



Welcome to Sharing Parenting's Spring Newsletter ☺

Here you can find out more about FREE positive parenting information and resources.

Contact Details Changes

Please note our contact email is now suzanne@sharingparenting.com

(The info@sharingparenting.com email address is now **closed.**)

Our telephone number is **07519 038536**.

FREE Information

We have reduced the number of courses that we are running but you can still find lots of really useful information on our website www.sharingparenting.com



This, evidenced based information, has been gathered over the past 15 + years and has supported thousands of parents, children and professionals during this time.

We now gift it to you - no strings attached! Please take a look, listen, watch and share with other parents and carers.

(Keep scrolling ↓ for more details).

Videos and Short Vlogs

Remember the team have recorded **online videos and vlogs**

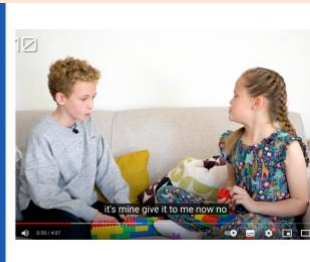
These include really short tips, workshops and an introduction to our Raising Children 10-week course, which you can view from the comfort of your own home, at a time that suits you!

Take a look on our website and [You Tube Channel](https://www.youtube.com/channel/UC...).



Positive Strategies & information

We currently have 47 short articles to support you with your parenting!



You can find them on our website: www.sharingparenting.com/strategies

1. [Screen time – How much is too much?](#)
2. [Discipline- What is the best way to discipline my kids?](#)
3. [Can learning be fun?](#)
4. [Why board games can still help your family connect in the 21st century](#)
5. [What is modelling?](#)
6. [Stories without books can be educational \(and fun\) too!](#)
7. [Who's responsibility is it anyway?](#)
8. [Parenting a child with English as an additional language](#)
9. [Time for teens](#)
10. [A to Z of parenting](#)
11. [How to prepare your child for the excitement of the Christmas season](#)
12. [Sharing Parenting's advent of behaviours](#)
13. [Flow chart to find the NEED behind the behaviour](#)
14. [Why do teenagers need to play too?](#)
15. [Top tips for a bedtime routine](#)
16. [Do you have fussy eater?](#)
17. [Gardening with children](#)
18. [Do you have an owl or lark in your family?](#)
19. [Meditation for families](#)
20. [Why is my child scared of going upstairs alone all of a sudden?](#)
21. [A parenting tip for everyday of the month!](#)
22. [How do I get my teenage son to join in family activities?](#)
23. [Video tips for positive behaviour](#)
24. [Do we turn into our parents?](#)
25. [Filling your jug – taking care of YOU too!](#)
26. [How can I help my child to take responsibility with choice and consequences?](#)
27. [Don't say don't!](#)
28. [Swap 'You' for 'I' – I statements](#)
29. [Join us in the world of podcasting](#)
30. [What is the difference between praise and encouragement?](#)
31. [How does your parenting style effect behaviour and self esteem?](#)
32. [Are you restricting growth by labelling your child?](#)
33. [Are you really listening? – Active listening](#)
34. [How to identify and respond to the need behind the behaviour](#)
35. [Learning through play and why is it important?](#)
36. [Stop – think- act](#)
37. [Can you change the mould?](#)
38. [Why do I always feel I am failing as a parent? \(Podcast\)](#)
39. [Why are my children so different from each other? \(Podcast\)](#)
40. [My 8-year-old keeps falling out with her best friend – should I get involved? \(Podcast\)](#)
41. [My children are always fighting, how can I get them to like each other? \(Podcast\)](#)
42. [My child is always hurting me, what can I do? \(Podcast\)](#)
43. [Strategies to support anxious children](#)
44. [Catch them being good](#)
45. ["What changes are normal for teenagers? My teenager won't sleep at night and is difficult to wake in the morning" \(Podcast\).](#)
46. [Supporting children through divorce or separation](#)
47. [How to keep your child safe when video gaming](#)

Sharing Parenting PODCASTS

Take a listen to an episode where 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/) [Apple Podcasts](#) and also by searching 'Sharing Parenting Podcast' wherever you listen to your podcasts.

They include:

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.

Episode 7: ["What changes are normal for teenagers? My teenager won't sleep at night and is difficult to wake in the morning!"](#) with Ginny and Suzanne.



Social Media

You can find us on [Facebook](#), [Instagram](#), [LinkedIn](#), [Twitter/X](#) and [You Tube](#). Please follow and share with other parents.

Until the next issue have fun,

The Sharing Parenting Team x

