



## **Hibiscus Coast Grandparents Parenting Grandchildren Inc.**

27 Rushden Terrace, Red Beach 0932

Phone: 09 426 7595

### Newsletter – February 2016

Hello and welcome back. I hope you all enjoyed the Christmas holidays and hopefully had a bit of time to relax. School has gone back and its back to packed lunches and homework.

We had our first meeting yesterday and it was great to see those who could make it. I would like to welcome Graham and Colleen who joined us for the first time yesterday. It was lovely to have you both join with us.

Thank you George for the lovely fruit and vegetables that you bought along from your garden.

We looked at the introduction DVD for the Grandparents Raising Grandchildren toolbox parenting course (gosh, that's a mouthful ☺). It gave an overview of what the course was going to be about and introduced some of the speakers who were featuring on the DVD's. It seems to be quite light hearted and easy to listen to. There are times in the DVD to pause and discuss what is happening and bounce ideas around. I am going to run the course over the next 6 weeks. Details are below:

Starting: Thursday 18<sup>th</sup> February

Where: 27 Rushden Terrace, Red Beach (my place)

When: 11am

What to bring: toolbox manual and a pen/pencil

Everyone is welcome. Let me know if you would like to come along. I have manuals and DVD's if you have not got one.

Below is a tip from the Parenting Centre that I thought maybe of interest.

Next meeting is Wednesday, 2<sup>nd</sup> March.

If there is anything that you think that I may be able to help with or you would just like to chat, please feel free to email me or give me a call.

Take care,

Sonia

## **One simple tip for surviving after school meltdowns**

I sometimes wonder if I am the only parent who looks forward to seeing their children after a day apart, only to discover they kept all their best behaviour for their teacher? I used to cajole, attempt to cuddle, reprimand and sometimes join in the wailing myself, but last year I learnt something that completely changed the way I manage this part of the day.

Our children's brains are wired to develop in a safe and solid relationship with us their parents, and when they're apart from us their brains work very hard to both process everything that is happening and remain 'okay' without us to lean on. When they see us at the end of the day their guard comes down, and we get to see all the frustrations, sadness and anger they may have felt during the day.

So when the after school meltdowns begin, I now remind myself that this is normal and it really is a privilege, because it actually means they feel safe to let it out. Often the good news and positive emotions follow quickly when the challenging ones are allowed expression. So I listen, empathise: "that sounds so tough hun...you were really brave...", listen, offer no solutions, listen again, cuddle(if I'm allowed) and try and make sure each child gets a turn. Most days, relatively quickly, we settle back to normal.

Shirley Pastiroff  
Counsellor and Mindful Parenting trainer.

