

Sharing Parenting Update - April 2020

For Parents and Carers



WELCOME

We wanted to share with you how **Sharing Parenting** can still support you during this time.

We would love other parents to benefit from our information and support too. If you know anyone else who would also like to receive our newsletter please ask them to email us info@sharingparenting.com

Support During Social Distancing

Sharing Parenting is still OPEN.

You can contact us for confidential support

Email info@sharingparenting.com

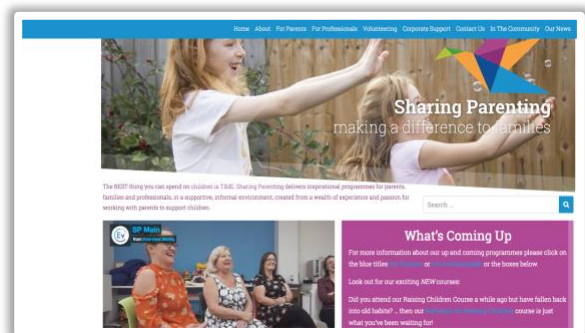
Telephone or text: 07867 5683

Contact **Hannah** from our **Build Your Rainbow** project for information and support getting back to work and training. Hannah@sharingparenting.com

FREE Online Programmes

Did you know we have online sessions you can access for FREE? If you go to our [website](#) you can watch three videos and take part in the exercises too (all in the comfort of your own home!).

All you have to do is [email](#) us for the password.



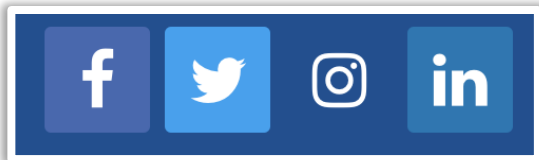
Sharing Parenting is OPEN for parenting support



FREE online parenting programmes



www.sharingparenting.com



Like Us on Social Media

See Our Website for Information

We have lots of parenting blogs, information and support on the [News pages on our Website](#).

Including:

[Top Tips to Help with School Closures](#)

[Video Top Tips for Positive Behaviour](#)

[Top Tips for Keeping Calm with the children at Home](#)

[How to Support My Child At Home](#)

[How to Talk To Your Child About The Coronavirus \(Covid 19\)](#)

[Emergency Contact Details](#)

Social Media

You can find us on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#).

We post daily and include lots of tips, ideas and share information from local partners too.

Like us and follow us now!

We even have a [YouTube](#) channel too!

Top Tips for Positive Behaviour

1. **Keep active** and get fresh air daily if you can.
2. Let **children talk** through the changes, **listen** and ask them questions.
3. Try and get into some kind of a **routine**.
4. Allow time to **relax**, if children are feeling stressed/tired try and encourage some down time or mindfulness.
5. Be **understanding**, they may push the boundaries while getting use to a new routine.
6. **Social stories** can help children with communication difficulties understand what is happening (have a look online – we have some on our website too).
7. **Keep in touch** with friends via Face Time, phone calls, emails and/or send a letter.
8. Think of the **NEED** behind the behaviour - are they hungry, tired, bored etc?
9. Give yourself some time to do something **YOU** like too.
10. Remember – **no one is perfect** – be kind to your children and yourself.



Get fresh air daily if you can



What's the NEED behind the behaviour?



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