

# NATIONAL KINSHIP CARE SERVICE

Welcome to the June 2017 edition of the National Kinship Care Service newsletter

## Hello from the team

Warm wishes to everyone and welcome to anyone new to the Newsletter. The month of June is upon us, the count down until the end of term and a break from the routine, often bringing about a new set of challenges. Having said that, be present in the moment and enjoy the light nights. If you have the opportunity, try to stay out with the children, playing after school in the longer evenings can often make children happy and ease every day tensions at home.

The sun is shining as I write this today. It's amazing what a difference the sun can make!

## Who we are and what we do

Children 1st, Scotland's National Children's Charity provides the National Kinship Care Service. Our telephone helpline, email and webchat service offers support, information and advice to kinship carers. We also provide ongoing support through our call-back service. Support is available for kinship carers via phone on:

**08000 28 22 33**

Opening hours: Weekdays: 9am - 9pm

You can also get in touch by

Webchat: [www.children1st.org.uk/plschat](http://www.children1st.org.uk/plschat)

Email: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

Text: **07860 022 844**

## Why would you get in touch with us

- To talk to someone who will listen with an open mind
- To share your feelings no matter what they are
- To get some ideas when you are stuck about how to understand and deal with your children's behaviour
- To get the perspective of someone not directly involved
- To find out where to go if you're worried about money, your rights and your children's rights
- To keep up to date with kinship care events around Scotland
- To find out about local support available for you and your family
- To get in touch with other kinship carers in your area
- To make sure the views of kinship carers are heard and to talk about anything else at all that is on your mind.

## Inside this newsletter

Highlights in this month's newsletter include:

- **Action for Sick Children: Launch of Kinship Care DVD**
- **Training & Workshops:** Glasgow, our second cup of Coffee in Galashiels.
- **Parenting Spot: Power Struggles** can we do things differently?
- **Resilience Tour** - Co hosted by Tina Henry and Suzanne Zeedyk.
- **And much more...!**

## The National Kinship Care Service Diary...

### See the Child Not the Behaviour - Workshops

It has been a privilege to have Tina Henry deliver 3 workshops throughout the past month. Workshops were held in Musselburgh, North Ayrshire and Dundee.

Tina's experience of attachment from the perspective of a carer is poignant and relatable to every kinship carer she made a connection with. More than anything Tina instils a sense of hope and offers practical suggestions for easing or preventing times of distress.

Here's what the other kinship carers thought about the event:

*"Tina knew exactly how it felt to be in my position"*

*"Workshop was excellent - both kinship carers and workers really enjoyed the event and appeared (including me!) to get a great deal from it"*

*I stopped thinking  
'what's wrong with him'  
and started thinking  
'what's happened to him'*  
Reattach Parenting course participant



*"Thank you for organising this - attended with appropriate opportunities to give people space to chat and process their emotions at what was a very tough, challenging although rewarding training session"*

*"Tina, given her breadth of professional and personal experience was very sensitive to the needs of the group. Also had opportunities to network with professionals at the event which was excellent"*

## Conflict Resolution Workshops

Duncan Gordon, trainer from Cyrenians delivered a workshop in East Dunbarton.



As always, a full session, leaving us with a lot to think about, as well as fantastic ways of understanding conflict and the key messages to sustaining relationships through changes in development and stress.

We hope to have another few dates in the diary with Scottish Centre for Conflict Resolution so stay connected to find out where they will be.

## Café Morning

The second meeting in Galashiels took place at the MacArts Centre, where we enjoyed the hospitality and welcome they provide the group with.

The kinship carers attending were all keen to get the group established over the coming months. With our partner from Citizens Advice Bureau, Gill Westwood, and with the support of fellow carers from Midlothian, things are looking good for the first Scottish Borders Kinship Group, where sharing their time and experience has already been tremendously helpful.



**The next Scottish Borders meeting is on 20th June at 10.30 am - 12.30 pm in the MacArts Centre, Bridge Street, Galashiels.**

It's situated on the same street as Farmfoods. If you live in the Borders please get in touch and give us your views on evening and weekends support groups as well as potential locations and the challenges of accessing a support group.

If you are interested in having a similar café morning event in your area, please call **08000 28 22 33** or email [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

## Do you know what Resilience is?

Resilience is about having the ability to bounce back from whatever life throws at us and discovering strengths inside that help us adapt well to changes and difficult circumstances. It is about being able to flourish despite the circumstances we are living in at times.

Children that are more resilient are equipped with skills and an attitude that can lead to them feeling more fulfilled, achieving, happier and with better health. Resilience isn't something you have or don't have but the good news is that we can help children become more resilient.

