



NEWSLETTER

ISSUE 5

JANUARY/FEBRUARY 2007

Best wishes to you all for a happy, healthy and peaceful New Year from the committee and our team of facilitators!

COMMITTEE 2006/7

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Lesley Mitchelmore

Jane Mok

Nicole Moore

Julie Riches

Health

Mandy Harper

Child Minder

Mary Long

We always have room for others, so if anyone else would like to join us ring 01277 633910

This Term's Courses

Please get at least one of your friends to come on a course - we need you to spread the word and let as many people as possible know how good our courses are!!

| | | | | |
|------------|-------------------------------|-----------------|-----------------|-------------------------------|
| 0 - 6 yrs | Wednesday mornings | Starts Jan 24th | 9.30 - 11.25 am | St John's Church |
| 0 - 6 yrs | Thursday mornings with crèche | Starts Jan 25th | 9.30 - 11.25 am | Queen's Park Community Church |
| 0 - 6 yrs | Thursday afternoons | Starts Jan 25th | 1.30 - 3.00 pm | South Green Infant School |
| Teens | Monday evenings | Starts Jan 29th | 7.45 - 9.45 pm | Queen's Park Community Church |
| 7 - 11 yrs | Monday evenings | Starts Jan 29th | 7.45 - 9.45 pm | Baptist Church |
| 0 - 6 yrs | Friday mornings | Starts Feb 2nd | 9.30 - 11.25 am | Baptist Church |

Booking essential - for further details or to book a place ring Tina on 01277 633910 or email: info@billericayparents.com

Dads Course

We are getting more requests for a course just for dads. So we are holding two separate informal pre-course sessions to introduce the course and find out what dads would really like. The dates are:

Saturday March 3rd @ 10am

for those who prefer a weekend date

or

Monday March 5th @ 8pm

for those who prefer a weekday evening

Both at Queen's Park Community Church.

Please ring Tina on 10277 633910 if you are interested in one of the sessions.

Facts & Figures

- Last term we had 40 people attend 4 courses.
- That brings the total to 40 courses and 8 workshops, with over 500 parents having attended and about 800 children directly affected.
- Well done to our team of 18 facilitators!

David Soraf's Recipes

If you have not had them yet, David Soraf's recipes are available on:

recipes@billericayparents.com

NEXT OPEN EVENING

Tuesday February 27th • 7.45pm

Queen's Park Community Church (near Somerfields)

EVERY PARENTS DILEMMA

Don't let drugs or alcohol change your teenager

Spotting the signs and keeping your kids safe

Presented by:

Essex Young People's Drug & Alcohol Service

All parents of any age children are welcome.

Make sure that you know how to handle these issues from an early age!

To book a place ring 01277 633910 or email info@billericayparents.com

STOP PRESS!

As we went to press, we learned that one of our facilitators, Kerry Munn, is to be presented with a "Woman of Courage" award by Cancer Research. This is for taking part in the Race for Life 5k and raising money for Cancer Research whilst she was undergoing chemotherapy.

Congratulations Kerry!

Book Review

Time Management for Manic Mums

by Allison Mitchell, Pub: Hay House ISBN: 1401911234 £9.99

This book is a revelation ... you really can turn your life around in just seven weeks if you follow her humorous, easy-to-digest guide to streamlining your day when you're exhausted, frazzled, and drowning in a sea of homework diaries, shopping lists, muddy football boots and ironing mountains.

COURSE REFRESHER

Have you got Terrible Twos or Troublesome Threes? Or any other stroppy child?

Life can be a struggle when you are a mum of a two or three year old. Sometimes dads only see the tail end of a trying day! Whilst your children are fascinating and you do really love them, they can be exasperating, can't they? They are OK when they are asleep - well mainly! But when they are awake they can be on the go from dawn to dusk, asking seemingly meaningless questions - to which they don't really want an answer, demanding your attention, wanting to do every creative activity you know and generally creating chaos until you fall into bed absolutely shattered! They run

YOU ARE THE PARENT

around you in circles and you may sometimes feel that you are not in control anymore. For your own sanity and that of your partner, and your child too, it's time for a change!

Remember that YOU are the parent and you must be the one who maintains control. It does not need to be in an authoritarian way - we know that doesn't work long-term. Nor does a passive, weak voice help. Remember what we talked about on the course? Try to be assertive!

So what can you do?

- Don't take the bait - avoid them

winding you up, remember the 5 Cs:

- be Clear, Calm, Confident, Consistent and seek Cooperation.

SAY NO AND MEAN IT

- Pick your arguments - sort the major things before the minor ones
- Lay down clear house rules - 'no, we don't do that in our house', 'I'm not happy when you...'
- Give limited choices - two choices only, so you win whatever the outcome, but let your child think s/he is making the decision.
- Say No and really mean it! Be firm - children need discipline; positive parenting isn't a soft option. Stick to what you say, even if it means you missing out on something such as going to a coffee morning.
- Ignore bad behaviour (as much as possible, but do show you are not happy with the really bad things) and praise good behaviour as much as you possibly can - it really does help!

BE ONE STEP AHEAD

- Avoid situations which could lead to upsets - think a step ahead and divert before the crisis, prevention is better than a cure.

All your children want is... your time

Children don't need quality time they need rubbish time. They need time to take you for granted, time to ignore you while knowing that you are just around the corner, time to pootle about alongside you, time to have you on standby in case they need you.

Rubbish time isn't parenting with quotation marks around it. Rubbish time is a period of aimlessness within which something really important can arise. Rubbish time is you pottering around the kitchen while your child chatters and just as you've decided you would rather meet your friends and crammed in a bit of quality time at home to compensate, your child tells you something crucial that happened at school. Or they take a first step. Or they admit to a fear or a moment of discovery that would never have come out in the frantic half hour after you get home from work.

IMAGINE A RELATIONSHIP THAT IS ALL QUALITY TIME

When you think about it, rubbish time is what we would all like in our adult relationships, too. It's that time in which nothing very

exciting seems to be happening but it is time in which we relax in each other's presence. Imagine a relationship that is all quality time. What would that look like? Everyone on their best and most amusing behaviour? Everyone paying exaggerated attention to each another? How sustainable is that? We all need enough time within a

BE BRAVE - CHUCK AWAY THE TIMETABLE

relationship to unravel and become unself-conscious. We need our quota of grunts as well as compliments, and so do children.

So be brave enough to chuck away the timetable, plans and goals and all the impatience, pressure and clock-watching that comes with them. The sense of time shortage and urgency that creates tension in a family is all yours, not theirs. If they could articulate it, any child would tell you the greatest gift you could give them. It doesn't matter whether you add the words 'quality' or 'rubbish' or simply 'lovely' to it. It's TIME, pure and simple.

Adapted from an article in the Daily Telegraph January 4th 2007 by Lesley Garner

Continue to do all the other positive things like listening to them,

YOU WILL HAVE A HAPPIER CHILD

acknowledging their feelings, talking with them, sharing thoughts and ideas and spending real time with them. Enjoy being with them! Hopefully soon you will find that you have a happier child, less arguments, calmer days, everyone will be sleeping better and you will have more time for yourself. In fact Terrific Twos and Trouble-free Threes!

Accreditation Congratulations

to two of our facilitators Nicole Moore and Mandy Solomons who have both recently undergone training for Open College Network Accreditation.

We hope that long-term all our facilitators will become accredited which will mean that parents will also be able to get accreditation on our courses.

Course Bookings Secretary:

Tina, telephone: 01277 633910 or email: info@billericayparents.com

Newsletter Editor:

Kerry Munn, telephone: 01277 652234 or email: kerry@billericayparents.com

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