

Editorial

Welcome to the September edition of the Parenting Forum NI Newsletter, full of news and information about Parents' Week and from our members.

We're now entering our busiest time of the year with Parents' Week just around the corner (17th - 23rd October). The theme this year is "Family Friendly" and we'll launch the week at our annual conference on Monday 17th October in Grosvenor House Conference Centre in Belfast. We're looking forward to a really information packed event with workshops on topics including education, mental health, disability and ethnic minorities. Details of how to register for the conference can be found in the articles in this newsletter.

Throughout the Week we'll also be helping celebrate the great events which are taking place across Northern Ireland. Don't forget to let us know what you're thinking of getting up to by contacting Pauline@pachelp.org. We'll be happy to promote your event by placing details on our website.

Lastly, remember this is your Newsletter so if you have an article or information you would like to share please get in touch with Pauline on 028 9031 0891 or email Pauline@pachelp.org



The parenting forum newsletter for news and views, facts and information from all our members

PARENTING FORUM NI NEWSLETTER

PARENTS' WEEK 2011

supported by



17th - 23rd October

"Family Friendly"

The 12th annual Parents' Week will take place this year from Monday 17th October to Sunday 23rd October

We are delighted that Ulster Bank are supporting our Parents' Week 2011, as part of their MoneySense financial education programme. You'll hear more about how Ulster Bank helps families make informed decisions about their money in the coming weeks.

The Week will be:

- ⇒ a celebration of the valuable work you do with families in all their shapes and sizes
- ⇒ a time to examine how we can all be more effective
- ⇒ an opportunity for the Parenting Forum to ensure that your work is recognised and valued and to ensure that the issues affecting families today are kept at the top of the political agenda.

We hope that Parents' Week will help you to

- ⇒ celebrate the achievements of your service over the last year
- ⇒ listen to what parents and families think of your service
- ⇒ invite new families in your area to visit you

Registration for Parents' Week supporters is now open. Registering couldn't be simpler - just contact Pauline for details on telephone number 028 9031 0891 or email Pauline@pachelp.org. Registering for Parents' Week will not only ensure that you receive a supporter's pack, but will also give you access to event ideas as well as other resources to help your Parents' Week be the most successful yet.

Most importantly, remember the Parenting Forum would like to raise awareness of any events being held to celebrate the Week. If you are holding an event please contact Sandra on 028 9031 0891 or email sandra@pachelp.org who will help raise awareness of it on our website.

Award winning Baby Sensory classes are now running in Belfast

Imagine taking your baby on a jungle, water or space adventure, to a winter wonderland or to a world of light and magic! Baby Sensory classes also include settling and soothing techniques for your baby, how to encourage tummy time, how to perform simple massage techniques and a whole lot more. There are also some wonderful games and activities which are fun to do together. Music therapy is another sensory delight that cannot be missed!



Each activity is supported by useful learning and developmental information, so that parents know how to lead their baby's learning, and every week is different.

Babies learn more in the first year of life than at any other time. Never again will there be such an extraordinary pace of development. They are totally attentive and absolutely fascinated by everything that they can see, hear, touch, taste and smell. Baby Sensory

doesn't waste a moment of this valuable time!

Parents are provided with hundreds of simple ideas for activities that they can do with their babies at home. Baby signing for example, is a great way to develop speech and language, whereas movement activities can help with the development of sight and hand-eye co-ordination, so important for later reading and writing.

Baby Sensory also offer themed events, the next being 'Baby Splash' with fantastic water play, closely followed by 'Baby Pumpkin' celebrating everything autumnal!

Janice & Sharon are confident you'll love Baby Sensory and they offer the first fun session as a no obligation trial. Parents can join at any time

and activities are suitable for all babies from birth to 13 months. Classes are running weekly in South and East Belfast and new classes will be starting in North Belfast on 2nd September and West Belfast late September. Please contact Janice or Sharon for more information. Mob: 07929029856 / 07813277220 Email: belfast@babysensory.co.uk Web: www.babysensory.com

PARENTING FORUM NI CONFERENCE 2011

"Family Friendly"

Monday 17th October 2011, 9.30am - 1.00pm
Grosvenor House Conference Centre,
5 Glengall Street, Belfast

Parenting Forum NI will launch Parents' Week 2011 with their 9th annual conference. This year the conference will explore what the term "Family Friendly" means and how it differs within families. Workshops will explore issues and give practitioners practical tips on engaging parents within their services. Workshops include:

- ⇒ Education
- ⇒ Mental Health
- ⇒ Disability
- ⇒ Ethnic Minorities

Who should attend?

This event will be of interest to anyone who supports families. It will be of particular interest to people who work in family centres, on parenting projects, Sure Start staff, in community or voluntary sector projects directly working with parents, in Statutory work involved in planning, in social work, health visiting or youth work and those responsible for policy and strategies in NI.

Cost

As usual the Parenting Forum has kept costs to a minimum and the charge is £50 per person. However if 2 or more members from the same organisation are attending, each additional second place will be offered at the reduced rate of £40pp, providing the places are booked before 3rd October 2011.

