



# NEWSLETTER

ISSUE 16

SPRING 2011

## YOUR COMMITTEE 2010/11

Trustees:

Rosie Novis (Chair),  
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Charles Novis (Treasurer)  
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Liz Moore, Nicole Moore,  
Agnès Roudebush,  
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Non-trustees:

Julie Baker, Lizzy Crewdson,  
Abbey Richardson,  
Sam Roome

Advisor:

Mandy Harper, Billericay  
Children's Centre  
Kristin De Freitas – crèche,  
Tracy Crease - TiME, Mandy  
Solomons – Training  
Manager and Bookings Sec.  
*Please contact us if there are  
any ideas that you would like  
us to follow up!*

## PARENTING NETWORK

A new network for professionals who work with parents has been launched recently in the South West of Essex. Led by our local Parenting Co-ordinator Kanta Wild-Smith, the meetings are held regularly every 6 to 8 weeks to enable those working with parents to share ideas and good practice.

Billericay Parents Forum is a member and we attend the sessions where we have been able to tell others about our successful courses and events and also learn about other successful initiatives in the district.

## FACEBOOK!

Remember – you can now follow us on Facebook – log in and have a look! And please recommend us to all your friends.

## ***This Term's Courses***

**You already know all about our courses – so please tell someone else to book, get your partner to be brave enough to come or even come to another one yourself!**

7-11 years	Wednesday mornings	Starts Feb 2nd	9.30-11.30am	United Reform Church Chapel Street
0-6 years	Wednesday mornings	Starts Feb 2nd	9.30-11.30am	Runwell Primary School Wickford
0-6 years	Thursday mornings with crèche	Starts Feb 3rd	9.30-11.30am	Queens Park Community Church
0-6 years	Thursday evenings	Starts Feb 3rd	7.45-9.45pm	Queens Park Community Church

**Booking is essential – please contact Katie on our helpline 01277 633910 for more information or to book a place. See our website for more details.**

**SPRING OPEN MEETING**

## **BUILDING YOUR CHILD'S CONFIDENCE AND SELF-ESTEEM**



**Wed. March 16th • 7.45pm • Queen's Park Community Church**

**Debbie Malster**

**Specialist in Emotional Health and Well-being**

***Everyone welcome!***

*In last year's parents' survey a quarter of the 1050 Billericay parents who responded highlighted their children's confidence and self-esteem as being a major concern for them. We trust that this meeting will be of interest and benefit to all parents with such concerns.*

**To book a place ring 01277 633910 or go to our website:  
[www.billericayparents.com](http://www.billericayparents.com) and email using the form.**

# The Commercialisation & Sexualisation of Childhood

The Prime Minister has announced an independent review into the marketing of unsuitable products to children.

Dr Katherine Rake, Chief Executive of the Family and Parenting Institute, gave her reaction to the Prime Minister's statement. She said: "It is a very real concern for parents that young children are experiencing too much too young. Mothers and fathers regularly tell us that they don't want to see childhood disappearing. Confronting this issue is vital if we are to move closer to a family friendly society. We look forward to seeing progress made."

The commercialisation and sexualisation of childhood has long been an area of focus for the Family and Parenting Institute.

*Many professionals in Billericay heard Sue Palmer give a talk in October; we make no apologies in recommending her book again.*

## Book Review

### Detoxing Childhood:

*What Parents Need to Know to Raise Happy, Successful Children*

by Sue Palmer

Pub: Orion ~ £6.99 - also available on Kindle  
ISBN-10: 0752890107 or ISBN-13: 978-0752890104

When Sue Palmer wrote Toxic Childhood, her ground-breaking book that showed how problems of diet, education, fitness and mental health problems were all inter-related, she created a national debate. Now, in this important successor volume, she provides an essential guide on how to bring up children in a way that avoids the problems of a toxic world. With so many pressures across so many parts of our lives today, this book gives practical, easy-to-follow advice and is the one-stop solution to all our concerns about raising healthy, happy children in the modern world.

*Sue Palmer has written over two hundred books, articles and TV programmes for the education market, including How to Teach Writing Across the Curriculum and Speaking Frames (David Fulton). She's been involved in many campaigns around education, outdoor play, screen-based entertainment and the commercialisation of childhood. The Evening Standard listed her among the twenty most influential people in British education in 2009.*

## PARENTING UK

Two of us recently attended the Parenting UK annual conference in London. It was very interesting to hear national speakers and to network with other practitioners and hear all the latest news. Parenting UK, of which we are members, was celebrating its 15th birthday; besides reporting on all that they have achieved during the past two decades, they also represent us on various government bodies, influencing what happens in parenting nationwide. One of the main messages that came from the conference was the importance of supporting parents from the earliest possible time in their baby's life - even before they are born, and how important the early months are when a child is making those important new connections and relationships.

### Course Bookings Secretary:

Mandy Solomons, tel: 01277 633910 or email: [info@billericayparents.com](mailto:info@billericayparents.com)

### Newsletter Editor:

Kerry Munn, tel: 01277 652234 or email: [info@billericayparents.com](mailto:info@billericayparents.com)

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## NOTICE BOARD

# TIME

We are making a special effort to reach all mums and dads and carers of new babies to encourage them to come along to these sessions which are held every Wednesday afternoon at Emmanuel Church, Laindon Road from 1 - 2.30pm. Regular talks on weaning and a wide range of other useful topics plus information and advice about local services. Fun, friendly and free with plenty of parking

## FIRST-AID SESSIONS



The next sessions for parents of babies & toddlers are:

Wednesday March 23rd 8pm-10pm ~ Resuscitation

Wednesday March 30th 8pm-10pm

Cuts, bruises, burns and scalds

Both are at Queen's Park Community Church

Booking is essential - spaces limited!

see our website: [www.billericayparents.com](http://www.billericayparents.com) or ring 01277 633910

## CHILDREN'S CENTRE

Excitement is building at Billericay Children's Centre! Their new building is under way at Brightside School, where access will be from Rosebay Avenue.

Mandy Harper the Children's Centre Co-ordinator has great plans for the development of the new building which should be open in the New Year. "It will be fantastic to, at last, have our own site here in Billericay" she said "We have so many exciting plans for activities and support that we can provide for local families." For more information about the Children's Centre look at [www.billericayfamilies.com](http://www.billericayfamilies.com) or ring 01268 763712



## NEW WEBSITE FOR BILLERICAY!

In a joint venture between Billericay Extended Services, Billericay Children's Centre and the Forum, a new website for Billericay families was launched this month. Providing information about local services and national helplines that will help you and your children, details of all local schools, preschools and nurseries, health services, advice and information services, local and national helplines and much, much more!

The website should be a really helpful source of local information for local parents. Take a look at:

[www.billericayfamilies.com](http://www.billericayfamilies.com)

and let us know if we can add anything that you feel would be useful to know - there is a form on the website for you to complete.



# nct

<http://www.nct.org.uk/home>

For details of NCT events locally, please go to:

<http://www.nct.org.uk/in-your-area/basildon/events>