



Welcome to the next edition of your *parent2parent* newsletter – a publication from the Council of Catholic Schools Parents (CCSP) and your diocese.

Just cast your eyes down the page and if your children are in the early years of schooling, read the first section of the newsletter, if they are older, then glance at the secondary section about teenagers and young adults.

We hope the newsletter will provide you with ideas, tips, web based links and resources to assist you in parenting.

1. Early Childhood & Early Schooling

- *Helping Children with Autism* workshops are being held across NSW. The parent carer workshops are held over two consecutive days and bring together parents with school aged children who have an autism spectrum disorder. and venues at <http://www.autismtraining.com.au/public/index.cfm>
- <http://www.dsr.nsw.gov.au/camps/> has great information on kid's holiday camps and great family getaways.
- For information, activities, songs and games that are age and stage (1-3, 3-8) go to <http://www.families.nsw.gov.au/>
- Triple p parent workshops are now offered in all suburban and regional areas of NSW see <http://maps.families.nsw.gov.au/map/cc/All/sf/mapthis> for details and venues.
- There are lots of engaging videos about parenting today.
 - Michael Grose on [*How do you know you are doing a great parenting job?*](#)
 - Type "videos" in the search box of <http://raisingchildren.net.au/> for a wide range of different topics
- <http://www.parentingideas.com.au/Home> has information on *Are first borns more selfish?* *Parenting the black sheep* and *How to be a great dad*
- Grandparents Raising Grandchildren NSW Website has excellent information and ideas for grandparents raising grand kids, plus activities and local groups to connect with <http://www.raisinggrandchildren.com.au/>
- T H I N K is 5 easy ways for kids to remember how to be cybersmart and think before they act online <http://www.cybersmart.gov.au/en/Young%20Kids/How%20to%20be%20cybersmart.aspx#>
- There are some new material and books for aboriginal families in the Riverina Murray and Central West regions of NSW that incorporate Wiradjuri language terms.
- Understanding the Developmental stages of kids is affirming for parents. There's information on ages, stages and developmental milestones at <http://www.parentline.org.au/Page.aspx?element=413&category=9>
- www.raisingchildren.net.au has news, tips, songs, behaviour toolkits and loads of interactive material for parents and children
- Watch videos on line with your child at <http://www.abc.net.au/children/watch/>
- Share some stories of the history and culture of Australia's Indigenous people, handed down since the beginning of time. <http://australianmuseum.net.au/Stories-of-the-Dreaming>
- Andrew Fuller's free resources on valuing boys and girls and helicopter parenting are available at <http://www.andrewfuller.com.au/>

Diary Date:

PARENT CONFERENCE

10, 11, 12 September, SYDNEY

More details soon



Meditation is simple and your child will learn fast.
As children learn by example, meditate with them.
<http://www.meditationwithchildren.com/teachmeditation.html>
provides lots of creative ideas

<http://sacredspace.ie/>
enables you to make a 'Sacred Space' in your day, with the help of on-screen guidance and daily scripture

2. Secondary and Towards Senior Years:

- When teenage issues arise it is always helpful to have a few wonderful books tucked under your bed. Pull them out and have a quiet read at night – to affirm you as parents and / or provide practical strategies for worrying moments. A few good reads are
 - [Parenting in Practice](#) from the Berne Education Centre
 - [Teenagers, Alcohol and Drugs](#) by Paul Dillon
 - [From Surviving to Thriving](#) by Andrew Fuller
 - [The Secret of Strong Kids](#) by Lyn Worsley
 - [The Butterfly Effect](#) by Dannielle Miller
 - [When to Really Worry](#) by Michael Carr Gregg
- A *Bullying, Racism and Interracial Issues* forum will be held 31 May at the Ku-ring-gai Council Chambers. For flyer go to www.kyds.org.au
- Generation Next is a new national seminar series exploring the pressures, needs, healthcare and sociological challenges facing Australian adolescents, parents and anyone working with young people.
 - Watch the video and hear a seminar online – info and strategies from the expert panel
 - <http://www.cybersmart.gov.au/en/Parents/Mobiles.aspx> provides comprehensive information on mobile services and charges, scams and <http://generationnext.com.au/overview.html>
 - Sydney conference in June at <http://generationnext.com.au/public.html>
- Do you have enough knowledge about drugs to have an open conversation with your teenager? To talk comfortably with teens we need to have the facts and the language
 - Check the facts at <http://www.fds.org.au/substance1.html>
 - Be up to date on the language of “drug talk” at http://www.fds.org.au/street_names.html
- phone security. It also contains information about new GPS facilities that can be a useful tool but are potentially a risk to personal security and privacy.
- Visit <http://www.rta.nsw.gov.au/geared/> to find out everything you and your young driver needs to know about getting and keeping their licence. If supervising young learners then download an excellent [practice planner](#)
- Review and comment on the draft K-10 Australian Curriculum in English, history, mathematics and science using the Australian Curriculum Consultation Portal at <http://www.australiancurriculum.edu.au/Home>
- The Black Dog Institute has excellent facts sheets on depression, moods and individual goal setting <http://www.blackdoginstitute.org.au/factsheets/index.cfm>

**Don't forget: Parent Line is now open 7 days a week, 24 hours a day.
Ring 13 2055 for personal and professional advice on any parenting concern.**

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 Council of Catholic School Parents. The CCSP 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. This newsletter is a joint initiative from the Council of Catholic School Parents and local Catholic Education Offices.

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