



THE FAMILY RESOURCE CENTRE

YOUR MONTHLY PARENTING RESOURCE NEWSLETTER



"Being a mother is learning about strengths you didn't know you had."

Find us on Facebook or Instagram on Mother's Day and share your #bestmommoment

HAPPY MOTHER'S DAY

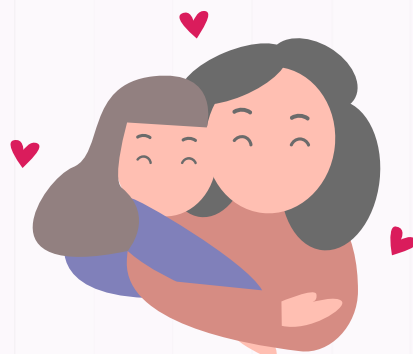
SHARE YOUR BEST MOM MOMENT

Tell us about a time you parented from a place of control, created quality time well spent, taught your child a skill, or implemented a positive parenting strategy that worked well.

#BESTMOMMOMENT

"There are no ways to be a perfect parent, yet a million ways to be a good one."

Top 3 Mothers Day Gifts:
**TO SLEEP IN
ALONE TIME
A MASSAGE**



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May's Happenings

Teen Pregnancy Prevention Campaign

We are looking forward to a full month of partnerships with schools, media and churches to provide vital information for parents and children when it comes to staying safe and making healthy choices.

If you would like to request a Presentation on this topic, please complete this form and email frc@gov.ky

Presentation Request Form



TRIPLE P : POSITIVE PARENTING PROGRAMMES

Triple P is regarded as the most effective evidence based parenting programmes worldwide. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behaviour and prevent problems from developing. It is used in more 30 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures. We currently offer three (3) of its programmes to meet your unique needs:

Triple P Teen: We are happy to announce Teen Triple P has started another closed group and will complete it's second cohort mid-June.

Triple P Standard which is for parents of children 12 years and younger is scheduled to begin on May 11th. The group consists of 5 in-person sessions and 3 telephone sessions.

Triple P Transitions Parents experiencing separation or divorce will benefit from the tools this programme provides and is in the midst of servicing their third group.

FRC Programme Calendar May-Dec 2022

Programme	Description	Dates & Times	Target Audience	Outcome
SNAP®	SNAP® stands for STOP NOW AND PLAN. It is a proven model that teaches children struggling with behavioural problems and their parents how to make better choices "in the moment". SNAP® helps children and their parents learn how to effectively manage their emotions and "keep problems small"	<i>Dates:</i> Mondays Sept 12th – Nov 28 th (Dec 5 th w/PH disruption) <i>Duration:</i> 13 weeks <i>Time:</i> 5:30-7:30pm Boys Group Between the ages of 6-11 <i>Group Size:</i> limited to 7 families	SNAP® is a gender specific group. Boys or girls between the ages of 6-11 experiencing serious behavioural problems at home, at school, with persons in authority, and in the community. <i>Level: Prevention-Intervention</i>	In this programme parents will: → Learn effective child management and SNAP® strategies. → Form connections with other parents facing similar challenges Children will: → Learn to use SNAP® in different situations. → Learn to make better choices in the moment
Triple P® Transitions	Family Transitions Triple P is a cognitive-behavioral family intervention designed to be delivered to parents who are experiencing personal distress from separation or divorce, which is impacting on, or complicating, the task of parenting. Sessions aim to assist families with a successful transition from a one to two home family.	<i>Dates</i> Mondays May 30 th , 2022 Thursdays August 7 th , 2022 Thursdays October 20 th , 2022 <i>Duration: 8 Sessions</i> <i>Time:</i> 6:00pm-8:00 pm <i>Group Size:</i> limited to 10-12 participants	Designed for parents who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them ways to cope. Standard Triple P (individual service) can be used to support parenting concerns after completion of Transitions. <i>Level: Prevention- Education</i>	In this programme parents will: → Learn specific strategies for improving personal coping skills and reducing parenting stress, anxiety and anger. → Learn specific strategies for reducing conflict between parents and improving communication. → Be provided with strategies for promoting work, family, and play balance, and gaining appropriate social support. → Learn to develop independent problem-solving skills.
Domestic Violence Training Intervention Programme (DVITP)	Training programme offered to front line professionals who interface with victims of domestic violence and families.	<i>Dates:</i> Group 1: June 8-10 Group 2: August 24-26 Group 3: Nov 30-Dec 2 <i>Duration: 3 Days</i> <i>Times: 8:30am-5:00pm</i>	Education training programme for front line professionals <i>Level: Education</i>	In this training professionals will: → Understand the underpinnings of domestic violence. → Understand the dynamics of domestic violence in the Cayman context. Learn effective strategies to support victims and families impacted by domestic violence.
SNAP Camp	Introductory SNAP programme for children ages 6-11 experiencing difficulties with self-regulation.	<i>Dates:</i> 11 July – 15 July <i>Duration: 5 Days</i> <i>Times: 8:00am-3:00pm</i>	Short- term intervention Boys and girls ages 6-11 Prevention- Education	Campers will be introduced to the SNAP strategy to help manage their emotions and keep their problems small.

