



Sharing Parenting Parent & Carers' Newsletter Spring 2023



Welcome to the Spring Newsletter 😊

Welcome to the latest Sharing Parenting newsletter where you can find out more about parenting information and resources.

Please note our telephone number has changed to **07519 038536**.

What's YOUR parenting question?

Have you listened to our new podcasts?

The team discuss questions and share simple tips and strategies.

They are only 20 minutes long, so the perfect length to listen to

while taking a walk, washing up or having a bath! They can be found on our website (www.sharingparenting.com/2022/09/06/join-the-world-of-podcasting/) and also by searching 'Sharing Parenting Podcast' wherever you listen to your podcasts.



Season 1 includes:

Episode 1: **"Why do I always feel I am failing as a parent?"** with Suzanne and Ginny.

Episode 2: **"I am worried about the cost of everything and how to explain this to my child"** with Suzanne and Ginny.

Episode 3: **"Why are my children so different from each other?"** with Hannah and Ginny.

Episode 4: **"My 8 year old keeps falling out with her best friend, should I get involved?"** with Clare and Ginny.

Episode 5: **"My children are always fighting, how can I get them to like each other?"** with Nina and Ginny.

Episode 6: **"My child is always hurting me, what can I do?"** with Clare and Ginny.

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

Email info@sharingparenting.com or message us via Facebook.

Resources

Remember you can find lots of FREE Sharing Parenting resources:

[Positive Parenting Strategies on our website](#)



***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/

* **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/

***English as a 2nd language support and signposting** 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

Join us via Zoom for:

Positive Mindset on Tuesday 25th April from 6.45-8.15pm (EVENING SESSION!)

Supporting your child through everyday transitions on Wednesday 26th April from 1.00-2.00pm.

Psychology of behaviour on **Monday 15th May from 9.30am to 11.00am.**

Exploring the need behind the behaviour on Tuesday 16th May from 6.45-8.15pm (EVENING SESSION!)

Raising self esteem on Wednesday 20th June from 9.30-11.00am.

Email info@sharingparenting.com to book your FREE place.

For more information please visit our website: www.sharingparenting.com/for-

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

Until the next issue have fun,

The Sharing Parenting Team x

