

All Change!

Moving up to Secondary School is an emotional experience for everyone including parents:

- New school
- New journey
- New friends
- New teachers & new ways of teaching
- New responsibilities, worries and concerns
- How will s/he cope with it all?
- What signs can I look out for?
- How can I help?
- What should I do or say?

Why not come to a free informal evening to find out how you can really support your child and give them the best start?

At various venues during late June early July. All parents welcome for any session whichever school in Essex your child is moving to.

Last year a parent said that everyone should come, the session was so useful!

Ask at your local school or ring 01277 633910 for details

This Term's Courses

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

0-6 years	Thursday mornings with crèche	Starts May 7th	9.30-11.30am	Queens Park Community Church
0-6 years	Monday evenings	Starts May 11th	7.45-9.45pm	Queens Park Community Church
7-11 years	Monday evenings	Starts May 11th	7.45-9.15pm	United Reformed Church, Chapel Street
Teens	Wednesday evenings	Starts May 6th	7.45-9.15pm	Mayflower High School
Under 7s	Wednesday mornings with small crèche	Starts May 13th	9.30-11.30am	South Green Infant School

All our courses for this term are 5 week courses with 2 hours each session. Bookings have already started and places at some courses may already be scarce. If you or anyone you know is interested in joining a course, then please ring 'Katie' on 01277 633910 or visit our website www.billericayparents.com

John Baron's FUN WALK
Sunday 24th May at 2.15pm
 Every year our local MP organises a Fun Walk at Barleylands Farm
 There are 2 routes: an easy one and an even easier one!
 We need some families to join the walk and be sponsored, then we can also claim part of the pot of money that John has raised from various organisations.
 If you would like to take part then please ring Tracy on 07748 130137

SUMMER OPEN MEETING
Talk to Me!

HOW CAN YOU HELP YOUR CHILD'S SPEECH AND LANGUAGE DEVELOPMENT?
WHY IS IT IMPORTANT TO DEVELOP GOOD LANGUAGE SKILLS?
WHAT IS NORMAL?
WHERE CAN YOU GET HELP?
Come along to our Summer open meeting and listen to our fantastic speaker Jon Gilmartin from I CAN
Wednesday June 17th • 7.45pm
 Queen's Park Community Church
 Everyone welcome! Ring 01277 633910 to book a place, or see our website www.billericayparents.com
I CAN is the national charity that works to support the development of speech, language and communication skills in all children with a special focus on those who find this hard: children with speech, language and communication needs

National Award



The Trustees are delighted to announce that Billericay Parents Forum received a prestigious award at the Eastern Region Conference of Parenting UK in February.

The award, given jointly by the National Academy for Parenting Practitioners and the Government Office for the East of England was presented to us for Innovative Practice for our 'work with parents that is innovative, sustainable and unique'. The prize included a certificate, a parenting book and a voucher. The whole team should be really proud of this achievement, which shows that our work is highly regarded, not only locally, but in the Eastern Region as well!

A Father's Point of View on the Positive Parenting Course

When we found out that we were expecting our first child my wife and I were obviously very excited!

However it soon dawned on us that we were clueless about what the future might hold. So we attended a superb course which gave us some great advice concerning the pregnancy, the birth and the immediate time afterwards, however they did not include any further information concerning general parenting

CONFLICTING IDEALS OR RESULTS

After our son was born, and as he developed, it was obvious that with each step came a new challenge. Our ability to deal with each of these new issues was becoming increasingly frustrating as we both

had different ways of tackling the problem, often leading to conflicting ideals or results.

Through a recommendation, my wife attended a course run by the Billericay Parents Forum, which was aimed at parenting small children.

IMPROVEMENTS IN OUR SON'S BEHAVIOUR

On the course my wife learned new techniques that helped her meet the challenges head on. After a short while I could see the improvements made both from my wife's approach and in our son's behaviour.

I assured my wife that I would follow in her footsteps so that we could show a united front. However, time seemed to roll on very fast and it was only when we found out we were expecting our

second child that I was pushed into signing up for the course.

My initial reactions were: Surely this was a course for women or for people that were bad parents? Although I had seen the results that my wife had achieved, did I really need to attend? Also I wasn't sure that I wanted someone to lecture me on how I should raise my children!

FRIENDLY AND RELAXED MENTORS

I reluctantly attended the first session and was immediately blown away at how friendly and relaxed the mentors were and in the format and quality of the advice. I quickly realised that my preconceptions were completely wrong and this was not a course for just Mums, or bad/poor parents or where people would judge you but a course on positive parenting

which all should attend.

