

Home School Link Worker Weekly Bulletin

Parenting Puzzle Workshop

Woking Family Centre, is pleased to offer a FREE Parenting Puzzle Workshop to parent and carers. The Parenting Puzzle is a series of weekly sessions over a five-week period. Delivery of the programme is online via Teams and all resources are provided.

Dates: Monday 30th October – Monday 27th November 2023 (5 weeks every Monday)

Time: 7pm – 9pm

Venue: Online via Teams (link sent once registered)

What will I learn?

This tried and tested programme can help and support you deal with challenges of a family life. The aims of the programme are to build positive constructive relationships and calm confident parenting. The Workshop encourages parents/carers of children to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children.

The course covers:

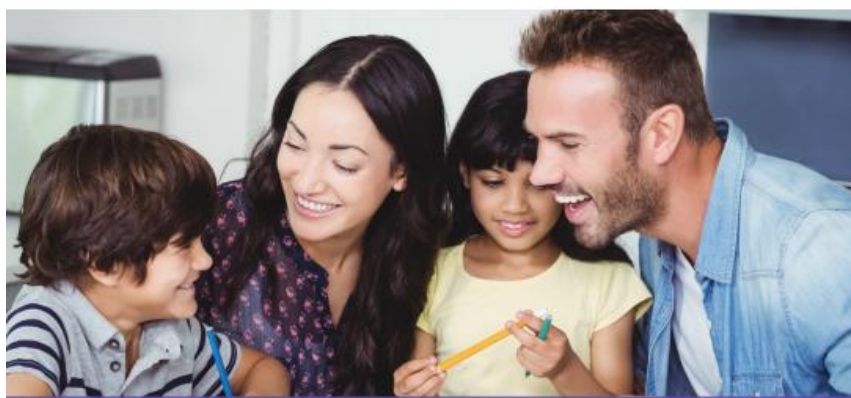
- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves

To register your place please email

kesara.cheena@woking.gov.uk

You can also contact the team for more information on 01483 743812 or email familycentres@woking.gov.uk

THE PARENTING PUZZLE



This tried and tested programme can help you deal with challenges so you have a calmer, family life.

The course covers:

- Recognising feelings behind behaviours
- Different approaches to discipline
- Co-operation and self-discipline
- The importance of looking after ourselves.



For further information, visit www.woking.gov.uk/familysupport
Register your interest with us on email familycentres@woking.gov.uk or call 01483 743 812

FAMILY
LINKS

SURREY
COUNTY COUNCIL



Family Voice Surrey's help and advice

Family Voice Surrey provide independent guidance to parent carers of children and young people with additional needs aged 0-25 in Surrey, shining a light on the challenges that SEND families regularly face.



[Click here](#) for a list for their list of organisations and services.

Fun activity of the week: Clay leaf prints

You will need:

- Small leaves and ferns
- Air dry clay
- Greaseproof paper
- Drinking straws
- String or elastic thread
- Watercolour paint (optional)



Instructions:

1. Lay a small leaf on the greaseproof paper, vein side up.
 2. Pinch off a small piece of air-dry clay (maybe a tablespoon or two) and roll it into a ball between your hands then press down with the palm of your hand to flatten it.
 3. Carefully lift the clay disk, turn it over, and peel away the leaf.
 4. If you'd like to hang your leaf print, poke a hole at the top of your disk with a drinking straw.
 5. If desired, paint the clay leaf print with watercolours.
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Recipe of the week: One-pot garlic chicken

Ingredients:

- 4 medium chicken breasts, skin removed, sliced crosswise into thick strips
- 75g plain flour
- 2 tbsp olive or rapeseed oil
- 50g unsalted butter
- 10-15 small garlic cloves, or to taste
- 250ml hot chicken stock
- 100ml double cream
- 30g Parmigiano-Reggiano, finely grated
- small bunch of flat-leaf parsley, finely chopped (optional)
- cooked rice and steamed green beans, to serve (optional)



Method:

1. Tip the chicken into a shallow bowl and sprinkle over the flour. Season well. Heat the oil in a large frying pan over a medium-high heat and fry the chicken, shaking off any excess flour first, for 1-2 mins until lightly golden all over. (You may need to do this in batches.)
2. Reduce the heat to medium and add the butter. Peel as many garlic cloves as you prefer, and drop these into the pan.
3. Cook for 5 mins until the garlic has turned lightly golden, stirring to keep the chicken from burning.
4. Pour in the stock and simmer for 10 mins until the garlic is tender.
5. Add the cream and cheese and simmer for a further 5 mins until the sauce thickens slightly. Taste for seasoning and adjust as needed.
6. Scatter with the chopped parsley, if using, and serve hot with rice and green beans, if you like.

If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) hslw2@stmarys-byfleet.surrey.sch.uk (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

