

Sharing Parenting Parent & Carers' Newsletter Winter 2021/22



Welcome to our Winter Newsletter 😊

Welcome to our latest newsletter where we look back at 2021! The first thing to say is a huge well done to all you parents and carers. 2021 has continued to have challenges for you all and over and above the 'normal' parenting ones too. With schools and other organisations having to constantly reassess their situation this has meant that you, and your children, have had to be flexible and plans have had to change at short notice and we know that this can be very difficult for some children. So, the Sharing Parenting Team would like you to pat yourselves on the back, say well done, and recognise how far you have come!



Please remember if you (or anyone you know) 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

Looking back at our activities

We were so pleased to be able to meet up face to face again with parents and carers this year, both during May half term and the summer.



Thank you to everyone who came along to see us. Parents and children enjoyed playing frisbee golf with us in Lakenheath and in August we had a great time meeting lots of families and playing with clay at a very busy (and sunny) event in the Memorial Gardens in Newmarket as part of the [Earth Arts Festival](#).

You can see more photos and comments from our events on our [Online Notice Board](https://www.sharingparenting.com/2021/01/04/please-add-to-our-online-board/)
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Community Ambitions

Did you know Newmarket has twice the national average of English as a 2nd Language (EAL) families?

Community Ambitions is a new project to support families in Newmarket including EAL parents and families.



Since September we have been busy asking parents to complete surveys to help us develop an outline plan for this new and exciting project. The programme is starting to take shape with plans to offer the following:

- 1. 1-1 support for bilingual families and families on low incomes with parenting support, local information etc.**
- 2. New Parents baby group to start in 2022 (watch this space for more information)**
- 3. Wellbeing workshops for parents**
- 4. Outreach events in the community for families**

We plan to meet regularly - see our [In the Community page](#) for upcoming dates.

We have also started a new Facebook group for bilingual families. The group is for Newmarket families to share information and connect with one another. YOU can join by clicking the following link or through our Facebook Page.

[Community Ambitions Newmarket Bilingual international \(EAL\) support Group | Facebook](#)

If you are interested in any of the above, we would love to hear from you. Please get in touch with Nina: nina@sharingparenting.com or call 01638 665997

Time Out Tuesdays

We have been hosting FREE 1-hour sessions for parents via Zoom every Tuesday from 10.00 - 11.00am. These include our very popular True Colours taster, Sibling Rivalry, Parenting Styles and lots more.



Take a look on our website www.sharingparenting.com/for-parents/whats-coming-up-atsharing-parenting/ for the full list and dates for 2022.

Facebook LIVE

Did you know we host a monthly drop-in on [Facebook Live](#) on the last Wednesday of every month from 1.00-1.30pm? (Term time only). Join us live or take a look at our recorded videos (over 18 on there so far!) on Facebook to watch previous sessions. Coming up in 2022: **January 26th – 5 tips to be a respectful parent**, **February 23rd – Parenting and fussy eating**, **March 30th – Building self-esteem**, **April 27th – Tips for managing tantrums**, **May 25th – Tips for starting a new school**. See you there!

SEN Support

For all your advice and support for your children with Special Educational Needs (SEN) please contact: clare@sharingparenting.com



You can find details about our next [Outside the Box](#) (face to face) course starting in March 2022 - Wednesdays 2nd, 9th, 16th and 23rd on our website: www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/ **This supports all parents and carers with children with SEN with simple but effective positive tips and strategies.**

Our regular group meetings have been on and off this year (for obvious reasons!). Look out on our website for updates and resources: www.sharingparenting.com/for-parents/send-support/

1 to 1 Support Returning to Training, Education or Employment

Hannah has been busy this year meeting with participants for our [Build Your Rainbow](#) project.



She will be delivering a new 6 week course, online, starting in January 2022 called 'The Road Ahead' for more details please contact hannah@sharingparenting.com or to book your place see: www.eventbrite.co.uk/e/the-road-ahead-career-support-with-sharing-parenting-6-weeks-tickets-167445916243

Understanding your [True Colours](#) is just one of the many tools to help you understand more about yourself and others and prepare you for getting back to training or the workplace.

She recently delivered this taster to Year 6 students and this is a sample of the many positive comments they made:

"I learnt a lot more about myself"

"I learnt why some people might find me irritating and why I might find some people irritating"

"I learnt how different everyone is and that's a good thing"

"That it's ok to be different"

If you would like 1 to 1 support getting back to work, training or education please contact: hannah@sharingparenting.com

For more information about where you can meet Hannah please see our website: www.sharingparenting.com/for-parents/where-to-meet-us/

Keeping in touch



We are very pleased that parents/carers and professionals are continuing to find us and keep up to date through our website and social media channels. It is probably no surprise that views to our website www.sharingparenting.com have increased massively since the pandemic. Please remember to share our videos, news and online support with other parents and carers you know: www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/

At the end of November 2021 we had 1,059 people who had liked our [Facebook](#) page and follow us. If you are one of them, a big THANK YOU, and you will be up to date with our news, tips and information. If you are not, head over to the page now and give us a 'like'.

Families are continuing to follow us on [Instagram](#) where we post photos of us out and about in the community.

If [Twitter](#) is more your thing you can find us at <https://twitter.com/sharingparents/>

You Tube - Viewers spent nearly 10 hours watching our videos in 2021! Our short videos (which include Choices and Consequences, Top tips when you are feeling anxious, Sibling Rivalry, Fill your jug, Active Listening, I Statements, How to Avoid the Power Struggles and more) were very popular and great if you like visual tips and strategies which can quickly turn around negative behaviour. Take a look at our channel: www.youtube.com/channel/UC_RUZ6Yjg1mIrd-BeiLR5Cg



We have also been busy making some new [Dads Matter](#) and [Sibling Rivalry](#) videos so watch out for those!

Dates for your diaries

We will be running our flagship Raising Children Course on Zoom starting from Thursday January 20th 2022 in the evenings from 6.45-8.15pm. Email info@sharingparenting.com or book your FREE place here: www.eventbrite.co.uk/e/raising-children-starting-thursday-20th-january-2022-for-10-weeks-tickets-161930577717.

Keep an eye on What's Coming Up (including Wellbeing Taster Sessions) on our website: www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/

If you know someone who would like to receive our newsletter please ask them to email: info@sharingparenting.com.

Until the next issue, stay safe and have fun,

The Sharing Parenting Team x