

Sharing Parenting Update May 2020

For Professionals

Sharing Parenting
making a difference to families



COMMUNITY
FUND



European Union
European
Social Fund



WELCOME

We wanted to share with you our news and how [Sharing Parenting](#) can still support families and professionals during this time.

Support During Social Distancing

Sharing Parenting is still OPEN.

Professionals and parents can contact us for confidential support.

Email info@sharingparenting.com

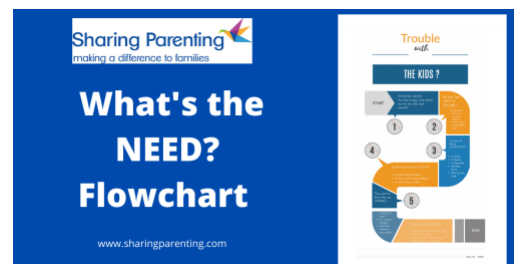
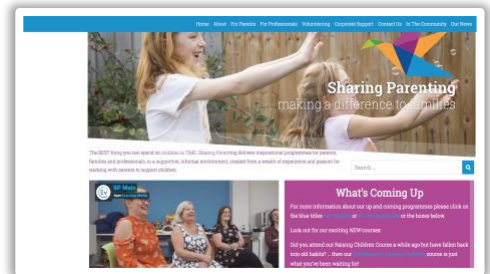
Telephone or text: 07867 568339

Website & FREE Online Parenting Programmes

Did you know we have [online parenting sessions](#) which are FREE to access. Please share this with parents who might like to take part in the first few weeks of our [Raising Children](#) programme from the comfort of their own homes.

Also on our [News pages on our Website](#) we have lots of topical parenting blogs, information and support, including:

- [Top Tips to Help with School Closures](#)
- VLOGS - [Video Top Tips for Positive Behaviour](#)
- [Behaviour Flow Chart](#) and lots more ...



Social Media

Did you know you can follow us on [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#) and [YouTube](#)!



We post daily and share lots of tips and ideas. **If your school or organisation has a Facebook group we could 'like' and 'share' (and/or you have something you would like us to share via our social media channels to support our families) please email us**

info@sharingparenting.com



Filling your jug with Sharing Parenting

We also have a [YouTube](#) channel with short videos where we share tips with topics such as Sibling Rivalry and Active Listening. Please take a look, subscribe to our channel for updates and share with any parents you are working with.

Family Resource Packs

Who do you know who would like a resource pack?

We recognise that during these challenging times it can be difficult for parents and carers to keep the children entertained and find the fun whilst keeping stress levels down. So we are launching our new Family Resource Packs (Our thanks go to Suffolk Community Foundation for kindly supporting us with this project).

The Sharing Parenting cloth bag is filled with fun activities, games, and crafts. We have also added our parenting manual and lots of handouts to support activity ideas, well-being tips, and contact details for other support.

Please [contact us](#) for a referral form. Once we have received your referral we will safely deliver a pack to the family homes to support them. Our hope is that this practical resource will bring families together through enjoyment and reduce anxiety and stress. As families become more familiar with Sharing Parenting we will continue to offer parenting and family support.



TRAINING FOR PROFESSIONALS (subject to Government Guidelines)

Mindfulness for Professionals

'A spa day for the mind' – techniques and tips for remaining calm in a frantic world, clearer mind, better decisions.

Date: Thursday 8th October 2020 (Full day)
Venue: Newmarket, Suffolk

Cost: £75 +VAT including handouts



Understanding and Dealing with Challenging Behaviour/ Psychology of Behaviour

*Why do children behaviour the way they do?
What's the NEED behind the behaviour? Join us
when we share effective strategies to promote
positive behaviour.*

Date: Thursday 15th October 2020 (1/2 day)

Venue: Newmarket, Suffolk

Cost: £55+VAT



Engaging Parents, Taster Session For Professionals

*We all know raising children needs the support of
the parents / carers as well as school and the child!
Join us to pick up some effective strategies to
engage parents / carers to your school or setting.*

Date: Thursday 12th November 2020 (1/2
day)

Venue: Newmarket, Suffolk

Cost: £55+VAT



For more information or to book on any of
the above courses please email:

info@sharingparenting.com or telephone or
text: 07867 568339. See our [website](#) for
training opportunities for professionals.

CHANGE YOUR RAINBOW

SUPPORT TO GET BACK TO WORK, TRAINING OR VOLUNTEERING

www.sharingparenting.com



BUILDING BETTER OPPORTUNITIES

Do you know someone who wants to return to work or education?

Sharing Parenting is one of a group of partner organisations working with Opportunities Suffolk. Under the project we are able to offer **FREE one to one support and short training courses** to people who are looking to return to further education, training or employment.

Who can we help?

Adults aged 24 years and over, who live in West Suffolk and have been unemployed for 6 months or more consecutively.

If you know someone who would be interested please contact: hannah@sharingparenting.com



Further Support and Signposting

Sadly, we know that the domestic violence helpline has showed a 49% increase of calls since lockdown began.

We have added a list of emergency numbers on our website [HERE](#). If you know of any more you would like us to add or you would like Sharing Parenting to support in any other way please do let us know.

We also know that there are lots of agencies and organisations doing some really great things and we are proud to be part of the positive community spirit supporting families.

Stay safe and best wishes from all of the Sharing Parenting team.

T: 07867 568339

E: info@sharingparenting.com

www.sharingparenting.com

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