

Parent Newsletter

ISSUE 3

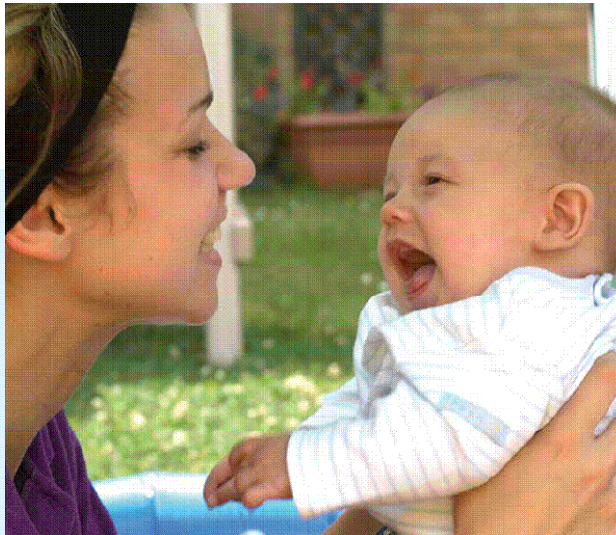
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TRY SOMETHING NEW

Welcome to the first parents newsletter of 2010. Is this year going to see big changes for you? Will you become a Mam, Dad or Grandparent for the first time? Or will it be the right time to do something different with your teenager?

Will you be ready to start training on your way to employment? Or will you be ready for your dream job?

All parents face big challenges every day of the year. Did you know there is a wealth of quality information, impartial advice and helpful assistance available through the Families Information Service? For more details of specific services read on.....



What's on offer?

We offer the following services to Mams, Dads, Grandparents, Carers and professionals:-

- Childcare information – for when you need to work or train or just need time to meet your other responsibilities.
- Positive Activities – for you and your child, your teenager or something to do together, that will make everyone happy? Families can have so much fun while they play, learn and grow.
- Concerns – sleeping, feeding, school, behaviour, bullying – there can be a different concern for everyday of the week. We can find the right service to help you deal with those everyday worries.
- Family problems – when your life is in turmoil, we can be your one point of contact to get the support that you need through quality services.

Try us, you won't be disappointed and there may be financial advice too!

See the back cover for all our contact details, we look forward to hearing from you.



the Directory

Things to do
Places to go
People to talk to
and much more...

<http://hartlepool.fsd.org.uk>
Children • Young People • Parents/Carers • Practitioners



Thinking about training?

There are lots of opportunities to try something new and start on the road to a new hobby or career. Hartlepool Adult Education may have the course you are looking for. Starting in early 2010 are courses in:-

- Health & Social Care, First Aid and Food Safety
- Computer Studies
- English & Maths
- Family Learning — Crafts, Cooking & Play
- Languages — Italian, Spanish, French and Polish
- Communicating with Deaf/Blind People
- Crafts — Sewing, Photography and Pottery
- Employability skills



All courses offer a relaxed, friendly environment in local venues throughout Hartlepool.

Ring on 01429 868616 to find out more and enrol or visit www.haded.org.uk.

Other training providers are Hartlepool College of Further Education 01429 295000, Skill Share 01642 868353, Hartlepool Working Solutions 01429 278700, A4e 01429 858920

Do you need help to pay for childcare?

As well as helping you find the right childcare, we can help you get the help you need with the costs of childcare. What is available depends on your circumstances, your income and how old your children are.

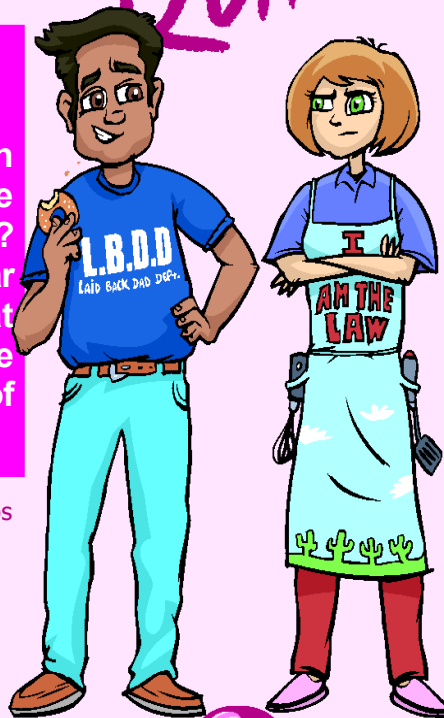
Contact us to find out more.



Team Parent QUIZ

Do you ever feel like the bad cop when it comes to the kids?

Or are you the one to sneak in the odd bar of chocolate behind your partners back? Either way, if this sounds familiar you probably already know that different parenting styles are one of them biggest causes of family conflict!



This Christmas why not try some of these top tips from relationship experts at thecoupleconnection.net and relateforparents.org.uk? Take this quick quiz with your other half and then compare answers for tailor made expert advice.

Question 1

Your son or daughter is begging for the latest games console for Christmas, but neither you or your partner can afford it. What do you do?

- a) Explain that it's not something they'll get this year and they shouldn't get their hopes up.
- b) Tell them that you/Father Christmas will do your best - just to keep them quiet. They'll have forgotten about it by Christmas.
- c) Buy it for them anyway - it is Christmas after all!

Your teen asks you to extend their curfew so they can stay out late with their mates. They say 'just this once, all my friends are allowed out until 1.' What do you think?

- a) No way, you're sure they say their friends are allowed to stay out late to trick you!
- b) Possibly, if they're with friends you know and trust - but check with their parents first.
- c) Sure, you remember what it was like to be young.

Question 2

Question 3

You catch your son/daughter smoking after school one day. What do you do?

