



Welcome to Issue 4 of 'Supporting Parents', the newsletter of Chippenham's Parent Support Advisers working in your schools. We welcome any ideas to improve the look or content of the newsletter - please get in touch with your comments.

Remember ... You're not alone

The Parent Support Advisers have been putting together a list of common difficulties and problems faced by parents to create this new feature ... *You're not alone*. If you have a question you would like answered by the PSA team please email us or contact your PSA directly.

Help! My daughter won't let go!

It's been an emotional roller-coaster the last few weeks since my daughter started school. She's been fine at nursery for the last year, but has got herself really upset about going into school each morning.

I want to support her and the school have been great, but I find myself going into work really upset having dropped her off. Am I a bad parent? I feel like I am.

Yours faithfully,

What the team think ...

This is a really common experience for many parents of young children, and even children starting in a new school year, or moving up to secondary school.

Sit down with your children and talk through what is happening in the mornings. Agree a **plan of action** together so that you both know exactly what will happen when you say good-bye. You can also **use books as a conversation starter** to talk about what going to school is all about or about the move to 'big school'. Some good examples are:

'I am Too Absolutely Small for School' by Lauren Child.

'Going Up. The no worries guide to secondary school' by Jenny Alexander, looking at the move to secondary.

Reassure your child, and be reassured, that things will get better. Talk to the class tutor, or teacher and don't forget your PSA.

Christmas Holiday Child Care

Lodge Farm Nursery School Kington St. Michael. 0-8 years. Open 19th-23rd December. Tel: 01249 750075 for info and to book a place.

New Road Holiday Club New Road, Chippenham. 5-9 years. 8 am—6 pm. Open Xmas holidays except 25-27 Dec. Tel: 01249 652004.

By Brook Holiday Club 8.30-5.30 4-11 years Open 19th-23rd December. Tel: 07968 410365 to book.

Cask Club 4-11 yrs. Tel: 01249 655799 or 07791 087925—please ring for details.

Lessons from Triple P: Descriptive Praise



The third in our series of hints and tips from the Positive Parenting Programme—Triple P.

Everyone likes to be praised for doing things well. Praise, given enthusiastically, sincerely and appropriate to the age and development of the child or young person, can be a very valuable tool in the parents tool box to encourage desirable behaviour.

Praise may be just showing your approval "Well done", "That's great", or even just a smile or thumbs up, but it can also be used in a much more descriptive way to reinforce the behaviour you want from your child or young person. For example, "Thanks for hanging up your cloths and putting them away tidily, that was really helpful".

Praising a child that has got into a habit of being challenging is not always easy to do. However, it is probably one of the most useful tools you have in encouraging the behaviour you want to see and moving your child away from the pattern of misbehaviour they have been exhibiting. So if you find that the majority of attention your child receives is negative—"Don't do that!", "Don't leave that there", "Don't make a mess with those toys," and you find yourself in a cycle of negative responses that often escalate, then consider using descriptive praise to turn negative responses into positive desirable behaviour.

Steps to encourage desirable behaviour using Descriptive Praise:

1. Count how many times a day you give praise.
2. Set yourself a target to praise a specific amount of times in one day e.g. 4- 6 times.
3. Think about the type of thing your child does that you might be able to give praise for.
4. Give praise descriptively when you see desirable behaviour occurring. *Important: Don't ignore them when they are quiet and behaving well!*
5. Be enthusiastic but sincere in how you voice your praise.

Try it out! This is one strategy promoted by "Triple P". If you would like to know more about Triple P talk to your Parent Support Adviser, who will be happy to help.



Your Parent Support Advisers



St. Mary's ♦ St. Peter's ♦ Villages
Wendy Meilton 07536 107551
wendy.meilton@psachippenham.org



Village Schools SEN Group. 6th December. Lacock School. 9.15-10.45 a.m. 'Understanding the SEN process'. Speakers: Luke Maddison (Head Teacher, Lacock) & Sue Crane (ASK Wiltshire).



St. Paul's ♦ Sheldon ♦ Abbeyfield
Sue Carter 07536 107172
sue.carter@psachippenham.org



- **Teen Positive Parenting** group running at Sheldon.
- About to start '**Stepping Stones**' training—to run course for parents of children with additional needs.
- Working with new **House Tutors** at Abbeyfield



Queen's Crescent ♦ Frogwell ♦ Hardenhuish
Andrea Moore 07896 619428
andrea.moore@psachippenham.org



- Free Fun **Cricket at Frogwell**
- **Community Hour** at Queen's Crescent ... so far covering 'sleep' and Children's Centres. More soon.
- **Teen Parenting Programme** ... an evening course next time! More information via schools shortly.



Charter ♦ Ivy Lane ♦ Kings Lodge
Sara Stephens 07532 156322
sara.stephens@psachippenham.org



- **Reception lunches**—Ivy Lane and Kings Lodge
- Kings Lodge Ash (and possibly Beech) **coffee mornings**
- Fantastic Triple P **parenting group** at Ivy Lane



Redland ♦ Monkton Park
Kate Wilson 07536 107502
kate.wilson@psachippenham.org



- Triple P **parenting group** at Ivy Lane—great group
- Lots of work on **managing debt, relationship issues** and **behaviour**.

10% OFF all purchases
in the Coffee Shop
between 9.30 and 11.30
with this voucher.

(excludes our normal loyalty scheme and any other discounted offers)

Valid 1 December – 24 December

Opening Times:

Mon – Sat 8.30 – 5, Sun 10.30 – 3.30

Unit 9, Borough Parade, Chippenham

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one
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CBLC
CBLC

Chippenham Borough Lands Charity ... supports residents of the Parish who have a financial need related to their age, health, disability or financial circumstance. The

charity's funds can also be used to support the advancement of education, recreation & leisure, along with other charitable causes.

Who can apply?

- Individuals or community/charitable organisations, living in the Parish of Chippenham at the time of application, and for the 2 years immediately prior to the application.
- Organisations must be for the benefit of people in the Parish of Chippenham.

For more information visit www.cbllc.org.uk or ring 01249 658180.

CHIPPENHAM SEA CADETS

There really is something for everyone at Chippenham Sea Cadets! Canoeing, kayaking, rowing, shooting, power-boating, adventure training, rifle drill, football competitions, music, cooking, camps...and loads more! Chippenham Sea Cadets currently has places available! We are right beside the River Avon and meet on Monday and Friday evenings from 7pm to 9pm for Seniors (12-18 years) and on Friday evenings for Juniors (10-12 years). If you would like more information about what we do you can contact us on webmaster@tstiger.co.uk, call us on **01249 658579** when the unit is open, or just come down and ask to see Petty Officer Robby Allen for a chat and a look around. Hope to see you soon!

Where to find us: Chippenham Sea Cadets, Long Close, Chippenham, Wiltshire.



For further information about Chippenham Partnership of Schools please contact:

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E-mail: lcp@chippenhamlcp.org