



This newsletter always promotes the value of Parentline – the (free) personal and professional telephone help line for all parents 0 – 18 years of age.

Parent Line is open 24 hours a day, 7 days a week and is available for the cost of a local call from land lines. Call 13 20 55

<http://parentline.org.au> has current facts sheets addressing the global recession that is making headlines in the press everyday. As unemployment in Australia will rise from 4.5 per cent to 6 per cent this year (2009), children can experience a lot of anxiety and fear when they hear these kinds of headlines in the news. Parentline's latest fact sheet for May provides several pointers on reassurance, discussion openers and putting the recession in context for young children.

1. What's happening with our Diocesan Parent Council (or DPC) in 2009?

Have you checked out our new website information?

New revamped website!

- If you are a parent we have more tips, ideas and information for you.
- If you are a school principal, school executive team or year coordinator, we've included material for your role as leader in the school community.
- If you are a P&F team member – we have lots of resources that will assist in your role as volunteer extraordinaire! Just go to www.brokenbayparentcouncil.org

Dates for your diary: Upcoming Events:

Term 2 / Term 3

- **Children's Understanding of Grief and Loss Issues** with Cay Camden
A practical information evening to support the different ages and stages of children coping with grief issues – **10th September, Lindfield** and **23rd September, Manly Vale**
- **Cotton Wool Kids - Anxiety and what's happening with our kids today?**
with Lydia Senediak and Caroline Micallef. This forum has the latest research information and helpful strategies for parents: **2nd June, Manly Vale & TBA term 3**
- **Teenagers Alcohol and Drugs - what your kids want and really need to know"**
Paul Dillon is back by popular request to discuss risk taking behaviour in children and strategies to help children make informed decisions in a modern world. **TBA term 3**
All forums are 7.30pm – 9.30pm. All welcome. No cost
- **Helping Children with Autism –**
If you are a parent/carer of a school aged child with an autism spectrum disorder (ASD), there is a national program of workshops and information sessions available to help you work with your child's school to improve their learning outcomes.
24/25 June for central coast families; 3/4 August in Newcastle and 28/29 September for northern Sydney. Details can be found at www.autismtraining.com.au
- Did you know we regularly facilitate day and evening workshops for parents on **1 2 3 Magic** and **Understanding Ages and Stages of Children** and **The Parent Factor in Literacy** and **The Parent Factor in Numeracy** Check out our website for local school venues and dates close to you.

Early Childhood & Early Schooling

- You can find an interactive "baby brain map" on <http://edna.edu.au> (then search *baby brain map*) This site allows you to select the age group you would like to explore and click on the section of the image to find helpful answers to common questions about child development
- www.raisingchildren.net.au has great tips on helping you phrase questions to get news from your kids eg "what was the best part of your day at school today?" instead of "how was your day?"
- www.kidsafensw.org/playsafety/index includes news and activities about local playgrounds, road safety, home safety and water safety for young children
- www.comunity.nsw.gov.au/DOCS/HOMEPAGE/HOME has a *Toddler tantrum toolkit* resource for parents when toddler tantrums take over family life. (or come to our 1 2 3 Magic workshops)

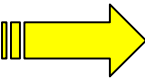


- Let's Read is an exciting initiative to promote reading with young children from birth to 5 years. www.letsread.com.au has a range of ideas and resources to support parents/carers to read with young children
- www.hillskids.com.au has a directory of services, workshops and activities in the northern suburbs. They are offering a new *Asperger's Social Skills for 7-10 year olds* this month.
- www.caft.notlong.com offers a range of workshops at Hornsby Hospital. The next *Parenting Anxious Children (4-12)* seminar is being held at Hornsby late this month.
- The central coast Family Support Centre has visiting Family Law Solicitors available for free legal advice, offers counselling services and directory support for solo parents. Central coast families can access their services at www.familysupportcentre.org.au
- Parent Line offers great facts sheets on Toddlers and Sleep problems, Building Self Esteem in your child and Homework. www.familyrelationships.org/sydney/pline_factsheets

If you are concerned about how children are portrayed in advertising, the images they are exposed to in their environment and the sexualisation of toys, games and dolls, then check out <http://www.kf2bk.com>. This site tells you what to do, what the research says, current regulations and how to make a complaint.

Fact sheets are also available on the media, the negative effects of advertising and new updates on the physical risks of computer and video games. See <http://www.youngmedia.org.au>.

Wherever they look these days girls are bombarded by advice about what to eat, how to act, how to look, how to please someone and how to be liked. Popular culture programs, magazines, movies and websites all dispense information and so-called "advice" to vulnerable and impressionable young girls. Danielle Miller's site <http://enlightenededucation.com> addresses the impact of media manipulation on young children and teens.



Many parents feel uncomfortable when constructing prayers for children or instructing their children about prayer. As parents we want to impart our depth of faith and help our children discover their spiritual selves. Two excellent sites for parents: www.allaboutparenting.org/prayers-for-children.htm provides practical support material and ideas and www.catholicireland.net/talk2god/ is an interactive site that invites children to be actively engaged in prayer.

2. Secondary and Towards Senior Years:

- There is a great new game for teens to help them build their own resilience and gain strategies to face the challenges of daily teenage life. Lyn Worsley, author of the popular book *The Secret of Strong Kids* has developed a *Resilience Doughnut Game* that teens download to their mobile phone or computer. It's terrific. Details can be found at www.theresiliencedoughnut.com.au
- Parents often think that safety on line is all about keeping adult predators away, but evidence suggests that the greatest danger comes from children's peers. Michael Carr Gregg talks about this on <http://www.acer.edu.au/cybersafety/index.html>
- www.discoverhospitality.com is a great site for seeking information about jobs in hospitality in catering, restaurants, clubs and cafes.
- Parenting Fact Sheets including Communicating with your Teen; Building Responsibility; Grief; Homework; Stepfamilies; Renegotiating with Teens; Helping children cope with Bullying & Teasing; Problem Solving and more – all also on our new website.
- Paul Dillon's new book, *Teenagers, Alcohol and Drugs* is in bookstores now.
- A great site that provides information on specific drugs and on issues such as talking to teenagers and organizing a party is the Australian Drug Foundation. Lots of downloadable fact sheets are really useful. See <http://www.darta.net.au/factsheets.htm>
- For information on the latest research for schools in reducing and preventing depression in young people, plus ways to promote emotional well-being and social connectedness in teens, see <http://www.beyondblue.org.au>
- www.community.nsw.gov.au/DOCS/HOMEPAGE/HOME has a DoCs jobs notice board that helps teenagers or school leavers to apply for or gain information about careers.

Details of web sites are provided for your convenience and general information and in no way constitutes endorsement of the content or opinions of those sites, or any associated organisation, product or service by the Catholic Schools Office, Diocese of Broken Bay. The Catholic Schools Office, Diocese of Broken Bay and Diocesan Parent Council accepts no responsibility for the availability, correctness and currency of the content of these websites, and does not warrant that material from these websites will be free from computer viruses, third party interception or modification or other defects.
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Parents Walking Together in Partnership with School and Parish.

