



### WELCOME to our Spring 2022 Professionals Newsletter

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 email [info@shairingparenting.com](mailto:info@shairingparenting.com) so we can add your name to our database. Please also forward this newsletter to other professionals you know.

### Radio Star

Suzanne has been our media star recently whilst chatting to both Radio Suffolk and Radio Cambridgeshire.

She was asked '[How can we talk to our children about Ukraine](#)'

A very sad situation and not an easy one to try to explain to children but, as ever, she had some very insightful things to share: live in the moment, get active and support local charities and donate and focus on what the Ukraine people are doing to help themselves too.

and then ...

['Do we change into our parents?!'](#)

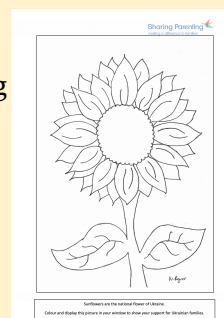
Here she focused on the power of role modelling, how we can take responsibility to change and lots more. You can hear the full interviews on our website and [You Tube Channel](#).

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



## Show your support for Ukraine

We would like to show our support to Ukraine families, who are experiencing unimaginable stress and worry, by encouraging children to colour in a sunflower picture and post it in their window. The sunflower is the national flower of Ukraine.



It is likely that families living locally will be personally affected by the situation.

[You can download and print the picture from our website here:](https://www.sharingparenting.com/2022/03/08/how-do-i-talk-to-my-children-about-ukraine/)

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**This may be an activity you would like to share with the children and families you support?**

## Resources

Remember you (and the families you work with) can find lots of FREE Sharing Parenting resources:

\*Online videos and vlogs on [our website](#) and [You Tube](#)

### [Channel](#)

\*Facebook posts for strategies, local What's On, information and more

[www.facebook.com/sharingparenting/](https://www.facebook.com/sharingparenting/)

\* Facebook Live video sessions - presentations about birth order, SEN toolbox, Sibling Rivalry and lots more

\*SEN resources and signposting opportunities [www.sharingparenting.com/for-parents/send-support/](https://www.sharingparenting.com/for-parents/send-support/)

\*English as a 2<sup>nd</sup> language support and signposting [www.sharingparenting.com/for-parents/where-to-meet-us/community-ambitions-newmarket-bilingual-parents-group/](https://www.sharingparenting.com/for-parents/where-to-meet-us/community-ambitions-newmarket-bilingual-parents-group/)

\*Community Sharing - Photos and comments on our [Online Notice Board](#).



## Community Ambitions

Community Ambitions continues to offer support to bilingual families and vulnerable families in Newmarket. We have a new community Facebook group for bilingual families.

[\(1\) Community Ambitions Newmarket Bilingual international \(EAL\) support Group | Facebook](#) Please share.



If you would like to know more about the project, are interested in working together please get in touch and email [nina@sharingparenting.com](mailto:nina@sharingparenting.com)

## What's On for Professionals?

We always have workshops and courses for professionals

- a great opportunity for Continuous Personal

Development (CPD) working with children and families.

**We can train your staff to deliver too**

We can also train YOUR staff to deliver courses to YOUR families and/or we can come to your organisation and deliver workshops or drop ins directly to your families.

See our website for more information [www.sharingparenting.com/for-professionals/whats-coming-up-for-professionals/](http://www.sharingparenting.com/for-professionals/whats-coming-up-for-professionals/) or email [info@sharingparenting.com](mailto:info@sharingparenting.com) to let us know what you are interested in.

Sharing Parenting Training & Development for Professionals			
Professional Training Courses Summer 2022			
<b>SIBLING RIVALRY</b> 12:00pm - 1:00pm (online via Zoom) - manual & workbook	099		Tues 17 <sup>th</sup> or 24 <sup>th</sup> 2022
<b>TRIPLE COLICING</b> 10:00am - 12:00pm (online via Zoom)	093		Tues 7 <sup>th</sup> & 28 <sup>th</sup>
<b>GOOD MATHS</b> 10:00am - 12:00pm (online via Zoom) - manual & workbook	076		THU 24 <sup>th</sup>
<b>RAISING CHILDREN'S DAY FACILITATION TRAINING</b> 10:00am - 12:00pm (online via Zoom) - manual & workbook	070		Fri 21 <sup>st</sup> , Mon 25 <sup>th</sup> , Thurs 28 <sup>th</sup> & 29 <sup>th</sup> 2022
<b>RAISING CHILDREN'S DAY REFRESHERS</b> 10:00am - 12:00pm (online via Zoom) - manual & workbook	070		Tues 4 <sup>th</sup> OCTOBER 2022
<b>WORKING WITH PARENTS: Equipped to Level 3 ChildCare</b> 10:00am - 12:00pm (online via Zoom) - manual & workbook	080		13 <sup>th</sup> & 20 <sup>th</sup> 2022

