

Sharing Parenting
making a difference to families

Sharing Parenting June 2020 Parent Newsletter



Support During Social Distancing

Sharing Parenting is still **OPEN**.

If you need advice you can contact us for confidential support.

Email info@sharingparenting.com

Telephone or text: 07867 568339



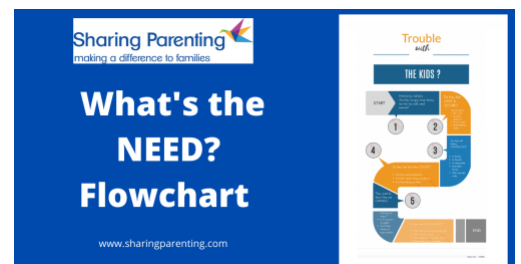
Website & FREE Online Parenting Programmes

Did you know we have [online parenting sessions](#) which are FREE to access? It is the first few weeks of our [Raising Children](#) programme you can enjoy from the comfort of your own home.

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



Take a look at our new [Behaviour Flow Chart](#) to help you figure out the NEED behind the behaviour.



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.



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 and subscribe to our channel for updates.

Family Resource Packs



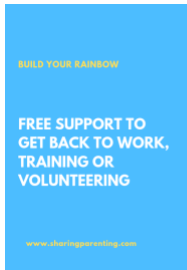
We have launched our new Family Resource Packs (our thanks go to Suffolk Community Foundation for kindly supporting us with this project) for families who are on low incomes or in particular need to help through the Coronavirus epidemic.

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 with activity ideas, well-being tips and contact details for other support services.



Please [contact us](#) if you would like to be considered for one. Once we have received a referral we will safely deliver a pack to the family homes.

Our hope is that this practical resource will bring families together through enjoyment and reduce anxiety and stress.



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 would be interested please contact:

hannah@sharingparenting.com

Our New Online Notice Board

Have you seen our new online notice board? It is a great way to share all your lovely pictures and positive comments. It would be great if you would like to add to it too! More information can be found on our [website](#).

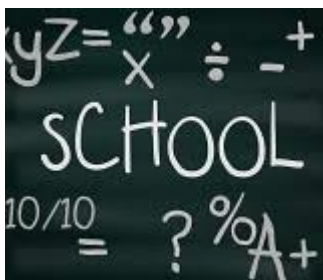
Take a look at the board [HERE](#)

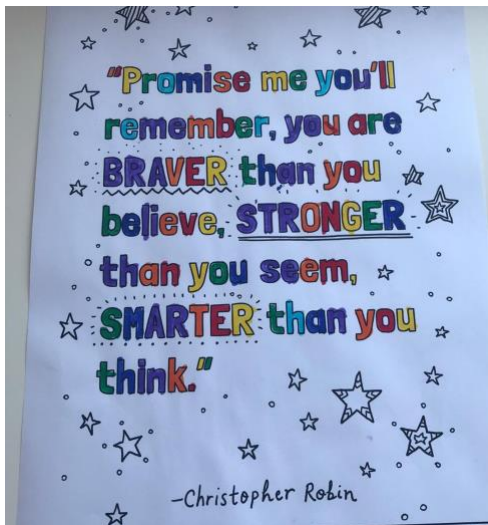


Back to school

Finally, we thought we would share our blog about supporting children going back to school

Starting school after lockdown feels very different than after the summer holidays or when children initially start school. Like all of us children have had a lot of change recently with not being able to see friends and family, online learning and restrictions on going out. Some will also be worried about the virus. Children may also see us anxious which makes them worry too. Some children are likely to find the transition back into school harder than others. Here are some tips to help with the transition back into school.





Stay Safe from The Sharing Parenting team

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- Talk it through with them, let them know how you are feeling too. Sometimes children (and adults) need time to think things over to feel secure, talking can help this process.
- Make contact with their friends that they will be seeing at school. Knowing that a familiar face will be there can really help.
- Be positive, some children may prefer being at home (take this as a compliment) but try to remind them of the things that they enjoy at school. Don't be put off if they give you a list of things they don't enjoy, but do acknowledge them. Whilst they may not show it the positive points you mention will help them.
- Get back into the school routine, try to reduce late nights, get lunch boxes out and school uniforms.
- Talk about the positive things you're going to do after school. We also have a blog on separation anxiety if they are finding parting from you difficult.
- If your child is anxious about going back to school speak to their teacher.
- There are a few online therapeutic stories that can help children process going back to school.
- Some children might like a diary or journal to write their feelings down in.
- Finally, be understanding, when they start back, they may be more tired than usual. They may be more emotional too and this is likely to impact on their behaviour. If you are seeing emotional outbursts try not to get cross, or as we say in our Raising children courses 'Don't get in the ring'. This behaviour is likely to improve once they feel settled.