

# Sharing Parenting Parent & Carers' Newsletter Summer 2022



## Welcome to our Summer Newsletter 😊

Welcome to our latest newsletter where we share information and resources, take a quick look back and look forward to Summer 2022.

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](mailto:info@sharingparenting.com)

## Looking back at our activities

Newmarket Lions were kind enough to let us join them at Newmarket Library to give out Easter Eggs (for those entering the colouring competition) and sunflowers to grow at home. It was a great day where we met over 120 children! Hello again if you were one of the parents and a big thank you for coming.

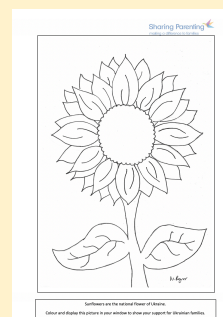
You can see more photos and comments from our events on our [Online Notice Board](https://www.sharingparenting.com/2021/01/04/please-add-to-our-online-board/) [www.sharingparenting.com/2021/01/04/please-add-to-our-online-board/](https://www.sharingparenting.com/2021/01/04/please-add-to-our-online-board/)



## 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. Hello and welcome if you have recently arrived recently from Ukraine.



[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/)  
[www.sharingparenting.com/2022/03/08/how-do-i-talk-to-my-children-about-ukraine/](https://www.sharingparenting.com/2022/03/08/how-do-i-talk-to-my-children-about-ukraine/)

## Community Ambitions

Community Ambitions continues to offer support to families including bilingual families in Newmarket.



**Come and meet us for crafts and a biscuit at Foley House, 52 Wellington Street, Newmarket. CB8 0HY on Wednesdays (starting 18<sup>th</sup> May) from 3.30-4.30pm.**

Please join and share our community Facebook group for bilingual families.

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

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)

## 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.

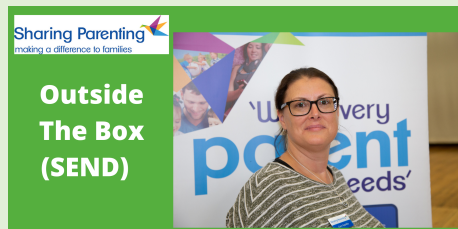


If you (or someone you know) would like support getting back to work, training or education please contact: [hannah@sharingparenting.com](mailto:hannah@sharingparenting.com) or meet her at the drop in sessions at Ely Baby Bank anytime from 10am-midday on Thursday June 2nd or July 7<sup>th</sup>. For 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/)

## SEND SUPORT (and BEFORE diagnosis)

Clare is here to support parents of children with Special Education Needs. She can support you even before an official diagnosis.

You can meet Clare face to face or online:



[www.sharingparenting.com/for-parents/send-support/](http://www.sharingparenting.com/for-parents/send-support/) Please contact: [clare@sharingparenting.com](mailto:clare@sharingparenting.com)

## 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 20 on there so far!) on Facebook to watch previous sessions. **Coming up 29<sup>th</sup> June - Why Labelling children can be bad for them and 27<sup>th</sup> July - Tips for Co-parenting**

See you there!

## 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](https://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.

## Resources

Remember you 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](#).



## Dates for your diaries

Come and say hello at Studlands Fete in Newmarket on Saturday 25<sup>th</sup> June.

Join us for our 'Raising TEENS' Course on Zoom starting from Tuesday 20<sup>th</sup> September in the evenings from 6.45-8.15pm and 'How to motivate your children academically' in October. Email [info@sharingparenting.com](mailto:info@sharingparenting.com) to book your FREE place.

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

## 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/)

## What's YOUR parenting question?

We are planning to answer more parenting questions on our social media, on our website, as blogs and .....maybe a podcast too! (Watch this space)

So, we need your help.

**What's the question you would like answered** or one you think other parents would like to know?

Email [info@sharingparenting.com](mailto:info@sharingparenting.com) or message us via Facebook.

Thank you ☺

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

Until the next issue, stay safe and have fun,

*The Sharing Parenting Team x*