Please do not sit at the cost for a session - contact us for alternative payment options

For more information or to book your place, contact us at:  
**01453 655597**  
[info@sharingparenting.com](mailto:info@sharingparenting.com)  
[www.sharingparenting.com](http://www.sharingparenting.com)

"I have gained confidence in my understanding of the needs of children and young people and how to support them."

## 1 to 1 Support Returning to Training, Education or Employment

Hannah is busy meeting with adults who are thinking of getting back to education, training or work with the [Build Your Rainbow](#) project.



If you know someone who would like support getting back to work, training or education please contact: [hannah@sharingparenting.com](mailto:hannah@sharingparenting.com) or they can meet her at the drop in sessions at Ely Baby Bank anytime from 10am-midday on Thursday April 7<sup>th</sup>, May 5<sup>th</sup>, June 2<sup>nd</sup> and July 7<sup>th</sup>. For further dates please see our website: [www.sharingparenting.com/for-parents/where-to-meet-us/](http://www.sharingparenting.com/for-parents/where-to-meet-us/)

## Sibling Rivalry Videos

Have you seen our new Sibling Rivalry Videos?

These are a great way to show effective ways of positively dealing with Sibling Rivalry. There are 2 videos for 3 different scenarios - New baby, Primary Years (the Volcano approach) and Teenagers. The first shows a more negative way of dealing with the challenging behaviours and the second shows a more positive way.



Parents and professionals have told us these are a really quick and easy way for parents to embed positive strategies. You can find them on our YouTube Channel [www.youtube.com/channel/UC\\_RUZ6Yjg1mIrd-BeiLR5Cg](http://www.youtube.com/channel/UC_RUZ6Yjg1mIrd-BeiLR5Cg)

Please do share them.

Thank you to [KD Theatre Productions](#) for the brilliant actors (young and younger) and [De-fine Creative](#) for their professional filming and support.

## SEND (and BEFORE diagnosis)

Clare offers support to parents of children with Special Education Needs. She will support them even before an official diagnosis - which is commonly a very scary and difficult time for parents.

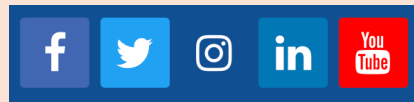


She holds regular face to face and online groups: [www.sharingparenting.com/for-parents/send-support/](http://www.sharingparenting.com/for-parents/send-support/)

For all advice and support around SEND please contact: [clare@sharingparenting.com](mailto:clare@sharingparenting.com)

## Keeping in touch

You can find us via our [website www.sharingparenting.com](http://www.sharingparenting.com)



Please remember to share our videos, news and online support with parents and carers you know:

[www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/](http://www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/)

See more about our [Wellbeing Sessions here](#) too.

Our [Facebook](#) page. Head over to the page now and give us a 'like'.

**Facebook Live** on the LAST Wednesday of every month from 1.00-1.30pm (Term time only). You can catch us live or take a look at our videos on Facebook to watch previous sessions. These include themes such as: Mindfulness for Parents, Birth Order (and how this can affect us or our children), Effective Discipline and more...

On **Instagram** where we post photos of us out and about in the community [instagram.com/sharingparenting/](https://www.instagram.com/sharingparenting/)

**Twitter** [twitter.com/sharingparents/](https://twitter.com/sharingparents/)

**You Tube** - 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: [youtube.com/channel/UC\\_RUZ6Yjg1mIrd-BeiLR5Cg](https://www.youtube.com/channel/UC_RUZ6Yjg1mIrd-BeiLR5Cg)

We also have a **LinkedIn** page! If you work with families please take a look and follow us at: [linkedin.com/company/13040560/admin/](https://www.linkedin.com/company/13040560/admin/)



*Stay safe, from the Sharing Parenting Team*

T: 01638 665997 E: [info@sharingparenting.com](mailto:info@sharingparenting.com) W: [sharingparenting.com](http://sharingparenting.com)

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