

A WORD FROM ROSIE – THE CHAIR

I'm writing this whilst eagerly awaiting the arrival of our second grandchild. How I wish, when I had my own children, I could have had the support from other parents through courses like those run by the Forum.

Strangely, many parents seem to feel a stigma about asking for help, that courses are not for them, or are only for those who are not good parents.

The pressures of today's world can sometimes make being a parent a lonely and anxious time. You would think every parent would want to learn as much as possible to make being a parent easier.

Having the chance to meet others, to find you are not alone and to share experiences, learn new skills and deal with problems before they happen can be reassuring and of real benefit to every family. Spread the word!

BPF Gains Charity Status

The Trustees are proud to announce that we have recently been accepted by the Charity Commission to become a registered charity. Our registered charity number is 1122723.

We shall now be able to apply for grants from various organisations that we could not apply to before as well as it giving us greater credibility.

This Term's Courses

Ring up and reserve a place now on one of this term's courses.....

0-6s	Thursday mornings (with crèche)	Starts May 8th (5 weeks with break for half term)	9.30-11.25am	Queens Park Church
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0-6s	Thursday evenings	Starts May 8th (5 weeks with break for half term)	7.45-9.45pm	Queens Park Church
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Starting Soon! Another of our very successful special short courses for Dads - please let us know if your husband or partner can be persuaded to come along!

Is your child moving to Secondary School this September? Transfer sessions for parents are planned for July - watch the website for details.

If you have previously attended a course and would like a refresher you are very welcome to attend. Alternatively, tell your friends about us, it is not possible to reach everyone through advertising, so we are always very grateful when you introduce your friends to our courses. Just call us on 01277 633910, or visit our website www.billericayparents.com

10 GOLDEN RULES TO HELP YOUR CHILDREN BECOME MONEY WISE

from our Spring Open Meeting on Money Matters

- 1) Appeal to their self interest - money will give them a better life
- 2) Encourage dreams - develop short and long-term money plans
- 3) Challenge beliefs and misconceptions about money
- 4) Explain debt is the worst enemy - be aware credit card perils
- 5) Show that regular saving can help them achieve things
- 6) Talk about interest rates - how to get the best from their savings
- 7) Show them how to budget and manage an account
- 8) Make sure they understand percentages
- 9) Teach them to shop well - not always the cheapest, but service, quality and speed of delivery
- 10) Spell out price of not looking after your money - financial ignorance leads to poor decision making

Courtesy of Foresters Life Ltd

Also of interest:

http://www.moneysavingexpert.com/attachment/teen_cash_guide.pdf

Want The Best For Your Family?



We have new publicity leaflets and a series of posters which you will soon see at a wide range of venues throughout the town. We hope that they will help ensure that every parent in the area hears about our courses.

OPEN EVENING

Tuesday June 17th • 7.45pm
Queens Park Community Church

THE MAGIC OF TELLING A STORY

Some practical hints and pointers for making and sharing a good story. Inspire children to develop their imagination and language skills

Storyteller: Charlie Wilson
(www.crickcrack.com)

Ring 01277 633910 to book a place

TiME Sessions

Becoming a new parent is a wonderful and life changing experience. Life changing is the key point as life at home changes dramatically.

Billericay is very much a commuter town. Many new mums may have had a busy job in the City, may not have family close at hand and could well have a partner working long hours. This all makes for a potentially difficult time for new mums, which could lead to them feeling on their own or missing friends.

SUPPORT GROUP

The local team of health visitors in Billericay, well aware of this, were keen to provide a support group for new mums, once

their baby reached about 8 weeks of age. Resources being tight, they sought assistance from Billericay Parents Forum and the TiME sessions were born!

A WARM WELCOME

On average, 35 babies are born to Billericay mothers every month. Now, when new mums are given their welcome packs, they also receive an invitation to a TiME session. These sessions are held on the last Wednesday of each month and due to their popularity, have now been relocated to Emmanuel Hall in Laindon Road, where they are warmly welcomed by Tracy Crease, the Forum's Organiser.

So far, four sessions have

taken place and have been met with an enthusiastic welcome. The TiME sessions give the mums a bit of time for themselves and a chance to meet other new mums in the area. A member of the Health Visiting Team is on hand to provide advice and every month there is a speaker. The topics so far have included:

- Baby positioning & massage
- Baby Signing
- Treasure Baskets
- Pilates for new mothers

POSITIVE FEEDBACK

The feedback for the sessions has been 99% positive so far - the one criticism is that they are not more frequent!

Hugs are practically perfect: they have no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, no monthly payments, no insurance requirements, no pesticides, no preservatives, no artificial ingredients; they are 100% wholesome and pure, naturally sweet, theft-proof, non-taxable, non-polluting, and of course, fully returnable.

If you want your children to improve, let them overhear the nice things you say about them to others.

Haim Ginott

Book Review

The Toddler Book

How to enjoy your growing child
by Rachel Waddilove

ISBN-10: 0745952968; ISBN-13: 978-0745952963

Pub: Lion Hudson Plc Available from Amazon.co.uk £5.99

A follow up to the hugely successful the Baby Book, "The Toddler Book" follows a child's development between the ages 12-36 months. Written in an informative yet friendly style, the book is essential for any parent, experienced or not, who wants to approach the terrible two's stage with confidence and a smile. Topics covered include: sleep, feeding, general care, potty training, illnesses, behaviour, development, play, family life, new baby in the family and the spiritual and emotional needs of a child. A refreshingly realistic guide to raising toddlers!

OUR HOME

Some houses try to hide the fact that children shelter there

Ours boasts of it quite openly, the signs are everywhere

For smears are on the windows, little smudgies on the door

I should apologise I guess for toys strewn on the floor

But I sat down with the children and we played and laughed and read

And if the windows do not shine, their eyes will shine instead

For when at times I'm forced to choose the one job or the other

I want to be a housewife, but first I'll be a Mother.

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NOTICE BOARD

FUN WALK

BARLEYLANDS

MAY 18th • 2pm

If you and your children would like to join us for John Baron MP's charity walk, or even to sponsor someone, then contact us on 01277 633910. It is a fun couple of hours and helps us to publicise our organisation and raise some extra funds.

PARENT SURVEY

Plans are in hand to repeat the parent survey that we carried out three years ago. Over the summer months, we shall be contacting groups of parents to ask for your views and ideas about what you and your family need from us.

BILLERICAY CHILDREN'S CENTRE

We are delighted that Mandy Harper has been appointed as the new Children's Centre Co-ordinator in the town. Three information points have been established at the Library, Health Centre and BOSP in the High Street, where information about services and support will be available for parents of children aged 0 - 5 years and there will also be outreach sessions to the outlying areas of the town. It is great that after lobbying for over 20 years we at last have a support service for local families!

Supported by

