

Hello! Welcome to our Back To School Special issue. We hope you enjoy all the hints and tips we've packed in here. We're here for you, so please get in touch if you need us!

X The Sharing Parenting Team X

Starting school is a massive step for children to take, below are some tips to help them, and you survive the first term.

Bring a healthy snack at pick up.

Children are often really hungry coming out of school. Being armed with a snack will help their hunger and, also their behaviour!

Help your child to be independent.

Give them shoes and clothes they can change themselves. Labeling clothes can really help as children often don't recognise their own clothes!

Give them something to look after.

If your child is struggling to separate from you, let them bring a special toy from home. Or, give them something they need to look after for you, knowing you will be back for the item may reassure them. They can leave the item in their drawer during the day.



Be positive.

If a child is not enjoying school, try to stay calm and discuss any worries with them. If you are concerned speak to the class teacher.

Have a tick list.

If your child struggles to get ready in the morning, try a list with pictures of things they need to do like brushing their teeth and putting socks on. Some children enjoy the challenge and others like the routine.

Give them time to relax.

Often in the first term children can become very tired resulting in poor behaviour. Plan some downtime after school and avoid too many after school clubs in the first term.

Photos: SP Kids going back to school!

Book onto one of our
FREE programmes
NOW

www.sharingparenting.com

Sharing Parenting
making a difference to families





Over **60** parents and professionals, working with children and families, attended the '**Everyday Magic by Ordinary People**', Sharing Parenting Conference, on Wednesday 10th July, at Newmarket Memorial hall.

Suzanne Pearson, Sharing Parenting's Director said:

"We are so pleased at how well the conference was received this year. We had planned to run every other year but **positive feedback** from last year's conference and the fact that 2019 is Sharing Parenting's **10th birthday** encouraged us to run it again this year, and we are so pleased we did.

The Parenting Conference was a huge **success** – it was good to see so many parents attending and chatting to the agencies who provided parenting information and support.



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

PARENTING Q+A

School and separation anxiety is something that a lot of children experience.

Getting tough with your child will not help, remember It's not defiance ('I won't'), it's the feeling of 'i can't' that they are struggling with.

Its important as a parent to understand a bit about anxiety to help your child. Anxiety is a response from the brain that there is danger, or something to fear when leaving the parent.

Anxiety can make us feel that we have no control , here are some things that may help...

Explain to your child what anxiety is and let them talk about their fears , without judging them. Let them accept their anxiety without feeling bad about it.

Teach them simple relaxation techniques – Deep breaths slowly through the nose to the belly, hold then out slowly through the mouth. This should begin to relax the part of the brain that is behind the anxiety.

Help your child take control by organising their own bag or helping with pack lunches or snacks. Give them a choice of things to do after school, let them organise how their day may be and give them opportunity to feel in control.

My child is starting school this term and is really anxious about it. What can I do to help?



Based on <https://www.heysigmund.com/how-to-deal-with-school-anxiety-no-more-distressing-goodbyes/>

Keep in touch and let us know what works!

www.sharingparenting.com

TRUE COLOURS

Do you find yourself asking:

“Why is my child different to me?”

“Why do I hate doing the things he/she loves?”

“How can I support my child with their friendships?”



...then you will love this FUN personality based course.

You will meet with other parents or carers once a week, for 2 weeks, during 2 hour sessions, while you explore your dominant personality traits, what motivates you and how you communicate with others.

You will also have an opportunity to consider your own children's personality types and how this relates to you, your parenting and how you can support them in their own choices.

Interested? Find out more and where your nearest course is happening next by visiting our website or get in touch!

Email: info@sharingparenting.com

[Www.sharingparenting.com](http://www.sharingparenting.com)

Meet The Team...

Hi, I'm Louise and I am employed by Sharing Parenting as Family Support Practitioner in Westfield Primary Academy in Haverhill.

I will deliver parent programs such as our 'Raising Children' within schools and I also provide one to one support for both parents and children on a needs basis.

True Colour? I'm a

Hi, I'm Clare and I am Family Support Practitioner at All Saints CEVA Primary School and Laureate Primary School in Newmarket.

Parents can come to see me if they are struggling with their children's behaviour and would like strategies and advice. I work closely with the Head Teachers and staff to get the best outcomes for the families and the children who attend the schools I work in.

True Colour? I'm a **BLUE!**

Louise and Clare are our new
Sharing Parenting Family Support Workers



GREGGS **Winners!!**

**Congratulations to our Greggs,
Newmarket Competition Winners:**

Bailey Messenger - Abigail Gilby

Scarlett Mai - Cheryline Fuller

Courteney Sapsford

Have you seen our new website?



10 Week Raising Children Course

VENUE: Laureate Community Academy, Newmarket, CB8 .

DATES: Begins Thursday 3rd October.

TIME: 9.30-11.30am

TO BOOK:

Visit

www.sharingparenting.com



Tesco Parent Drop In

Venue: Newmarket Tesco (Community Space)

Time: 12-2pm

Dates: Thursday 3rd October

Thursday 7th November

Thursday 5th December

Are you a 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 info@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!
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