



NEWSLETTER

ISSUE 13

AUTUMN 2009

NEW TRUSTEES AND COMMITTEE MEMBERS

Looking for a friendly group to join? Have some skills we could use? Want to use those grey cells a bit more? Need something worthwhile that will fit in with family life? Then why not think of joining the Forum as a committee member or Trustee? Ring 01277 633910 and ask for Rosie to ring you. Members will receive details of the AGM soon and nominations must be in by September 30th.

Funding

The Trustees are delighted to announce that we have been successful in our bid to secure funding for the next 2½ years. Essex County Council Local Priority Fund has agreed to fund us until March 2012, so we can continue to develop our successful programme of courses and events.



TiME sessions for new mums have been running for nearly two years now at Emmanuel Church and we have recently started a similar group in Wickford. Working in partnership with the Children's Centres, we offer new mums the chance to come with their babies and meet new friends over a cup of tea. Health Visitors come to the sessions and offer a range of talks from weaning and ailments to play and talking. Look at our website for details www.billericaparents.com

This Term's Courses

Booking Essential - bookings now being taken for the following courses:

All age groups	Wednesday evenings (Just for Dads)	Starts Sept 30th for 4 weeks	7.45-9.45pm	Queens Park Community Church
0-6 years	Thursday mornings with crèche	Starts Sept 24th for 5 weeks	9.30-11.30am	Queens Park Community Church
0-6 years	Thursday evenings	Starts Sept 17th for 5 weeks	7.45-9.45pm	Queens Park Community Church

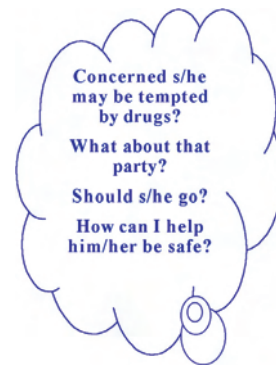
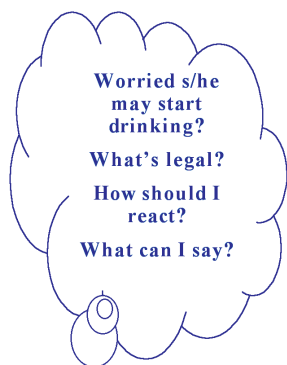
A fourth course is planned for later in the term ~ Do pass this information on to friends and get them to sign up!

Ring 01277 633910 for more details or to book a place or visit our website www.billericaparents.com

AUTUMN OPEN MEETING

Sex, Drugs & Alcohol

To a Parent of a teenager these words are like Kryptonite to Superman or a Red Rag to a Bull



Come along to our Autumn open meeting and listen to our fantastic speaker:

Sigrid Doktorowski

Parenting Expert • Essex County Council
Essex Young People's Drug & Alcohol Service

A talk about drugs and alcohol and parents' emotional reactions

plus short AGM

All parents & carers of teenagers welcome!

Tuesday October 13th • 7.45pm

Queen's Park Community Church

Ring 01277 633910 to book a place, or see our website www.billericaparents.com



Making the Move

The transfer to secondary education can be an anxious time for parent and child, however most children find the transition relatively easy to deal with.

I speak from personal experience when I say that my son who is about to complete year 7, has gained confidence, independence, new friends and developed new skills.

HE HAS BECOME MATURE BEYOND HIS YEARS

I have noticed that he has become mature beyond his years. This is a child who was sensitive,

temperamental and occasionally has been prone to outbursts of exuberance!

My tip to any new secondary parent is preparation. Leaving anything (school bag, uniform, equipment, travel arrangements) to the last minute, causes stress to child and parent, it's amazing how quickly items can disappear from shop shelves.

ENCOURAGE AFTER SCHOOL CLUBS

Once your child has started school I would encourage them to become involved in after school clubs and invite friends to your home. Lots of different friendship groups can make your child's

transition that much easier.

Parents usually experience one negative aspect of the transfer to secondary school - it's the lack of involvement with other parents; you don't get the opportunity to swap information at the school gates.

MEET YOUR CHILD'S FRIENDS' PARENTS

If you can give the time it's a good idea to join the Parents Association or other similar organisation. Make the effort to meet your child's friends' parents - someone has to make the first move and you could make new friends too!

Written by one of our Trustees

Billericay Children's Centre

By next year every community in England will have a Children's Centre, where services for families with children aged under five years will be available to provide help, support and information.

An exciting new Children's Centre for Billericay is to be built at Brightside Primary School and is due to open in September 2010.

Meanwhile there are information points at the Library, BOSP near the Town Council offices and at the Health Centre.