We can't protect children from difficult situations they have to face, or life events from happening that impact on their lives. However, we can build on their strengths that will help them cope with life's difficulties. If children have the following in place it helps build resilience; good relationships, ability to laugh at themselves and situations, independent, be active and confident, and have a sense of purpose. A feeling that they are worthwhile and can make a difference. Expectations from family that they will reach their potential.

If you would like to find out more on how you can help your child build up more resilience, you might want to check the **Scottish Tour of Resilience**, a documentary film surrounding **ACEs (Adverse Childhood Experiences) and Childhood trauma**.



Hosted by **Suzanne Zeedyk** and **Tina Henry** the **Scottish Tour of Resilience** is touring across Scotland. Check their Facebook page or take a look at their 2 minute video <https://vimeo.com/137282528>

## Parenting Spot: Power struggles

### Why you're still having power struggles with your kids and how to stop.

It's late. You're tired. All you want to do is get your kids to bed so you can finally relax. Instead, you and your child are battling it out.

#### Power Struggle.

There's yelling. Screaming. Crying. Demanding. Bribing. Threatening. From both of you. The longer it lasts, the more heated the struggle. When will it end?

#### Why you're still having power struggles?

I know you're tired of the battles. I know you hate fighting with your kids. I know you want to make a change, but nothing seems to work.

Maybe it's because you're focused on *winning*? You want your kids to do things your way, to do what you say, when you say it, because...well, you're the parent, right?! Unfortunately, forcing our kids to do what we want rarely works. Instead, it creates a hostile situation that usually leads to less cooperation. The opposite of what you were trying to achieve!

#### Stop trying to win.

What?! Give in? Give them what they want? Let them do whatever they please? No. Not exactly

Power struggles are only struggles because two people engage in a fight. If one person steps out of the ring, the struggle is over.

You want your son to eat all of his peas. He doesn't want to. You try to force it. He pushes them away. You try again. He refuses even more. **Stop trying to win.**

**Continued...**

## Parenting Spot: Power struggles

Continued...

### Stop trying to win....it's a mind-set change

When we are engaged in a power struggle, our brains are on **attack or flight mode**. Our body is ready for attack. We're not thinking clearly and rationally. We're not calmly exploring our options or working to find a compromise. And, we're definitely not focused on maintaining a **strong relationship** with our kids. **We're trying to win!**

**STOP, THINK** - instead of focussing on the 'winning' the battle of the peas. let's focus on getting our brains back to calm so we can handle the situation differently.

### What to do next...

**Calm Yourself.** Before you can do anything else, you need to get your brain out of attack mode. Take a few **deep breaths**. Roll your shoulders. Stretch. Sit down. Close your eyes. Find simple things to help you **calm down** and focus.

**Connect:** A misbehaving child is often feeling **disconnected from you**. Focusing on **repairing connection** or building connection in these moments can help your child's brain move from attack-mode, to calm. Offer hugs, **empathy**, or **get down** to their level.

**Work together:** Once you're calm and you've connected, you can start to focus on creating **other solutions** to the problem. Again, it's not about "winning," it's about solving a problem in a way that works for both you and your child. **Be silly, explore the triggers, and listen** to your child's perspective.

**When you decide that you don't have to win the power struggle, you have a lot more options:**

- Talk it through - brainstorm solutions, offer choices
- **Set limits with empathy** - explore other options and make a plan
- **Use a timer** - create a schedule, have a snack or get a drink of water and move to a quiet spot
- **Cuddle** and try to take a break.
- Whatever you try to do together **to re-connect**.

### Not quite sure?

I realise that this perspective may seem radically different to you. And that's ok. Some of you may think this seems too "soft" or too passive. Some of you may feel that this doesn't give kids enough accountability or doesn't "teach them a lesson."

All points taken, however, **stepping out of a power struggle** doesn't make us less of a parent. **It doesn't mean we are giving in**. In fact, sometimes, your child will still have to do the things you ask, such as buckling into their car seat or wearing a bike helmet. And, **it doesn't mean our kids don't learn** - the teaching comes later, not in the moment.

Instead, it provides a good role model for our kids. **"It shows them that taking time to calm our brain helps us make better decisions"**. It focuses on problem-solving and working together. And, it demonstrates that

**"we can disagree on a topic and still love each other".**



## Training & Workshop Events

We have couple of different training /workshops event available for June.

### Edinburgh

Action for Sick Children Scotland with the support from Children 1st cordially invite you to the launch of the Action for Sick Children Scotland's Kinship Care DVD.