Booking details

To register for a place at the conference please contact Pauline on 028 9031 0891 or email Pauline@pachelp.org. You can also download the Booking Form and other Parents' Week information from our website www.parentsadvicecentre.org

Star of the Season!!!



NICMA the Childminding Association is currently trying to assess the demand for new childminding provision across Northern Ireland to ensure future recruitment is targeted specifically in areas of need.

If you are, or have been looking for a registered childminder, please complete our short survey. Your answers will help to shape the availability of childminding services in your area. The survey can be accessed at the link below. We would really appreciate your feedback.

For further information contact Jenny Adair Tel: 08712002063 or email jenny.adair@nicma.org

www.surveymonkey.com/s/9GPB6CX

PlayBoard

is delighted to launch its latest resource - a Play Advocacy Toolkit entitled 'Advocating for Play', which is aimed at supporting the sector to explore, plan and deliver the play advocacy message. It has been designed specifically for those with an interest in play and can be used by a diverse range of advocates.



A series of regional seminars are now being offered where participants will be introduced to the toolkit, hear from the Assembly Community Outreach Team and hopefully have the opportunity to speak to political representatives about localised children and young people's issues.

Visit www.playboard.org for dates and venues or contact Angela Stallard angela.stallard@playboard.co.uk on tel 028 90 803380



Parenting UR Teen

All parents need support. The type of support needed can change at different stages in their life and in their child's life. Parenting Education offers a unique and flexible approach to addressing the needs that parents themselves identify. The team has developed and 8 week course which is ideal for those in a parenting role of young people aged 12 - 18 years. This programme covers a range of themes including problem solving, communication, understanding teen behaviour, boundaries, conflict and self-esteem. The Parenting Ur Teen Programme is part of a study with QUB aimed at improving parenting support programmes. Parents will be required to give their consent to participation in the study, which will be wholly confidential and will comply with data protection guidelines. Courses to take place in:

Belfast11th October - 22nd November
Omagh12th October - 30th November
Dungannon13th October - 1st December
Bangor17th October - 12th December
Ballymena18th October - 6th December
West Belfast19th October - 7th December

For further information and to register please contact: Parents Helpline, tel 0808 8010 722



SPEAKEASY

Speakeasy is a personal development programme that encourages and empowers parents to communicate with their children and young people about sex, sexuality and relationships.

Speakeasy offers weekly workshops that are free, and designed to be flexible, confidential and fun!

If you would like to provide parents within your organisation the opportunity to take part in a Speakeasy course please contact -

Heather Low,
Project Officer - Speakeasy,
nispeakeasy@fpa.org.uk,
Tel: 02890 316 109



Parents Helpline needs volunteers!!

Preparation course:
Tuesdays 4th, 11th, 18th and
25th October 2011 from
10.00am to 3.00pm.

Based in Belfast city centre, Parents Helpline volunteers can make a significant difference to the lives of families. It is not only a rewarding way to help others, but it also brings other benefits such as gaining a qualification, learning valuable new skills and meeting new people. So if you have substantial parenting experience and/or significant experience of working with families...and are ready for a new challenge why not train to be a Parents Helpline volunteer!

For further information please contact:
Andrea, Tel 028 9031 0969 or
email: volunteer@parentshelpline.org.uk

Web link for fuller details
www.parentsadvicecentre.org/volunteering



SIG: Reproductive and Sexual Health of Children and Young People

Public Lecture

Title:
Relationship and Sexuality Education
and Young People

Thursday, 13 October 2011, 4pm - 6pm

Old Staff Common Room
Lanyon Building, QUB

Reception and networking to follow

Professor Roger Ingham

Roger Ingham is Director of the Centre for Sexual Health Research at the University of Southampton. The Centre has been carrying out research for 25 years on various aspects of sexual conduct and associated issues in the UK and other countries in Europe and beyond.

Roger has worked closely with policy makers in various countries, and has been a consultant/advisor for the WHO, UNAIDS, IPPF, UNESCO, the Ford Foundation, the European Commission and other agencies on their sexual and reproductive health programmes. His edited (joint with Peter Aggleton) volume Promoting Young People's Sexual Health; international perspectives was published by Routledge in 2006.

He sits on the Teenage Magazine Arbitration Panel. He was a member of the Independent Advisory Group for the English Teenage Pregnancy Unit, and was on the former Government's Ministerial working party that explored the case for (and recommended) statutory PSHE/SRE.

'Sex and relationships education - benefits and barriers'

Professor Ingham will explore what is meant by sex and relationships education, why it is important, and what some of the barriers are to greater provision. A wide perspective will be adopted, to cover not only school settings, but also families and the media.

Ms Joanna Gregg, Sexual Health Coordinator (Eastern Area), Sexual Health Team BHST

'The Courage to Teach'

Joanna will be considering a holistic view of RSE in schools that incorporates those most vulnerable, resilience and an effective model based on research.

For information/RSVP to Carmel Kelly ckelly64@qub.ac.uk