I gained the confidence to tackle each challenge with a "tool box" approach, which mirrored the values and ideals set out by my wife, thus giving us both the key skills needed to nurture and raise our children in our own unique way.

IT IS OK TO HAVE A BAD DAY

One of the most important things that I took away from the course was that it is OK to have a bad day, it is OK to sometimes feel like you are out of control, because it is impossible to always be a model parent, but it is possible to become a better parent.

Billericay Parents Forum offers courses to cover a wide range of ages from birth to teenagers. I urge all Dads, Mums and Grandparents to attend one of these courses to see what it can offer you.

NEW DROP-IN SESSIONS

in partnership with Billericay Children's Centre

at Queen's Park Community Church on some Tuesday afternoons - enjoy a cup of tea and a chat!

ARE YOU A STEP-PARENT?

Sometimes feel it's not easy?
Would you like to meet other step-parents to chat about issues that concern you?

**Tuesday May 5th
from 1pm - 2.30pm**



COURSE REFRESHER SESSIONS



Did you attend one of our courses earlier this year? Did you really enjoy it and were sorry when it came to an end? Or is it some time since you came? Would like to chat with a facilitator?

**We are holding a get-together for you!
Tuesday April 28th
from 1pm - 2.30pm
and every 1st Tuesday in the Month**

GRANDPARENTS ARE GREAT!

What would we do without them? If you help to look after your grandchildren either in school term time or the holidays, then you may be interested in a special get-together with other grandparents, when you can share ideas and find out about what Billericay Parents Forum has to offer you. Or if you are a parent yourself, it maybe that you know grandparents in the town or living nearby - please do encourage them to come along.

Tuesday June 2nd from 1pm - 2.30pm



KNIFE CRIME

How to keep safe!

Monday May 11th • 7.45pm
Mayflower High School • Stock Road

An evening for parents and teenagers
presented by Essex Police
and Ann Oakes-Odger
(of Knifecrimes.org)



BE PREPARED

*Don't let your family be
devastated by knife crime*

Booking essential
ring 01277 633910
or email: info@billericayparents.com

ARE WE THERE YET?

Tips For Long Car Journeys

Now that spring is finally here we know that Summer is just around the corner, bringing light evenings, day trips, holidays and the dreaded long car journeys!

Different personalities squashed together in a small space for lengthy periods of time can often prove to be explosive for many families and it is a very special driver that is able to concentrate whilst mayhem reigns on the back seat.

In-car DVD players have proved to be a godsend on long journeys and have ensured that many families are still talking when they arrive at their destination. This is, of course, provided that everyone can agree on the choice of DVD! Not many boys will sit through Barbie Swan Lake without complaining!

Another good idea is to take an activity pack for each child, complete with books, crayons, pencils and stickers etc. Reading in the car doesn't seem to have the same effect on children that it does on adults; they often only need to reach for a sweet from the glove compartment to experience the first whiff of nausea

We have put together our top tips on avoiding back seat bickering, which can be found on our website. Do take a look - it may mean that you can travel a bit further than Frinton this year!

Adapted from an article by Raisingkids



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!

TEDDY BEARS PICNIC

For all under 5s & their parents/carers
Lake Meadows, Wednesday June 10th,
12.30pm onwards

Bring a picnic and a teddy and join us. Look out for BPF and TiME Banner. Activities include a children's entertainer, a bouncy castle, raffle, street dancers, face painters etc.



ESSEX FAMILIES

Look out for a new website to be launched on Wednesday June 24th providing information and support for parents and carers throughout the county. It will give information about events and support that is available for parents and carers of children and young people of all ages. There will also be a set of Parent Support Cards, available in Libraries, that will feature on the website. Rosie, our chairman, is involved on the team developing this exciting project. Watch out for further details on our website, which will also be directly linked to this new one.

PARENTS INFORMATION DAY

Dizzy Ducks Day Nursery, Perry Street
Saturday June 6th, 10am - 1pm

BPF are coming, as well as First aid demonstrations for parents, art & craft fun for the children, info on the school admissions process, information from the Children's Information Service & the Pre-School Learning Alliance.

BILLERICAY LIBRARY Daddy Cool!

Billericay Library is holding a 'Daddy Cool' session once a month starting on Saturday May 30th at 11am for dads and children. The session is for 30 minutes and includes a mixture of rhymes, songs and short stories. Details from the library on 01277 624624

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