#### Health Matters for Children and Young People in Kinship Care

The DVD, presented by kinship carers from the Grandparents Parenting Again and Kinship Carers Midlothian group, explores some of the health issues for the children in



**Norton Park (Conference Hall)**

Albion Road, Edinburgh

**Thursday 15th June 2017**

from 10.30 - 12:00 noon

Tea, coffee, juice and biscuits will be provided

RSVP with your name, tel., email and any additional requirements  
Tel: 08000 28 22 33 or Text: 07860 022 844  
or email: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)



### Action for Sick Children Scotland

#### "Health Matters for Children and Young People in Kinship Care" DVD launch.

It would be great to see you all there.

**When:** Thurs 15th June 10:30– 12:00noon

**Where:** Norton Park, Albion Road, Edinburgh

### Glasgow

#### "Health Matters for Children & Young People in Kinship Care"

An introductory session on the medical rights of children in kinship care, managing issues of consent and confidentiality.

**When:** Wednesday 14th June from 10am– 2 pm

**Where:** FASS - 123 West Street Glasgow, G5 8BA

**All of our training and workshop events are free of charge, and are a great opportunity for carers to get together to support and learn from each other's stories.**

For further info or to book your place at any of these events, send us your name, contact number, email, local authority and any additional requirements to:

**Call:** 08000 28 22 33

**Text:** 07860 022 844

**or Email:** [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)



**More training and Events idea for you and your family ...**



**Autism Awareness**

This session is aimed at people with little or no knowledge of Autism Spectrum Disorder (ASD) as well as those who require a refresher. The aim is to make a difference in the lives of the individuals with ASD that you support. You will acquire knowledge, information and strategies for good practice.

Thursday 8th June from 10.30am – 12.30pm in Milngavie.

**Behavioural Support**

This session will look at some of the behaviours that cause difficulties, their causes and possible solutions.

Wednesday 21st June from 10.30am – 12.30pm in Kirkintilloch.

**Sensory Workshop**

This session will explore ways of dealing with sensory difficulties, with the option to put together a programme of support.

Wednesday 30th August from 10.30am – 12.30pm in Milngavie.

**All these events are FREE!**

To find out more about the carer's centre or book any of the workshop. You can contact them on : 0141 955 2131 or email : [equiry@carerslink.org.uk](mailto:equiry@carerslink.org.uk)

If you know anyone between age 18 & 25, who has a PASSION for music and is not working or studying PLEASE SUPPORT THEM TO ACCESS THIS OPPORTUNITY!



Capital Xtra in partnership with Glasgow Music Studios is hosting music workshops in Glasgow on the 19th and 20th June. For more information or to book a place, please find:

[www.capitalxtra.com/music-potential/](http://www.capitalxtra.com/music-potential/)

**Advertise your event here!**

If you are running an event in your local community please let us know for next month's issue!

***Kinship Care Groups***  
*Advertise your event here for free if you are fundraising or have something to promote to support your group.*

*Share your story*  
*Share your words*

**Have your say!**

Ever thought of sharing your story or sharing your words? If you have a poem, a story or an opinion you would like to share, we would love to

hear about it. If you're interested, please do get in touch via email:

[parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk).

**Prize Draw last Month's Winner**

**Congratulations ...**

**...Jackie Black**

**We hope you and your family have a great time at Jupiter Artland!!!**



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**Prize Draw this Month**

**3 course meal for you and your family (up to 6) at Cooking Up a Storm - Kilted Lobster - Edinburgh**



**Enter the draw by contacting us by phone, email or text:**

**Email:** [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

**Call:** 08000 28 22 33 **or Text:** 07860 022 844

**We may be able to contribute towards transport costs to Edinburgh.**

## Easy Chicken and Vegetable Stir Fry

### Ingredients:

- 100g chicken (cut into chunks or strips)
- 1 tbsp olive oil (or groundnut oil)
- 100g broccoli
- 100g carrot, sliced
- 6 spring onions, finely chopped
- garlic (1x clove), crushed

### Method:

- Heat the oil in a large non-stick pan or wok
- Over a high heat stir-fry the chicken strips until they are golden and cooked through, about 4 minutes - remove to a warm plate

- Add the vegetables and stir-fry for a few more minutes until just tender
- Add the garlic and stir for a minute, then return the chicken to the pan.
- Add any sauce of your choosing; black bean, soy sauce, or sweet chilli sauce.
- Serve with rice or noodles
- **ENJOY!!!**



**At Children 1st our vision for the future is a happy, healthy, safe and secure childhood for every child and young person in Scotland.**

For further information about Children 1st please contact:

Children 1st, 83 Whitehouse Loan, Edinburgh EH9 1AT

t: 0131 446 2300 f: 0131 446 2339

[www.children1st.org.uk](http://www.children1st.org.uk)

## Kinship Care helpline

Helpline, email and webchat service:

t: 08000 28 23 33 e: [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

Opening hours:

Mon-Fri: 9am-9pm

**Determined each child  
has reasons to smile**



**INVESTORS  
IN PEOPLE**

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