What’s happening in the National Parenting Programme

Parenting education sessions are continuing as usual within communities and institutions throughout Grenada.

One session was conducted with the Parent Teacher Association of the Grand Anse RC upon request by the principal. An outcome of this initiative was an invitation to conduct a ten-week series with parents who are willing and able to attend.

Parenting sessions have begun in the Communities of River Sallee, St. Patrick and Gouyave, St. John. A series will also begin in Harford Village, St. Andrew within the next few weeks. After a break for the carnival season, session in the Vincennes community are to continue in the month of October.

Other communities to be targeted before the end of the year include Morne Tout/Grand Anse, River Road, Rose Hill and Victoria.

The parenting programme is committed to assisting parents and guardians through education in order to bring out the best in themselves and their children.

As such, the programme relies significantly on the support of its trained facilitators to deliver the sessions as needed.

Community/youth/church groups, school PTA’s, antenatal clinics and any other formal or informal organization are all encouraged to contact the parenting unit to schedule sessions within their respective areas if needed.
SPICY PARENT CAMPAIGN 2013

The 2013 SPICY Parent Campaign was a successful one. The activities included a GIS presentation, press releases, an advertisement, material distribution and participation in the annual Children’s Carnival Frolic at the National Stadium. The presentation on GIS’ Spice morning show consisted of a discussion on the purpose and structure of the campaign. Two press releases were also done on topics relating to the safety of children and responsibilities of their parents throughout the carnival season. Parenting staff visited each parish and distributed material to people on the streets including bookmarks, brochures and posters. Material was also sent to Carriacou and distributed by the Gender and Family Affairs Coordinator of the Ministry of Carriacou and Petit Martinique Affairs. The parenting programme was represented at the National Stadium at the Kiddies Village and material was distributed to the parents in attendance. A total of two hundred brochures, one hundred fifty bookmarks and fifty posters were dispersed. Altogether, the campaign was a great success.
UNDERSTANDING YOUR NEW BORN

Babies are wonderful adorable human beings and should be treasured and cared for in the best possible way. Caring for newborns can be a great joy but at times it can also be challenging especially for new parents. Here are some tips that can possibly assist you throughout this very amazing journey:

- Create a schedule for yourself and your baby (include appointments)
- Make time for yourself to relax and unwind
- Share the care with your spouse or the other parent of your child or even relatives and friends
- Take walks with your baby and connect with nature. This is conducive to bonding.
- Create encouraging phrases and say them to yourself during tough moments. For example, “I can do this, I love my child unconditionally, this is just a phase that I have to go through and it is normal, it is not the end.”

SOME REASONS WHY BABIES CRY

*Anxiety
*Gas
*Sleepiness or fatigue
*Wet or dirty diaper
*Hunger
*Overstimulation from noise or activity
*Colic, acid reflux, or food allergies
*Pain or illness

SHAKEN BABY SYNDROME

NEVER NEVER shake a baby

Shaken Baby Syndrome occurs when a baby is shaken. The blood vessels in a baby’s head cannot tolerate the impact of shaking and can break.

- Each year about 1,000 children in America die from Shaken Baby Syndrome.
- Death, brain damage, mental retardation, seizures, or blindness may result from shaking a baby.
- Shaking usually happens when parents or caregivers become frustrated or angry when they are not able to stop the baby from crying.
- Shaken baby syndrome is 100% preventable.

Source: American Academy of Pediatrics

EARLY CHILDHOOD DEVELOPMENTAL MILESTONES

0-3 Months – Supports upper body with arms when lying on stomach, begins to smile, follows moving objects
4-6 Months – Grasps objects, explores with hands and mouth, uses voice to express joy and displeasure
6-9 Months – Explores objects by shaking, banging, throwing and dropping, sits up without help, responds to simple verbal requests
9-12 Months – Puts objects in and out of a container, finds hidden objects easily, cries when parent leaves

Source: UNICEF
Every new born baby is God’s opinion that the world should go on.
- Anonymous

Loving a baby is a circular business, a kind of feedback loop. The more you give the more you get and the more you feel like giving.
- Penelope Leach

A FAMILY IS...

A FAMILY IS A PLACE TO CRY, TO LAUGH, TO VENT FRUSTRA-TION, TO ASK FOR HELP, AND TEASE, AND YELL, TO BE KISSED AND HUGGED, AND SMILED AT.

A FAMILY IS PEOPLE WHO CARE WHEN YOU ARE SAD, WHO LOVE YOU NO MATTER WHAT, WHO SHARE YOUR TRIUMPHS, WHO DON’T EXPECT YOU TO BE PERFECT, JUST GROW WITH HONESTY, IN YOUR OWN DIRECTION.

A FAMILY IS A CIRCLE, WHERE WE LEARN TO LIKE OURSELVES, WHERE WE LEARN TO MAKE GOOD DECISIONS, WHERE WE LEARN TO THINK BEFORE WE DO, WHERE WE LEARN INTEGRITY AND RESPECT FOR OTHERS, WHERE WE ARE SPECIAL, WHERE WE SHARE IDEAS, WHERE WE LISTEN AND ARE LISTENED TO, WHERE WE LEARN THE RULES OF LIFE, TO PREPARE OURSELVES FOR THE WORLD.

THE WORLD IS A PLACE, WHERE ANYTHING CAN HAPPEN. IF WE GROW IN A LOVING FAMILY, WE ARE READY FOR THE WORLD.

AUTHOR: UNKNOWN

CONTACT INFORMATION

Ministry of Social Development and Housing
Botanical Gardens
Tanteen
St. George

Phone: 440-2269/7952 Ext. 1016
Fax: 440-7990
E-mail: nationalparenting@yahoo.com
genderparenting@gmail.com

A healthy family breeds a happy family

Be your child’s first teacher. Love, protect and support them unconditionally. Be the person that you would want your child to be!