

Sharing Parenting Parent & Carer's Newsletter Spring 2021



Welcome to our Spring Newsletter 😊

Here at Sharing Parenting we are certain that looking after families is a very important job.

We are here to help you through these times and are continually offering a variety of support.

If you would like any advice/support from one of our friendly team we are here to help and look forward to talking to you. Please contact us: Telephone: 07867 568339 Email: info@sharingparenting.com

Winter Treasure Trail Success in Red Lodge



It was great to see 20 parents/carers and 30 children attending our Red Lodge Treasure Trail in December.

It was a fun afternoon for families at the start of the Christmas holidays.

Remember you can see all the photos on our online notice board and you can even add some of your own too!



We hope to plan more trails during the coming year so watch this space for more information!

You can still download previous treasure trails (and a certificate) for Newmarket, Mildenhall, Lakenheath, Brandon, Beck Row, West Row and Red Lodge from our website:

<https://www.sharingparenting.com/2020/12/09/bring-on-the-summer/>

We hope to see you again soon at some of our family events!

What's Coming Up for Parents?

Please keep an eye on our [What's Coming Up for Parents on our website](https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/)
<https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/>



to register for your FREE place on any of our courses and workshops.

We are hoping some of these may be able to resume face to face later in the year and in the meantime we will be online on Zoom.

Please contact us if you would like further information about any of our courses and let us know if you would like to join our interest list for a course which is not currently scheduled.

Planning to Return to Training, Volunteering or Employment?

We have 2 projects which can support you to return to training, volunteering or employment. This may be an initial conversation to get a plan together, support with CV's, interview skills and/or to start looking at local contacts.

Please take a look at both projects on our website:

Hannah can support you via [Build your Rainbow](https://www.sharingparenting.com/for-parents/1-to-1-support/build-your-rainbow/) <https://www.sharingparenting.com/for-parents/1-to-1-support/build-your-rainbow/>



"After being a stay at home mum for 11 years, I was anxious at the thought of returning to work. After contacting the Build Your Rainbow project, I received weekly meetings with Hannah, who not only helped me update my CV but continually gave me support and encouragement which gradually helped me gain the confidence and belief that I would be able to achieve employment in the near future."



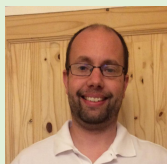
Hi Everyone!

I'm Hannah and I've been leading Sharing Parenting's 'Build Your Rainbow' project for over two years. It's a fully funded project (so completely FREE for you!) to help you move towards your goals!

Whether that be creating or updating a CV, applying for jobs or training courses, getting into employment or volunteering, or even just organising a work life balance and confidence to achieve any of the above! It's relaxed, it's confidential, even a bit FUN and it's all about YOU!

If you want to chat to me more about it, please contact me: hannah@sharingparenting.com or call on 07568 5045322.

Rich can support you with [Fresh Start](https://www.sharingparenting.com/for-parents/1-to-1-support/fresh-start-support-with-employment-volunteering-and-training/) <https://www.sharingparenting.com/for-parents/1-to-1-support/fresh-start-support-with-employment-volunteering-and-training/>



"Would just like to say a big thanks to you for this morning, as you said it has been a long time since I have sat and had a face to face chat to someone. Haven't felt this good in a long time. Have talked through your idea, am going to really look into it".



Fresh Start Participant

Or contact outreach@sharingparenting.com for more information.

SEND Support



Do you have children with Special Educational Needs or Disability?



Clare, our SEND Project Worker can support you with resources,

information and a chance to get together (face to face and Zoom when it is not safe to meet) with other parents who have children with SEND.

Our social groups are a chance for you to chat, share ideas and worries and enjoy time out (and when our venues are open with some coffee, cake). Talking is one of the best ways to share, get help/advice or just get things off your chest.

Mondays 8.45-11.30am - Lakenheath (when it is safe to meet face to face)

Tuesdays 10.30am-12.00pm - Newmarket or Zoom

Wednesdays 8.45-11.30am - Haverhill (when it is safe to meet face to face)

Email clare@sharingparenting.com or telephone 07519038536 for more information or to book your FREE place.

True Colours (Fun Personality Session)



Do you find yourself asking?

"Why is my child different to me?" or "How can I support my child learning at home?" ...then you will love this FUN personality based taster.

Monday March 8th ~ 10:00am—12:30am Online via Zoom. Contact us to book your FREE place.

