



Special points of Interest

- **Activities of the programme**
- **16 days of activism to end VAW**
- **Understanding Adolescents**
- **Message for the Holidays**

LISTEN TO YOUR CHILDREN, THEY HAVE QUITE A LOT TO SAY!



What's happening in the National Parenting Programme

Parenting education sessions have been completed in the communities of River Sallee and Gouyave and at the Birchgrove antenatal clinic.

Additionally, one-off sessions were carried out in the parishes of St. Patrick, St. Andrew in collaboration with NEWLO represented by Ms. Dale Neptune.

These sessions were successful as a result of interest and dedication of both the participants and the facilitators.

For the new year, the programme is looking forward to a very packed line up. Every parish including the sister islands of Carriacou and Petite Martinique can expect at least one activity from the Parenting

Programme.

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.

JUST FOR TODAY

Just for this morning I won't wash clothes,
instead we will watch your favorite cartoon.

Just for this morning I won't wash dishes,
instead we will color together.

Just for this afternoon I won't watch my soaps;
instead we will go to the park and feed the ducks.

Just for this afternoon you and I will snuggle up on the couch
and watch a favorite movie and eat popcorn.

Just for tonight I will let you help me fix dinner
and I won't yell at you for making a mess.

Just for tonight I won't yell
when you splash water all over the bathroom floor.

Just for tonight when I tuck you into bed
and we snuggle together to read your favorite story
I will hold you a little tighter and a little longer
and Thank God for giving you to me.

By Misty J. Eades



NOTHING IN THE WORLD MEANS MORE TO A CHILD THAN THE UNCODITIONAL LOVE AND SUPPORT OF PARENTS.

LET US DO OUR PART TO ENSURE THAT OUR NATION HAS A BRIGHT FUTURE.

DO YOUR PART TO END GENDER BASED VIOLENCE TODAY

16 DAYS OF ACTIVISM TO END VIOLENCE AGAINST WOMEN CAMPAIGN 2013

The Parenting Unit teamed up with the Gender-based Violence Unit in organizing events for the globally recognized annual 16 Days of Activism to End Violence Against Women Campaign 2013. This campaign ran from November 25 to December 10. Overall, the campaign was a huge success. The media was utilized in order to heighten awareness of the activities planned and the dates. Activities included appearances at various events countrywide and distribution of t-shirts, bags, leaflets inter alia and discussions on gender-based violence with the general public.

PICTURES



16 DAYS BANNER ABOVE ELEVATOR IN LOBBY



DECORATED LOBBY AREA



HANDMADE TREE DECORATION



STAFF AT EXPO



STAFF AT EXPO



PARENTING MATERIAL



STAFF OF THE MINISTRY OF SOCIAL DEVELOPMENT AND HOUSING ON ORANGE DAY

UNDERSTANDING ADOLESCENTS

WHO IS DEFINED AS AN ADOLESCENT? WHAT IS ADOLESCENCE?

An adolescent is an individual who is going through the transitional process from a child to an adult. This process refers to changes that are both physical and emotional through which maturity commences and the first sign of ability to reproduce becomes a reality. Furthermore, adolescence begins a period of human creativity which increases in richness until it peaks and declines.

ADOLESCENTS NEEDS

- **Need for sleep**– For most of the teen years, a person needs 9-10 hours of sleep every night.
- **Need for food**– In general terms, we know that a teenage girl's greatest need for calories is at about age 14 and a boy's greatest need is at about age 17.
- **Need for spontaneity**– Adolescents value spontaneity and spur-of-the-moment events.

- **Need for autonomy/privacy**– As adolescents seek to form identity, he/she almost always look for ways to be separate from his/her family.
- **Need to conform**– In spite of the need to be individual, adolescents are still very human and thus are group oriented.
- **Need for communication**– For much of this period, adolescents need to be heard. Which means they also need a listener.

HELPING YOUR TEENAGER TO AVOID TEENAGE PREGNANCY

- Be clear about your own sexual values and attitudes
- Talk to your children early and often about sex
- Supervise and monitor your children and adolescents
- Know your children's friends and their families
- Discourage early, frequent and steady dating
- Take a strong stand against your daughter dating a boy significantly older than she is. And don't allow your son to develop an intense relationship with a girl much younger than he is.
- Help your teenager to have options for the future that are more attractive than early pregnancy and parenthood.
- Let your children know that you place a high value on education
- Know what your children are watching, reading and listening to.

PARENTS' GUIDE TO SURVIVING THE ADOLESCENCE

- **Educate yourself**– Find out as much as you can about adolescence and keep in mind your own thoughts, feelings and experiences when you were at that stage.
- **Talk to your child before problems/difficult situations arise**– Have on-going communication about what physical and emotional changes your children can expect, such as mood swings, wet dreams, menstruation and interest in the opposite sex.
- **Monitor your adolescent's interest**– Be aware of what they listen to, watch and read, then talk to them about these interests.
- **Make appropriate rules**– Set age appropriate bed times and times for being in the house.
- **Pick your battles**– Teens often find parents miserable and nagging. Decide when an issue is important enough to bring up with your child.

THIS HOLIDAY SEASON, BE A SPICY PARENT

- S- SPEAK TO YOUR CHILDREN BECAUSE COMMUNICATION IS KEY
- P- PAY ATTENTION TO THEIR FRIENDS AND WHEREABOUTS
- I- INSPIRE GOOD BEHAVIOUR IN YOUR CHILDREN BY DISPLAYING GOOD BEHAVIOR YOURSELF
- C- CHECK UP ON THEM PERIODICALLY TO ENSURE THAT ALL IS WELL
- Y-YOU ARE FULLY RESPONSIBLE FOR YOUR CHILDREN SO TAKE CONTROL

ADOLESCENCE

T	A	S	O	L	E	S	C	E	N	T
A	E	R	E	M	X	H	A	T	Q	Y
L	I	E	A	G	S	A	S	T	K	T
E	V	S	N	R	N	A	F	T	S	R
B	I	E	E	A	R	A	H	Y	S	E
E	T	E	A	H	G	U	H	Z	V	B
R	P	T	C	A	R	E	L	C	G	U
Z	N	S	E	N	O	M	R	O	H	P

- ADOLESCENT
- CHANGES
- HORMONES
- PEERS
- PUBERTY
- REBEL
- TEENAGER

MY MOTHER

I know of a woman whose strength is of a bear.
 And even when she's not that happy she always takes time out to care.
 I know of a woman whose beauty is that of a queen.
 But she continues to teach us that beauty doesn't mean a thing.
 You see this woman I know is surely like no other.
 Because the woman I mention here is truly my great mother.

~ Sinitta Washington

CONTACT INFORMATION



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Computers tend to separate us from each other - Mum's on the laptop, Dad's on the iPad, teenagers are on Facebook, toddlers are on the DS, and so on.

~Tom Hodgkinson

The young always have the same problem - how to rebel and conform at the same time. They have now solved this by defying their parents and copying one another.

~Quentin Crisp

Don't laugh at a youth for his affectations; he is only trying on one face after another to find a face of his own.

~Logan Pearsall Smith, "Age and Death," *Afterthoughts*, 1931

You can tell a child is growing up when he stops asking where he came from and starts refusing to tell where he is going.

~Author Unknown

