

# Sharing Parenting's Newsletter for Professionals

## Spring 2021



### WELCOME to our Spring 2021 Professionals Newsletter

#### WOW what a year!

Who would have predicted all we have achieved at the beginning of 2020?

YOU have all shown amazing strength, resilience and flexibility

- give yourselves a massive 2020 pat on the back.

The Sharing Parenting team are proud to have supported parents, carers and professionals last year with:

- \* [family resource family packs](#)
- \* [family fun treasure trails in the Summer, Autumn and Winter](#)
- \* displaying 'Well Done 'motivational and appreciation banners in Suffolk
- \* [monthly online themed live drop ins on Facebook](#)
- \* [news stories and video top tips and workshops on our website](#) and [You Tube channel](#)
- \* [FREE for parents/carers - online courses on Zoom and on our website](#)
- \* [daily Facebook posts and competitions](#)
- \* displaying the wonderful motivational posters in Tesco Extra from the children at All Saints C & E Primary and Laureate Primary School & Nursery
- \* Frisbee Golf in the Summer
- \* [SEND support and face to face drop ins and walk and talk 1 to 1s](#)
- \* [Corona Superhero training manual and the Surviving the Storm book](#) and
- \* working with Newmarket Community Church to support parents and carers with Christmas shoe boxes and paper chains.

We would like to say a BIG thank you to all our sponsors, businesses and charities we partner with and professionals who we work with .....but most of all to all the parents, carers and families who have supported us by joining any of our workshops, courses, drop ins, events and helped spread the Sharing Parenting word to others.



## Supporting Adults Planning to Return to Training, Volunteering or Employment

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

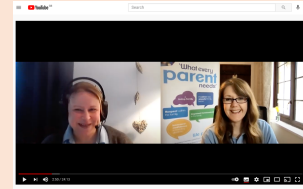
Please take a look at both projects on our website. **Hannah** can support via:



Opportunity Suffolk's 'Build your Rainbow' <https://www.sharingparenting.com/for-parents/1-to-1-support/build-your-rainbow/>

You can hear more about this from Hannah on our You Tube Channel:

<https://youtu.be/ZptBwS8ZhsU>



If you want to chat to Hannah about it, please contact: [hannah@sharingparenting.com](mailto:hannah@sharingparenting.com) or call on 01636 665997.

**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/>



"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](mailto:outreach@sharingparenting.com) for more information.

## 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](#). [You can download a PDF copy from our website](#)

or please contact [info@sharingparenting.com](mailto:info@sharingparenting.com)



## Supporting Professionals in China

Since 2020, Sharing Parenting have been working closely with colleagues to deliver our programmes in China.



This is one of the reasons we won the [Leading Providers of International Parenting Support Solutions 2020 –with the Parent and Baby Awards 2020](#)

The added value to this is that many of our courses now have a **workbook** to support learning, **online facilitator manuals** and a **powerpoint for facilitators** to deliver programmes both online and face to face. If you would like to purchase any of these please contact us at [info@sharingparenting.com](mailto:info@sharingparenting.com)

## 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 anytime.

[You can download a PDF copy from our website](#) or please contact [info@sharingparenting.com](mailto:info@sharingparenting.com)



## FREE Events for Families



Our FREE family Treasure Trails have been a huge success and we now **have a new one that can be done anywhere!**

[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 be able to hold some more face to face events soon so look out on our website and social media channels for more information!

All Treasure Trails can still be downloaded (and a certificate) for Newmarket, Mildenhall, Lakenheath, Brandon, Beck Row, West Row, Red Lodge and Anywhere from our website:

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

## Have You Completed Our Evaluation?

If you have taken part in any of our Sharing Parenting Programmes and have not completed an evaluation please complete yours here now: <https://www.surveymonkey.co.uk/r/58M2XCP>

This can be completed quickly and easily and your feedback really helps us to know what is working for you and anything we could do better.