A range of services have already been provided including the Allsorts sessions at Queen's Park Community Church on Tuesday afternoons, a Prem-baby group and Chatterbox sessions at South Green for children with speech and language development issues.

The Forum works in partnership with the Children's Centres to provide the TiME drop-in sessions for new mums.

If you would like more information about the Children's Centre ring 01268 763712

HINTS AND TIPS ON BULLYING

You can look out for:

- Behaviour changes, moods, tears, bedwetting, sibling upsets
- Excuses for not going to school - feeling unwell
- Lost or damaged school items or clothing
- Bruises, cuts and scrapes

You can help by:

- Listening
- Encouraging talking
- Empathizing with how your child feels
- Getting your child to keep a note of what is happening
- Reassuring your child
- Tell them it is important to stop it happening
- Talking to the school - they have a duty to prevent bullying
- If you do not get a response, write to the head teacher, then the governors and then Essex County Council Director of Children's Services
- Check whether things have changed for your child and if not ask why not
- Always keep calm and be assertive rather than aggressive



"Whatever they grow up to be, they are still our children, and the one most important of all the things we can give to them is unconditional love. Not a love that depends on anything at all except that they are our children."

Rosaleen Dickson

WHY DO WE FEEL SO GUILTY ABOUT OUR ROLE AS MOTHERS?

I bet, like me, you often wonder whether you are doing the right thing as a parent? The children didn't come with instructions or maybe I just haven't worked out the best way of dealing with them! I feel really guilty that I'm not a better mum, yet I do my best.

Whilst books and TV programmes appear to tell me what to do, the problem that I am currently facing never seems to be dealt with. Everyone else seems to know exactly what to do - surely I should know too? Some days I could scream - my four year old is asking non-stop questions all day long and my toddler somehow manages to open every drawer, cupboard, box and packet that he can reach and empty the contents on the floor or eat them! At the end of the day my husband comes home and starts making comments about 'how lovely it must be to have time at home all day doing what you want to do, as well as all those coffee mornings and outings'. I shall throw something at him the next time he starts on that one!!

Then there are those parenting courses - how can they help? My friend said it was great, but I'm not sure.... Maybe I should try one? She said how friendly everyone was and normal just like her - everyone had different problems, yet the two group leaders really understood what they were all going through because they were parents too. There were lots of ideas shared and she certainly looked better having spent a morning doing something for herself for a change. Maybe I'll give it a go - now where's that number? Ah! found it - 01277 633910 - I'll ring now!

Book Review

Making Sense of Your Child's Friendships

by Elizabeth Hartley-Brewer

£7.79 Publisher: Piccadilly Press

ISBN-10: 1848120028 ISBN-13: 978-1848120020

An invaluable guide for all parents wanting to understand the ups and downs of their child's friendships. Friends are desperately important to most children. This book focuses on boys' and girls' typical experiences of friendship and explains the changes that take place. It also looks at how a parent's role needs to change from directing and fixing friendships at the beginning to keeping in the background by the time they're in secondary school. With plenty of true stories from both children and parents, this book gives a real understanding of children's friendships in a very readable and accessible way, and offers advice on how to deal with problems encountered. *Available from Amazon.co.uk*

NOTICE BOARD

BPF WEBSITE

WWW.BILLERICAYPARENTS.COM

We hope that you look at our website regularly and keep in touch with what is happening. We should like to add some new pages and include some of your ideas, tips and hints on the website. Please contact us by email on rosie@billericayparents.com if you have any ideas!

GASTRO-BABES

The Gastro-babes Support Group is a new group set up by local mums and supported by the Forum and local Health Visitors.

If your baby has any of the following:

- Silent reflux • reflux • feeding issues
- tummy pain • crying after feeding
- excessive crying • indigestion • colic
- cures which have not worked • milk allergies
- painful wake-ups from sleep then you may like to join this group.

The Group meets monthly on the 3rd Thursday afternoons in the month between 2:15pm & 4pm at the St Andrews Centre. The next meetings are arranged for 17th September, 22nd October, 19th November and 17th December. Do come and join us! For info. ring Natasha on 07748 145224



TEA ON TUESDAYS

Queens Park Community Church

Next Session: Tuesday October 6th 1pm - 2.30pm

A drop-in group for those parents who have already been on one of our courses. Come along for a chat over a cup of tea to talk about parenting issues with a facilitator or recap some of the ideas that we covered on the course.

Future dates: November 3rd and December 8th



Parents who are afraid to put their foot down usually have children who tread on their toes.

Chinese Proverb

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

Denis Waitley

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