

## A WORD FROM ROSIE – THE CHAIR

First - thank you to all those of you who continue to support us. It is great that we are gradually building and strengthening our team, developing new ideas and working with other professionals and volunteers in our community, but we need you to tell everyone about our courses and encourage them to sign on. Please do your best!

## NEW APPOINTMENTS

We are delighted to welcome Tracy Crease as our new Forum Organiser and Mandy Solomons as our Training Manager - we hope that they will enjoy working with us, taking us into a new stage of our development. Please do contact either of them if you want, or can give, any help.

## COMMITTEE

**2007/8**

### TRUSTEES

#### Chair

Rosie Novis

#### Vice-Chair

Nicole Moore

#### Treasurer

Lesley Peryer

#### Secretary

Lesley Mitchelmore

Louise Lees, Jane Mok

Agnès Roudebush

#### Advisors

Julie Riches, Mary Long

Mandy Harper

#### Bookings Secretary &

#### Training Manager

01277 633910

Mandy Solomons

#### Forum Organiser

01277 633910

Tracy Crease

# This Term's Courses

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

Dads only	Wednesday evenings	Starts Jan 23rd	7.45-9.45pm	Queens Park Church
0-6s	Thursday mornings	Starts Jan 24th	9.30-11.25am	Queens Park Church
7-11s*	Thursday mornings	Starts Jan 24th	9.30-11.30am	Downham Primary
0-6s	Tuesday evenings	Starts Jan 29th	7.45-9.45pm	Christ Church
0-6s*	Thursday afternoons	Starts Feb 21st	1.30-3.15pm	Sunnymede Infants

\*Priority will be given to parents whose children attend these schools.

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.billericaparents.com](http://www.billericaparents.com)

## 100th FORUM MEMBER



Rosie Novis - chairman presenting our 100th signed-up member, Paula Anderson, with a bottle of champagne! Well done Paula!

## Dad's Course

We are especially pleased to be running another of our highly successful dads courses this term, so do encourage partners to come along. This course lasts for three weeks only, and can be booked in the usual way.

## New Year's Resolution

Have you made a resolution yet? No? Then find a friend and tell them how brilliant our courses are! Statistics prove that most people join a parenting course on the recommendation of a friend.

## Charity Status

The committee is currently applying for charity status. We shall keep you updated as soon as we hear we have been successful.

## OPEN EVENING

Tuesday March 11th • 7.45pm  
Queens Park Community Church

### MONEY MATTERS

## Can You Help Your Child Become a Millionaire?

How to invest for your children's future and help them manage money themselves.

**Speakers:** Financial Experts Kevin Lovell & Tony Brooks

Everyone Welcome!

Ring 01277 633910 to book a place

# Avoiding The Bait

Sometimes we all feel that our children or teenagers just want to wind us up! Maybe they do? However, it could just be their way to get our attention. They may be being particularly difficult for all sorts of reasons, making excessive demands on our time or money, throwing a wobbler or just plain showing off! So what can we do to deal with it in the best way?

## STOP & THINK

Just what is going on here? Why is s/he behaving like this? What does s/he really, really want? Sometimes the child is not really

sure itself. S/he may not consciously be laying the bait for you but unless you think things through you may find yourself taking that bait and in the end rewarding the bad behaviour.

## PLAN

What do I need to do? What would be the most effective response? Should I consider ignoring it all? How can I resolve this so that we both achieve what we want? If there is a problem - I need to think whose problem it is before I try to tackle it. I need to set the agenda rather than letting my child set it!

## ACT

- Stop what you are doing
- Give your full attention
- Avoid shouting or arguing
- Sort out the facts, ask for clarification
- Acknowledge feelings
- Give attention to good behaviour
- Give choices or tell him/her what you want them to do
- Agree a way forward
- Give positive praise afterwards



## FROM HYPER TO CALM IN 4 FOOD STEPS

Do you have a child that can't seem to sit still for a minute?

Do they flit from one toy to another, climb on every possible surface, not seem to be able to stop themselves? It could be that diet is the key to calming them down.

Improve their diet and you could improve their behaviour.

Are they fired up on sugar?

Cut out the problem additives

Cook more foods from scratch

Consider Fish Oils

To find out more go to the HACSG web site:  
[www.hacsg.org.uk](http://www.hacsg.org.uk)

The Hyperactive Children's Support Group

We worry about what a child will become tomorrow, yet we forget that he is someone today

Stacia Tauscher

## CHILDREN LEARN WHAT THEY LIVE

*If children live with encouragement, they learn confidence.*

*If children live with tolerance, they learn patience.*

*If children live with praise, they learn appreciation.*

*If children live with acceptance, they learn to love.*

*If children live with approval, they learn to like themselves.*

*If children live with recognition, they learn it is good to have a goal.*

*If children live with sharing, they learn generosity.*

*If children live with honesty, they learn truthfulness.*

*If children live with fairness, they learn justice.*

*If children live with kindness and consideration, they learn respect.*

Part of a poem by Dorothy Law Nolte  
from her book of the same title ISBN 0-7611-0919-6

## READING TO CHILDREN

Parents are being urged to make a New Year's resolution to spend more time reading to their children.

Schools Secretary Ed Balls is spearheading the initiative ahead of the National Year of Reading 2008, which officially starts in April.

Mr Balls said reading a child a bedtime story every night

could have a huge impact on their development.

It is felt that too many children today are not reading for pleasure, which is harmful to their reading skill, imagination and general knowledge.

A recent survey found the reading performance of children in England had fallen from third to 19th in the world.



## NOTICE BOARD

### TIME DROP-IN CENTRE FOR NEW MUMS

In December we piloted our first drop-in session very successfully! New Mums will be invited by letter to attend the sessions with their babies on the last Wednesday afternoon in each month. It is hoped that they will meet others with new babies, find information about other groups such as Parent & Toddlers and enjoy occasional speakers and demonstrations - we had baby massage at the first session; how babies learn - coming at the next session!

For information ring 01277 633910 and ask for Tracy to ring you.

### RESEARCH

Mandy Harper is doing some research for her Master's degree into the benefits of parenting courses. We shall be writing to parents to invite them to take part in this exciting project and hope that you will enjoy it. If you are interested - further details from [rosie@billericayparents.com](mailto:rosie@billericayparents.com)

### ME n U

A new group for young people aged 11-25yrs with ME or chronic fatigue, where they can meet socially and feel supported and less isolated. Meeting on first Fridays, late afternoon at Queen's Park Community Church. If you know anyone who may be interested in joining the group, ring Dave Chuck - 07860 570635 or email: [dave.chuck@yahoo.co.uk](mailto:dave.chuck@yahoo.co.uk)

### DRUGS TALK

Billericay Extended schools are holding an evening meeting for parents - Monday 4th February at Christ Church, Perry Street, 7 - 9pm.

### INTERNET SAFETY TALKS FOR PARENTS & PROFESSIONALS

At ITEC, Burnt Mills Road, Basildon on 15th & 22nd January at either 9:45 or 18:00.

For further details of either of these events ring Heather Stuart on 01277 657803

### Course Bookings Secretary:

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

### Newsletter Editor:

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

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