

## The Local Parent

For parents, carers and families of  
West Suffolk

**Sharing Parenting**   
making a difference to families

Spring 2020 edition

**A warm welcome to the 4th issue of the Local Parent. In this edition we are exploring the reasons behind toddlers tantrums, read on to find out more.**

**In October 2019 our Outreach Team ran a FREE family drop in session at the Anglia Water Drop Shop in Newmarket. The children had fun with our autumn craft session, making owls. We will return and YOU can come and see us this half-term, 19th February between 11-1pm, making craft robots out of recycled materials and have a mindfulness session for adults.**



**We are always keen to hear from our readers so please get in touch if you have anything you would like to add to our magazine.**

**Remember to check in to our website;  
[www.sharingparenting.com](http://www.sharingparenting.com) to keep up to date.  
You can also find us on Facebook @sharingparenting,  
on Twitter @SharingParents, Instagram @sharingparenting  
and LinkedIn @Sharing Parenting.**



The Sharing Parenting team

## Why do toddlers have tantrums?



Ever wondered why children go through the terrible twos?

Firstly as most parents will tell you ,it is not just the terrible twos.

Tantrums can start from as early as a year and some children will still have tantrums at 4 and beyond. Toddlers are egocentric, meaning they are not

yet able to consider others feelings, only their own needs. This is why the concept of sharing is a difficult one for a child to grasp.

Being a toddler is a frustrating time, often they are not physically able to do things they want to do. Equally at this age toddlers do not have the vocabulary to express their emotions, instead they express them physically, by throwing themselves on the floor, screaming, biting and or hitting. The infant brain is not born with the skills to self-regulate their emotions, from birth they need help to do this and at age two this is no different. Just as they needed to learn to walk and talk they also need to learn to manage their emotions. They learn this through experience. When a toddler is having a tantrum it can be a scary time for them, they need boundaries but more importantly they need to feel cared for. After a tantrum it's important to cuddle them and show them they are still loved even if they have an outburst.

To help toddlers through this difficult time we need to model positive behaviour. As their speech develops often the tantrums start to decrease. Teaching them emotional vocabulary can help at this stage.

If you would like some tips and strategies on how to support your toddler through this stage why not attend one of our Raising Toddler courses, See our website for more details or to book your FREE place contact us.

## Parenting Q+A with Psychologist Suzanne Pearson

**My seven year old won't do anything I say. I feel like I am telling him off all the time. What can I do to support him?**



**Try to put yourself into the child's shoes for a moment.**

**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 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 2 ears 1 mouth and try to listen twice 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.**

### Meet the Team



Hi, I am Ruth, I am an Outreach Worker in Newmarket and Haverhill. You can meet me at taster sessions and local groups in the community.

Interested in volunteering opportunities? Email me on **[ruth@sharingparenting.com](mailto:ruth@sharingparenting.com)** for more information on what roles we have on offer.



Hi, I am Nina, I am an Outreach Worker and Family Worker see me at the Tesco's family drop in, in the community and in schools.

## A selection of WHAT'S ON this Spring

### Dads Matter

Westfield Community Primary,  
Haverhill

*Starts Thurs 27th Feb*

*1:00pm—2:30pm*

### Raising Toddlers

#### **6 week course**

Laureate Academy,  
Newmarket

*Starts Thursday 23 Jan*

*9:30am - 11:00am*

### Raising Teens

Westfield Primary, Haverhill

*Starts Tues 28 April for 10 weeks*

*1:00pm—2:30pm*

### Sibling Rivalry

Laureate Academy, Newmarket

*Thurs 12 Mar for 3 weeks*

*09:30am—11:30am*

### Tesco Family support Drop In

A free drop in for all your parenting  
questions.

**Newmarket Tesco Community  
Room**

**ON THE FIRST THURSDAY OF  
EACH MONTH**

*1:00pm - 2:00pm*

### Raising Teens

**Laureate Academy,  
Newmarket**

*Starts Thurs 30th April for 10  
weeks*

*09:30am—11:30am*

To book your FREE place on any of the above courses please  
email;

**[info@sharingparenting.com](mailto:info@sharingparenting.com)**

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programmes NOW  
[www.sharingparenting.com](http://www.sharingparenting.com)

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