FRC Programme Calendar May-Dec 2022

Programme	Description	Dates and Times	Target Audience	Outcome
Triple P* Standard (Group)	A broad-based parenting intervention delivered to up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior, and plan for high-risk situations.	<i>Date:</i> <i>Wednesdays</i> <i>May 11th</i> <i>Duration:</i> 8 Weeks (including five 2-hour sessions and three 30 minute individual phone consultations to assist with independent problem solving and skill building) <i>Times:</i> 1:00-3:00pm	Parents or caregivers interested in promoting their child's development and potential or have concerns about their child's behavioral problems or simply wish to prevent behavior problems from developing. Parents who have completed lower level interventions and have not achieved their goals, may benefit from a Group Triple P Intervention. <i>Level: Prevention-Education</i>	Parents will learn: → Key parenting strategies to a broad range of target behaviors. → Strategies for promoting and maintaining behavior change.
Triple P* Teen Group	A broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16-years who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour.	<i>Date:</i> <i>Wednesdays</i> <i>August 10</i> <i>Duration:</i> 8 Weeks (including five 2-hour sessions and three 30 minute individual phone consultations) <i>Times:</i> 6:00-8:00pm	Parents or caregivers who have concerns about their teenager's level of behavioral problems or simply wish to prevent behavioral problems from developing. Parents who have completed lower level interventions and have not achieved their parenting goals may benefit from a Group Teen Triple P intervention. <i>Level: Prevention – Education</i>	Parents accessing Triple P Teen will learn: → Core principles of positive parenting and behavior change. → Key parenting strategies to a broad range of teenage behaviors.
Young Parent Services	Long-term comprehensive parenting education programme for young or expectant parents ages 13-25.	<i>Dates:</i> <i>Tuesdays & Wednesdays</i> <i>12:00 – 4:00</i> <i>Starting</i> <i>September 6th</i> Occurs weekly based on Individual Service Plan (ISP)	Designed for young mothers and their families. <i>Level: Comprehensive</i>	Young Parents in this programme will: → Learn skills to build parent-child relationships → Gain insight for self-development → Receive support to build employability skills and opportunities.



Legal Befrienders



**Clinic and Phone Line
EVERY TUESDAY ONLY**

Walk-in and Phone line from 5-6:30 pm

No appointments

The service offers free confidential legal advice on matters pertaining to domestic violence, immigration, maintenance, matrimonial property.

The Legal Befrienders phone line number is
945-8869

For further information please call the
Family Resource Centre at 949-0006



CAYMAN ISLANDS
NATIONAL
MUSEUM

L'INCONSTANT



MAY
14
10AM-2PM

Her Majesty's Platinum Jubilee Celebrations AT THE MUSEUM

Photo: Her Majesty Queen Elizabeth II visits the
Cayman Islands National Museum, 26 February 1994

FREE
Admission

Local
Food

Exhibit
Opening

Artisans
& Vendors

Music &
Dance



Official
Reveal
of the
Miss Annie
Huldah
Bodden
Animatronic

10:00 AM – 2:00 PM Looky Ya! Her Majesty's Platinum Jubilee Celebrations!
Enjoy Local Food, Entertainment, Shopping, Animatronic Reveal & Free Museum Visits!

