



June newsletter

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WHY JOIN PARENTS CENTRE?

Antenatal classes delivered by experienced, qualified educators

Coffee groups and parenting support networks

Retail discounts at a number of local retail stores

Free subscriptions to Kiwi parent magazine and Sandbox

Parenting Courses discounted for members

Social events monthly morning teas and other fun events run throughout the year

UHPC library is free for all members

A Helping Hand

Volunteering. A word that strikes fear straight into your heart. You try frantically to think of ways to get yourself out of helping - of course you'd love to but you're just too busy! Aren't you?

I admit, that was my initial reaction when I was asked to join the Parents Centre committee! I had never been on a committee before, had no idea what was expected, and I had a 3-month old baby to deal with. Where would I find the time?

But the friend who asked me had convened my antenatal class and was already on the committee, so I thought I would go to the AGM and see what it was like. It was one of the best decisions I've ever made! I have met so many lovely people, many who have become great friends. I have learned a lot of new skills, from how to write fundraising applications, to how to organise and run parenting courses. And I have given back to my community and

helped many other parents in doing so. Plus, getting out of the house to do something for myself without a baby in tow helped keep me sane!

So if you are interested in helping out, come to the AGM and see what Parents Centre is about. It is completely up to you how much time you give, even if you can only help a little. We are all parents and know just what you are going through!

PARENTING WITH PURPOSE

One of the most important things we want to achieve as parents is to create a positive future for our children. Often our low self-esteem and lack of confidence can affect our parenting as we can pass these on to our children. We are their main role models.

UHPC is running a parenting course called Parenting With Purpose about how to create a positive future for your children by identifying what kind of parent you would like to be, knowing the importance of high self-esteem as a parent, and the importance of meeting your own needs to have healthy relationships.

The modules include:

- Identifying and understanding the three main parenting styles – how you parent and the temperaments of your children – knowing who they are can help you to be a parent to them.
- Learning to identify the common causes of challenging behaviour in children – is it naughty or just a phase we need to help them through.
- Understanding how our anger and conflict can have a negative impact on children's behaviour and learning effective anger management strategies. Importantly, learning non-physical discipline techniques to help our children understand and express their feelings and frustrations.



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Contact us. Do you have an idea for the newsletter? A photo, a birth story, or even a favourite recipe? Please contact our editor Justine at uhpc.editor@yahoo.co.nz.

PARENTING WITH PURPOSEcont from pg 1

To round it all off, we look at the personal qualities we would like our children to have as adults with strategies to strengthen your family unit and to create a vision and action plan for your family's future.

These courses are fun and interactive and you get your own workbook to keep. Because these courses are run in small groups there is an opportunity for you to get your concerns voiced. Often as a parent we forget our needs and always put our children first. This course will help you to create healthy relationships by identifying your needs and those of your family.

Michelle Selby is our trained facilitator. She lives on the Kapiti Coast with her partner and has two gorgeous sons (aged 14 and 4). Michelle is also studying towards her teaching degree in early childhood education. The first five years of a child's life is something she is passionate about as these years really set the foundation for our children's lives. She enjoys facilitating these programmes and "Although I'm not a parenting guru" says Michelle, "I so enjoy meeting other parents who want to be the best parent they can be for their children, and for their children to be happy and confident."

Upcoming course dates: 27 June + 4 July; 10am - 4 pm

Contact Sarah on 5274011 or uhpc.courses@yahoo.co.nz

Meet your committee

Hi, I'm Kate Hunt and I've been involved with Upper Hutt Parents Centre since October 2007, when my husband Steve & I did antenatal classes before the birth of our daughter Maia. We were really impressed with the course and made some great friends from our class.

Both Steve & I grew up in Wellington and we have been back here living in Upper Hutt for the last 4 1/2 years, after moving around prior to that with study, travel and Steve's job in the Air Force. I'm a primary school teacher and have also trained to teach Reading Recovery, most recently teaching at Pinehaven School fulltime before Maia was born and then again part-time last year, before the birth of our son Bailey 3 months ago.

I joined the Parents Centre committee a year ago and a few months later took on the role of



Co-Parent Education Co-ordinator. This role involves liaising with course facilitators, taking bookings for courses and preparing resources. I particularly enjoy trying to find new & interesting courses to meet the needs & interests of our parents. We are always keen to receive feedback on our courses or suggestions for new courses, so please get in touch!

uhpc.courses@yahoo.co.nz

Upcoming Courses

Antenatal classes

Bookings are now being taken for all Upper Hutt Parents Centre Antenatal classes for 2010. To ensure a place, it is a good idea to book early as places are limited and filling fast.