- a) Ground them and stop them going out with friends.
- b) There's nothing you can do if they've made up their mind to smoke.
- c) Sit down and talk to them about it to understand why they're smoking and help them realise that it's unhealthy and they should stop.

How did your answers compare? Get your tailored-made peace plan...

Completely Different?

Penny Mansfield, Director of thecoupleconnection.net says 'it's important to work out why you can't agree. Do you just have different ideas about what's best or are you not getting on?'

TIPS Try to understand each other's different approaches by talking about them. Then you'll be able to work out how to back each other up better as parents.

Could disagreeing over the kids be a sign that you and your partner aren't getting on? Is it difficult to talk right now? You could try talking to a friend first – choose someone who won't take sides. You may then feel more confident about talking to your partner about what's wrong.

Are you feeling angry with each other? This will affect your parenting. Children pick this up and show they're upset by being naughty, extra good or by trying to please you. Perhaps you could think about getting some help? Both relateforparents.org and thecoupleconnection.net have information about when and where to seek counselling on their websites.

Mostly the Same?

Penny Mansfield, Director of thecoupleconnection.net says, 'when mum and dad give the same response, it helps kids to know where they stand – even if they disagree with both of you! The fact that you mostly agree on how to bring up your kids is brilliant.'

TIPS As your children grow, the challenges change. Be prepared – share your worries and concerns about the kids with your partner *now*.

There will always be something you find hard to agree on. Why not visit thecoupleconnection.net – a website where parents can work on anything they disagree about – from sharing the housework to disciplining the kids. Go to the 'talk it out section' and share your views with other mums and dads.

Pretty Similar?

Lin Griffiths from relateforparents.org.uk says, 'you're obviously communicating, which is half the battle, but are there times when you think, "oh just this once" and give in to the kids rather than sticking to the rules? Kids are clever, and if they see a way to play mum and dad off against each other, or use tactics to get what they want, they will!'

TIPS Try to work together to agree on broad rules that you both stick to. Maybe it's a curfew time, or a limit to TV. That way, you're ready when your child tries to push the boundaries.

Try and put yourself in your kids' shoes before you let them break the rules. If dad always says one thing and mum says something different, they may stop listening to the stricter parent altogether.

When you don't agree, try to discuss it in private with your partner to find a compromise. This will help you present a united front to the kids so they won't be able to play you off against each other.



If you want to find out more about how to talk to your child or about any relationships niggles visit: thecoupleconnection.net or relateforparents.org.uk. Or text a trained Relate consultant for free with a question, and receive texts back with support,

How to prevent dog bites

To help prevent children from being bitten by dogs, teach the following basic safety tips and review them regularly:

- Do not approach an unfamiliar dog.
- Do not run from a dog or scream.
- Remain motionless (e.g., "be still like a tree") when approached by an unfamiliar dog.
- If knocked over by a dog, roll into a ball and lie still (e.g., "be still like a log").
- Do not play with a dog unless supervised by an adult.
- Immediately report stray dogs or dogs displaying unusual behaviour to an adult.
- Avoid direct eye contact with a dog.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- Do not pet a dog without allowing it to see and sniff you first.
- If bitten, immediately report the bite to an adult.

<http://www.cdc.gov/homeandrecreationalafety/dog-bites/biteprevention.html>



Joke:
What noise does a cat
make going down the
motorway?

Answer:
Miooooooooooooooooooooo
ooooooooow

Joke:
How do bees get to
school?

Answer:
By school buzz

Joke:
What has four
wheels and flies?

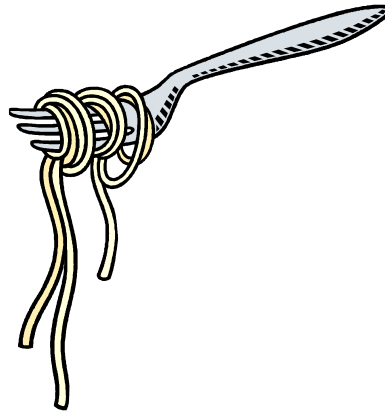
Answer:
A wheelie Bin

Healthy Eating!!

Why not try something different for tea?

Bacon, Chicken and Mushroom Pasta

2 chicken breasts, thinly sliced
4 rashers smoked streaky bacon (optional)
2 small fresh chillies (finely chopped)
200 g mushrooms (sliced)
4 sprigs of fresh thyme
4 heaped tablespoons crème fraiche
Pinch of salt
Pinch of black pepper
Pinch of hot chilli powder
Tagliatelle



- Slice mushrooms, chop chillies into small pieces and pick off the leaves from the thyme and set to one side
- Put a large pan on to heat with a splash of oil. Using scissors cut up the bacon into small pieces and add to the oil, fry for a couple of minutes until crispy.
- Put a pan of lightly salted water onto boil. Add the thinly sliced chicken to the bacon and stir for 5 minutes until cooked through.
- Add mushrooms, chilli and thyme and stir - continue to fry for a couple of minutes.
- Season with salt and pepper. Add crème fraiche, stir, then add a pinch of chilli powder and bring to the boil then simmer for a couple of minutes.



- Whilst simmering, add your tagliatelle to the pan of hot water and cook for 10-15 minutes. Drain and add to the sauce. Stir and serve immediately.

This meal can be served on its own, with garlic bread, or with fresh vegetables.

COME AND VISIT US

Monday - Friday
9.30am - 5.00pm (4.00pm on Friday)

Hartlepool Central Library
124 York Road
Hartlepool
TS26 9DA

Contact us by
Telephone - 01429 284284
Fax - 01429 279192
Email - FIS@hartlepool.gov.uk

Or visit our websites
<http://hartlepool.fsd.org.uk>
<http://www.hartlepool.gov.uk>

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Ideas

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