



NEWS LETTER

Dates for your Diary

Valentines Day

14.02.2023

World Book Day

02.03.2023

Red Nose Day

17.03.2023

Mother's Day

19.03.2023

Workshops and events

All parents and carers face parenting challenges from time-to-time, and may benefit from support and new ideas to help them deal with the issues that their family is facing.

Ealing Parenting Service offer a range of parenting programmes for parents/carers of children and young people aged between 3- 18. There are also one-off parenting workshops that cover a variety of topics, delivered by experienced professionals.

For more information contact: 020 8825 8422

www.ealingfamiliesdirectory.org.uk

parentingserviceadmin@ealing.gov.uk

Helping Children cope with Separation & Divorce—Parenting together workshop.

When a family breaks up, it is hard for everyone, but this is a reality many children will face. They need to be supported to understand that their parents need to move on from being a couple to being partners in parenting.

email parentingserviceadmin@ealing.gov.uk to register or for more info

Things to do

Come & Play is back!

When: 4th February

What: Cooking with Hema & Cinema with snacks

Where: Mandeville School, Entrance from ASC Reception

Time: 11:00—14:30

*** Please ring school if you require a free return cab.**

Tip of the week

Calming music to help children settle, wind down & get a better nights sleep recommended by our Speech & Language therapist:

https://music.amazon.co.uk/albums/B09WJ99GB1?do=play&trackAsin=B09WJ9S6WY&ref=dm_sh_AVCiFrocY4RGfb1nXEzMEesy0

Extremely helpful website for our children with non-visible disabilities:

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>