Classes start: 21 June (7 weeks)
23 August (7 weeks)

Contact: Robyn ph. 5269715
uhpc.childbirth@yahoo.co.nz

Magic Moments

3 sessions focusing on effective discipline; positive and effective communication techniques; understanding the importance of routine and structure; and practical techniques for helping children express and deal with their feelings. \$20 single or \$30 couple.

Course dates: 16, 23, 30 June; 7.30pm

Brainwave Trust Presentation

The Trust is a national organisation passionate about sharing the science behind how our children grow and learn. Learn how your child develops and reacts so that you can encourage them to their full potential. The session will cover brain development, attachment styles, and what you can do to make a difference.

\$5 per person.

Course date: 24 June, 7.30pm

Parenting with Purpose

Normally a 6 session course we are running this over 2 weekend days. This course has been created by Parents Centre to encourage parents to look at how they parent, where they learnt their parenting skills and if they are parenting to their best ability.

\$30 single or \$40 couple.

Course date: 27 June + 4 July, 10am-4pm

Baby and Infant CPR

An essential course or refresher for all parents and caregivers.

\$25 per person.

Course date: 13 July, 7.30pm

**For course enquiries or to book
please contact:**

Sarah 5274011 or

uhpc.courses@yahoo.co.nz



Brainwave™

build a lifetime in the first three years

UHPC is pleased to be offering a presentation by the Brainwave Trust on Thursday, 24th June 2010 at 7.30pm. This was a very popular course last year and the feedback was fantastic!

Brainwave Trust officially began in 1998 as a response to new scientific evidence on the impact that experiences in the first 3 years have on the brain development of a child. Their objective is to have every child in New Zealand raised with care and security. Brainwave aims to reach people with vital information on what is happening inside our baby's brains in the first critical years, and how this impacts on adulthood.

The presentation covers: how the brain develops; how brain connections are formed; critical periods for learning skills; how experience shapes the infants brain; the importance of secure attachment; how to promote healthy brain development and secure attachment; plus more.

So if you'd like to learn more then contact us at uhpc.courses@yahoo.co.nz or ring Sarah on 5274011 to book a spot!

UHPC AGM

Our AGM will be held on Saturday 19 June at 10.30am, 10 Criterion Lane, Upper Hutt, followed by morning tea. All members are welcome to attend. The meeting will cover the annual report, annual accounts, election of officers and any other general business. This is a great opportunity for you to meet your current committee, find out how we've been doing over the last year, and our plans for the upcoming year. It is also your opportunity to let us know what you'd like us to provide in the future and learn how you can become more involved. We have a number of roles within the committee which we need to fill in order to continue providing you with a great service. As an added incentive each family attending will receive a \$10 voucher which can be redeemed off any Upper Hutt Parents Centre course!

Nigel Latta at the Upper Hutt Parents Expo

Parent alert! Parenting guru Nigel Latta will be giving a talk on 'Parenting for 0-10 years' from 3.30-5.30 pm at the Expo, a 'must' for anyone who enjoyed his TV programme.

While you're there, come and see us at our stall, we will have info about some of our upcoming courses and tickets for a fundraising raffle with a great Playskool toy as the prize!

What: Upper Hutt Parents Expo Tues 8th June 2-9 pm
Where: Riverstone Recreation, Expression Arts and Entertainment Centre
Contact: 5272794 to register for the talk

Upcoming Events

- 3 June Sport Wellington's Buggy Walk, Whitby Lower Lake Reserve at 10:15am
www.buggywalk.co.nz
- 8 June Upper Hutt Parents Expo 2-9pm, at Expressions. Featuring Nigel Latta talk at 3.30pm about parenting 0-10 year olds. **FREE** - to book contact 5272794
- 19 June UHPC AGM, Rimutaka Kindergarten Assoc, 10 Criterion Lane, Upper Hutt, 10.30am - 12 pm.
Have your say about what we do.
- 19/20 June ASG Parent & Child Show, TSB Arena, 10am - 5pm daily. \$10 pp, under 12's free. From bibs to buggies, education to nutrition, the ASG Parent & Child Show is the place to stock up on all your pregnancy, baby and childcare needs.
www.parentandchildshow.co.nz.

New babies!

Congratulations to all of our new parents! Hopefully we will meet you soon at one of our courses.



Thomas Robert Turner
Born 14th December 2009 to Nicola & Timothy Turner



Ethan Tracy Romans
Born 8th April 2010 to Tarina Pendlebury-Romans and James Romans



Logan Twose
Born 20th April 2010 to Kerry Simmons and Aaron Twose



Oliver Tuck
Born 14th May 2010 to Katie Priebe and Noah Tuck

Lily Jade Bevan born 2nd May 2010 to Danielle Tolley and Keanu Bevan.