## Online Raising Children Programme

Did you know parents/carers can now access [our Raising Children Programme from](#)

[our website](#). We have recently **added all 10 sessions** which have been professionally filmed with thanks to [Everview Creative](#). The videos can be supported with a Raising Children workbook which can be purchased by contacting [info@sharingparenting.com](mailto:info@sharingparenting.com)



## We Can Support Your Continuous Professional Development (CPD)

Sharing Parenting has a range of opportunities for Continuous Professional Development (CPD) for professionals working with parents, carers and families, delivered by our knowledgeable and experienced team, to include:



1. **Short 1 and 2 hour workshops** to support your practice (now on Zoom too!)
2. **FACILITATOR TRAINING** to qualify professionals to deliver *our* evidence-based programmes to parents, carers and families *you* work with, such as Raising Children and Raising Teens.
3. A full '**WORKING WITH PARENTS**' programme.
4. One day **CONTINUOUS PROFESSIONAL DEVELOPMENT** workshops in **MODULES** to support professionals in your work with parents, carers and families.
5. **MENTORING, SUPERVISION AND PROFESSIONAL SUPPORT.**
6. We can also offer **BESPOKE PROGRAMMES** for staff to meet your professional needs.

Please [contact us](#) if you would like to discuss any bespoke training and support for you, in your professional role, or your organisation.

**Professionals have gained so much from working through these programmes.  
The following is just a taste of what they have said:**

*"I have gained confidence and an increased knowledge and understanding to underpin my practice"*

*"I will be able to use the resources in my individual work with parents"*

*"Fascinating and inspiring!"*

Please see our [What's Coming Up](#) for professionals page on our website where you can find out more about our up and coming programmes or [contact us](#) if you would like to book your place or want more information about any of the above or to let us know you are interested in working with us.

You may also be interested to read feedback from professionals with have worked with and supported on our [Professionals Comments](#) page.

## True Colours for Professionals – ONLINE

Want to find out about personality types and how knowing this can support your work with children, families and colleagues?

Date: Monday 17th May 2021

Time: 9:30-10:30am

Cost: £35+VAT

[Contact us](#) to book your place.





## Raising Children and Refresher Programme for Professionals

We are delighted we were able to continue our training to professionals during lockdown via Zoom. This had the added bonus of opening the sessions to professionals who may not have been able to join us if we had held a face-to-face session and something we plan to offer in addition to our face to face courses in the future.



One participant who attended our Raising Children Course for Professionals explained *'this would have been difficult to attend'* face to face as she doesn't drive.

Another said *'the extra travelling time would have made childcare difficult'*. 'Every cloud' as they say!

We also received positive feedback from the Refresher sessions which are now included in the Raising Children training for professionals.

*"I like the keeping safe model"*

*"It was really useful to recap the 4 Cs"*

*"I really like the videos as they brought it to life - I would love more of them!"*

*"The visual aids, including the videos, are great resources"*

The Refresher for Raising Children is a 4 week course designed for parents to book onto after they have attended the Raising Children Course.

Professionals have told us that once parents have completed the 10 week Raising Children programme they don't want it to end. Most parents benefit from meeting up again a few months later to remind them of the positive strategies and feelings they learnt on the Raising Children Course.

This is where the Refresher Course comes in - to promote engagement and ongoing support. Professionals should book parents onto the Refresher Course at the end of week 10 and diarise the Refresher Course 6 months later.

We do offer the 1 day Refresher Course training for any Professional who has attended the full Raising Children training and the next one is on **Thursday 29th April 2021** on Zoom or [check our What's Coming Up for Professionals page](#).

## Building Resilience for Parents, Carers and Professionals

Building Resilience focuses on our own resilience and strategies and techniques for us so we are able to support the families and children we care for.

Date: Tuesday 15th June 2021

Venue: Newmarket, Suffolk

Time: 9:30am-12:30pm

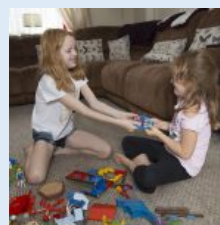
Cost: £59+VAT



## Sibling Rivalry – ONLINE

Would you like to help families who tell you they are living in an environment of hostility and conflict?

Would you like to be able to offer practical advice and help to restore peace and harmony in their homes?



### YES? THIS IS THE COURSE FOR YOU!

The Sibling Rivalry course explores the underlying reasons behind why siblings 'fight', offers different viewpoints for dealing with sibling disputes and aims to provide strategies for resolving 'Sibling Rivalry' issues.

