



'In partnership with you'

Developing your children to be successful students



NEWSLETTER MARCH - APRIL 2017

DEAR FAMILIES,

I hope that you and your families are well and happy! This newsletter is in two parts. The first part is about parenting. The second part is about your life separate from being a parent. Enjoy!

Regular time to respect, enjoy, and understand your child's interests is a win-win situation. If you are interested in what they are interested in, and actively help them find time to practice those skills, they are more likely to work with you to practice skills they are not deeply interested in, such as Maths and writing skills; and they feel more understood by you too. I encourage my students to practise whatever they are deeply interested in, including their ballet, skating, and computer games. It is even more important to respect those interests as your child gets older and perhaps more distant.

I have always enjoyed my students teaching me new skills and information. I can learn about what makes them feel excited and more alive, bond more closely with them, and enrich my own knowledge as well. This week a student shared a fascinating new Japanese anime series incorporating a very dangerous computer game, and another will show me how to use his hover board next week. Swopping the parent/child or coach/student role is a bonding experience that usually brings lovely surprises and unexpected experiences, and doesn't take much time. Often the student works even harder with me.

Fun and self-care - where has that time gone? Life is not all about being an excellent parent and/or career person, it's about [having fun too, and looking after yourself](#). If you, and/or you and your partner make sure that you have regular fun and self-care times apart and together, your family is more likely to be a relaxed and happy one. Every family has different stresses and pressures. See which tips are useful for you in your situation.

Tips:

Know exactly what you want in your life. Take time to think about and write down what you would like for yourself and your relationship this year. [Realizing what is important in your life](#) is the first step to making it happen.

Patiently and persistently, week by week, walk towards what you want in your life. [Plan important dates most weeks for yourself and also with your partner](#). It can take 5 weeks or longer to create new habits, so each week revise how well your plan worked, and then with that in mind, plan the next week afresh. Only plan for what is possible in your busy schedules then make them as non-negotiable as possible. Unexpected events happen, minds and moods change, but the time you set aside for yourself and with your partner can usually still happen.



Do it! Plan to do the activity even if at first you feel too tired or can't be bothered. Afterwards you will feel refreshed, and pleased with yourself. <http://www.theparentingplace.com/family-coach-advice/help-we-have-four-kids-and-no-time-for-ourselves/>

Small things give much pleasure. Challenge yourself to do [one small thing a day](#) for yourself. Most of us can find 15 minutes most days. You might file your nails quietly, weed in the garden in between appointments, read the paper, stop for that coffee or tea break, or go for a little walk. When I look back on a busy day, it is the little oases of time for myself I remember first. They are when I gather my thoughts, breathe deeply, enjoy myself, and look around me.

If you want to enjoy more of my ideas there is a link to subscribe to my posts on [my website](#)