Corona Superhero Work Book

During the summer we put together an activity book for parents/carers and their children to work through together. Our aim is for this little book to help your child understand a little more about [how to keep safe and explore any feelings or anxieties about COVID-19](#).

Please contact: info@sharingparenting.com if you would like a PDF version of this book.





Ask a Psychologist

How do I get my teenage son to join in activities?

This is a really good question (and a really common one from parents of teenagers). The good news is, what you are feeling, and your son's behaviour is very normal. The reason is because of **major brain changes and hormones** flooding the body.

Keep the communication open with your teenager and remind them how much you love them and enjoy being with them.

You can do this by:

- Empathising** about the **changing brain** (try to remember your own teenage feelings).
- Accepting** that they are trying their best and maybe struggling with changes too.
- Help them to feel sleepy by encouraging them to turn off screens at least 2 hours before bed and lowering the lights.
- Planning** a time they will do something with you (watch a film together, cook a meal together or bake a cake/cookies, play a board game, go for a walk, go out in the car etc).
- Look at what your teenager does enjoy and engage in – and try to build on these **however small**.
- The most important thing is to try to **stay friendly** and know this phase will **pass**.

A teenager's body clock changes and often they sleep more and are awake later at night ... so when you plan activities that include your teen this may need to be remembered.

You can find out more about this and other strategies on our [news page](#) on our website too.

We cover this and lots more on our [Raising Teens](#) course which we have coming up in April 2021. Please let us know if you would like to book your FREE place.

As part of our '[Ask a Psychologist](#)' series we invite questions from parents and carers, if you have a question please do let us know as we would love to hear from you and it could help other parents too.

Surviving The Storm

We have written this great little book about a Mum's COVID story.

This book was written to honour and celebrate all those parents and carers who had the courage and resilience to last through the COVID-19 lockdown of 2020.

It helps parents and carers reflect on the ups and downs of parenting and includes some helpful wellbeing worksheets and tips which can be used at any time.

Please [contact us](#) if you would like one of these books.



Top Tips For Keeping Calm With The Children At Home

- **Focus on your own thoughts and behaviours** – Reframe and think of the positive. When talking to children say ‘keep your hands to yourself’ rather than ‘stop fighting’.
- **Remember the big picture** – Take each day or minute at a time.
- **Overwhelming/size of the news** – listen to music (take it in turns to choose favourites) and dance!
- **Let wisdom and logic guide you** – Think ‘what is most probable’ – not ‘what is the worst outcome!’
- **Check reputable sources for news** – [NHS](#), BBC, GOV.UK etc. (not everything you read online or social media).
- **Control how often you check the news** – and be aware of little ears (even if they don’t look like they are listening – they are!) It’s tempting to keep the news on the radio or TV all day but it is not healthy, choose other stations or turn it off.
- **Model peaceful behaviour** – Stop, think, act; Count to 10; keep your voice low; try meditating – Breathe in for 4 seconds, hold for 7 and breathe out for 8.
 - **Evaluate your own health behaviours** – Say sorry – we are all human and not perfect (and you can model that to your children too); take breaks; if you are working at home have set start and stop times and clear away work things so you and the children can’t see them; exercise and get fresh air several times a day; keep sugar to a minimum
- **Feeling isolated** – Try digital connections but remember to also talk to others – Facetime, Skype or talk on the telephone (not just text, Facebook or WhatsApp)
- **Don’t let fear influence your decisions** – If you are worried talk to other adults.
- **Separate the children’s toys** and only put a few out at one time so they don’t get bored (for little ones you could store half away until next week and alternate).



You can find out more tips and strategies on our [news pages](#) on our website, including our video blogs too <https://www.sharingparenting.com/2021/01/07/top-tips-for-positive-behaviour>

News, Blogs, Information

Keep in touch with us via our social media channels [Facebook](#), [Twitter](#), [Instagram](#), [You Tube](#) and [LinkedIn](#). Remember to comment, like our pages (we have 989 people on Facebook, can you help us get to 1000?) and share when you can.



We have lots of online support and [blogs/news](#) support on our [website](#) and our drop in continues on Facebook Live the LAST WEDNESDAY of each month at 1.00pm.

Facebook Live Drop-ins

Wednesday 24th February 1.00-1.30pm: Effective Discipline

Wednesday 31st March 1.00-1.30pm: Birth Order

Join us to ask questions on these topics or any others that are on your mind. If you miss these sessions you can catch up on the videos on our [Facebook page](#).

Stay strong and stay safe

The Sharing Parenting Team x