OFFICIAL PROGRAMME

10:30 – 11:00 AM Prayer, National Song & Anthem
Official Welcome & Thanks
Minister's Remarks
Official Exhibition Opening

11:30 AM – 12:30 PM Performance

12:30 – 1:00 PM Performance

1:00 PM – 1:30 PM Performance

AT THE NATIONAL MUSEUM ON THE WATERFRONT



Ministry of Youth, Sports,
Culture & Heritage
Cayman Islands Government

Photo by Lennest Christian

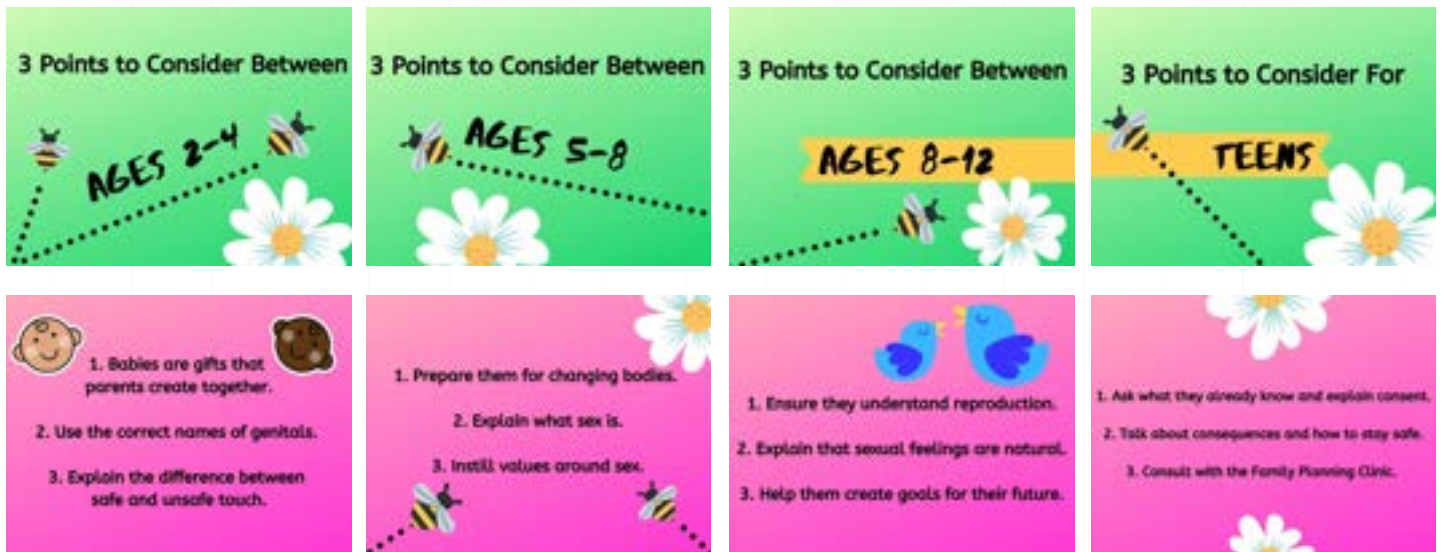
TALK EARLY, TALK OFTEN

Talking to children and teens about sex and related topics.

The "sex talk"! Our experience learning about sex may have been a very awkward one-off conversation with our parents which was never discussed again. We now know this is an ineffective way to discuss a very important topic. It not only leaves more questions than answers, it can be unsafe with children and/or adolescents being unaware of dangerous situations or making unnecessary risky choices.

Provide information gradually based on what is age appropriate or with their developmental stage in mind.

Instead of one big "sex talk", it is more effective to have several small talks which build on one another and are sensitive to the child's age or developmental stage. This way our children learn gradually and safely and aren't overloaded with information.



Create an environment where they can ask you questions

This doesn't mean you need to know the answers to everything and it is ok to say, "let me research that" or "I'm going to talk to an expert about that". It shows them that there are resources out there they can turn to and that they can seek information or help too. Showing them directly from the book, website or video or in-person with a doctor or nurse can also help you illustrate and feel more assured of how to explain.

Use age-appropriate books and media

Fortunately, there are so many books and media to help us in communicating about this topic to our children in an age-appropriate way. It's Perfectly Normal by Robbie H. Harris is great for parents and kids, Sex is a Funny Word by Cory Silverberg, The Boys Guide to Growing Up by Phillip Wilkinson and The Girls Guide to Growing Up by Anita Naik are a few recommendations. On youtube, check out Shaftesbury Kids for a collection of videos on sexual health. Be sure you watch ahead of time to ensure its appropriate for your child's age or developmental stage.