**Date:** Tuesday 13<sup>th</sup> April 2021

**Venue:** Online via ZOOM

**Time:** 1:00-3:00pm

Cost: £175+VAT includes a Facilitator's Pack with lesson plans, facilitator's notes and handouts.

## Raising Teenagers for Professionals – ONLINE

Do you support parents of teenagers? Do they ask you:

*"Why doesn't my teenager want to talk to me anymore?"*

*"Why does my teenager want to spend all their time with their friends or in their room?"*

*"What is happening to my teenager's brain and how can I support them with these changes?"*



**Please note this is for any professional who has already attended our 3 day full course.**

**Date:** Thursday 25th March 2021 or Thursday 1st July 2021

**Venue:** Newmarket, Suffolk or Online via ZOOM

**Time:** 9:30am -3:30pm

Cost: £175+VAT includes a Facilitators Pack with lesson plans, facilitators notes and handouts. [Contact us](#) to book your place.

## Let's Play Taster

Join us where you can learn some useful strategies to break the barriers for families around play.

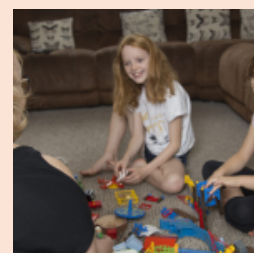
Support parents and carers to reflect on their own experiences of play, learn the importance of play/learning through play and offer some non digital alternatives to play.

**Date:** Wednesday 7th July 2021

**Venue:** Newmarket, Suffolk

**Time:** 9:30am-11:30pm

**Cost:** £35+VAT Contact us to book your place.



## SEND Support



Do you support parents/carers who have children with Special Educational Needs or Disability?



Clare, our SEND Project Worker can support you with resources, information and a chance for parents to get together (face to face and Zoom when it is not safe to meet).

Our social groups (usually in Lakenheath, Newmarket and Haverhill) are a chance for parents/carers 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.

Email [clare@sharingparenting.com](mailto:clare@sharingparenting.com) or telephone 07519038536 for more information.

## Outside the Box Training (SEND) For Professionals

This training is for Professionals who want to support and empower parents/carers who have children with special educational needs and disabilities.

During the sessions you will cover important subjects such as:



- Body Language** – How can this escalate or deescalate a situation?
- Mindfulness** – How can we put ourselves in a better place to cope with the challenges of parenting and model these to our children?
- Toolbox** – What things work for us? – Sensory, visual items, gadgets, strategies etc. and anything we can share!
- How can we use language effectively?**
- How do I develop the confidence to give positive praise or encouragement?**
- What skills and attributes do we want our children to take with them when they have grown up?**
- How can birth order effect behaviour? Who else is in the family?**
- How do I deal with my other children and Sibling Rivalry? ...and much more!**

**Monday 26th April 2021 (Full day)**

**Venue:** Online ZOOM or Newmarket, Suffolk.

**Time:** 9:30am-3:30pm

**Cost: £175+VAT** includes a Facilitators Pack with lesson plans, facilitators notes and handouts.

Please see [Outside The Box](#) for more information or [contact us](#) to book your place.

## News, Blogs, Information

Keep in touch with us via our social media channels [Facebook](#), [Twitter](#), [Instagram](#), [You Tube](#) and [Linkedin](#). (Remember to comment, like 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

Join us to ask questions on our themed 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](#).

## Parent/Carer Newsletter

This newsletter is for professionals but we also have a newsletter for parents and carers.

Please let them know they can easily sign up to receive one by contacting us on our website or emailing [info@sharingparenting.com](mailto:info@sharingparenting.com)

They can also download it from our website.



## Keep Up To date

Do take a look at our social media channels [Facebook](#), [Twitter](#), [Instagram](#), [You Tube](#) and [Linkedin](#). (Remember to comment, like and share when you can) for more information and to share as much of what we do as you can so, together, we can support families as they grow.



If you know a family that needs our support, one of our friendly team would be happy to help!

Please pass on our details:

Tel: 07867 568339

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

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

We are happy to chat to professionals too!

To receive our regular newsletters please [contact us](#) so we can add your name to our database. Please also forward this newsletter to other professionals you know.

*Stay safe, from the Sharing Parenting Team*



T: 01638 665997

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

W: [sharingparenting.com](http://sharingparenting.com)