharingparenting.com

These are the parents that recently attended the course in Lakenheath. Don't they look happy?!

Childcare was provided by Sunshine Corner Nursery and funded by Forest Heath Locality Fund. **Thank you!**



Meet The Team...

Suzanne Pearson
Sharing Parenting
Director and
Psychologist



Tell us about your role at Sharing

Parenting? I draw the map of where we are going as a team and work with the team on the best route to take. I started SP 12 years ago because I feel passionate about the importance of parenting. I am constantly amazed at how much parents do, sacrifice for and love their children.

Why did you start Sharing Parenting?

I started the company because parenting isn't easy. I knew when I got pregnant many years ago that I would need some help. It's like any job, you can try and wing it, or you can find some good strategies and tools that make life so much easier and home much calmer. You're lucky if you have had a good parent and role model, but there are little things in how we talk and listen to our children that makes a big difference to their self esteem at home and school.

How many children do you have? I have one child...who is now 28 years old! I am also godmother to 6 children who are all very important to me.

Best thing about being a parent? I loved each stage and I love watching my son as an adult! The best thing about being a parent is that each age is a new adventure, never dull and full of fun moments.

**COMPETITION
TIME!!**

Many thanks to Costa Coffee Haverhill who have donated 10 **FREE** small drinks to our readers!! The first **10** readers to **'LIKE'** our Facebook page and **email 'COFFEE'** plus their name and address will win!



Email:

amba@sharingparenting.com

and visit

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

Fill Your Jug!!

If you have been on any of our courses or spent any time talking to anyone on the SP Team you may have heard us refer to our jugs! Imagine yourself as a jug full of water. As you go through the day, getting everybody up and out the door for school, going to work, doing housework or looking after a friend...your jug empties. The emptier it is, the more tired, stressed and overwhelmed you may feel. You may then be less likely and able to parent in an effective way.

Take time to fill your jug! Every day take at least 10 minutes to do something just for you. Take care of yourself and your children will benefit too.

Here are some suggestions...

- ◆ Go for a walk
- ◆ Enjoy your favourite drink
- ◆ Practice mindfulness, yoga or meditation
- ◆ Have a long soak in the bath.
- ◆ Box set binge!

Raising Teens

10 week course

@ All Saints CEVA Primary

School, Newmarket.

Starts 30th April 2019.

9:30-11:30

Sharing Parenting

making a difference to families



*is a Community Interest Company
whose aim is to see parents and
families thrive!*

In 2019 Sharing Parenting will be

10 YEARS OLD!!

10 years of supporting families, parents and the community.

We look a bit different than how we started, but our passion is still the same....to see our families thrive.

We're going to be celebrating all year long, keep a look out for special events and opportunities here and on our website and Facebook pages.!



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

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opportunities available to

you!

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