

FAMILY RESOURCE CENTRE NEWSLETTER



FEBRUARY ACCOMPLISH YOUR FAMILY GOALS!

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At the Family Resource Centre, we are committed to building people, building families. We offer individual and group family and parenting support services.

**Our Government & Departmental Values
are EPPIC!**

Ethical | Professional | Passion | Integrity | Compassionate



"Wow, I'm so pleasantly surprised at the level of support you provide, you don't know how much your check-in calls help me to make better parenting choices." -Client

JOIN OUR WHATSAPP CHANNEL



Join our WhatsApp Channel to stay updated with our monthly parenting sessions, upcoming events, parenting tips and tools and more! (Scan the QR code)



**Family
Resource Centre**
Cayman Islands Government

Honouring Women Month

#AccelerateAction



Colour Me Purple 5K Fun Walk/Run

Sunday March 23 2025

6:30am

7 Mile Public Beach

REGISTER TODAY



Family
Resource Centre
Cayman Islands Government

Email frc@gov.ky for more information



FRC RECOMMENDS



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ADHD ADVANTAGE: INTERVIEW WITH EDUCATIONAL PSYCHOLOGIST, CHADAY NELSON

- *HAS YOUR CHILD BEEN DIAGNOSED WITH ADHD?*
- *ARE YOU CURIOUS TO LEARN MORE ABOUT TOPICS INCLUDING ASSESSMENT, DIAGNOSIS AND MANAGEMENT OF SYMPTOMS?*
- *DO YOU WANT TO LEARN MORE FROM A SPECIALIST?*

JOIN US FOR THIS INFORMATIVE PARENTING SESSION!

TUESDAY FEBRUARY 18TH AT 12:00 - 1:00PM

ZOOM & FACEBOOK LIVE 

FRC@GOV.KY | 949-8789 | FRC.GOV.KY

FRC RECOMMENDS



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Parenting TEENS

This virtual workshop is designed for parents of adolescents wanting to promote healthy development, minimize risk-taking behaviours, feel confident in their parenting choices, and enjoy parenting more.

10 Virtual Group Sessions
Maximum 12 Participants

Starting February 25th at 12:00-1:00 pm



REGISTER NOW



345-949-0006



frc.gov.ky



frc@gov.ky

SERVICES UPDATE



Legal Befrienders



Clinic and Phone Line

Walk-ins can attend from 4:00pm,
Services commence at 5:00-7:00pm

No appointments

The service offers free confidential legal advice on matters pertaining to legal family issues, domestic violence, maintenance and other legal matters.

UPDATE: For access to professional legal advice contact us at our Department of Counselling Services line:

949-8789

frc@gov.ky | frc.gov.ky

FRC RECOMMENDS COMMUNITY PARTNERS FEATURES

Top Tips For Little Linguists

Each month, we recommend top parenting resources.

In partnership with Literacy Is For Everyone (LIFE), we will feature, a TOP TIP for LITTLE LINGUISTS each month and we encourage parents to connect with LIFE as reading, talking, relationship building are all part of language development and of course, strong parent-child relationships and healthy family life.

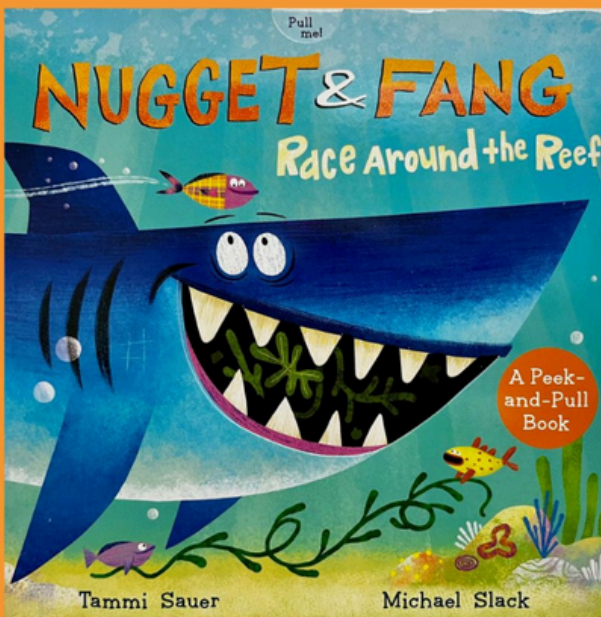
Parent Power

Offer a selection of books about topics that interest your child. Let your child choose. E.g. If they like sharks, 'Nugget & Fang Race Around the Reef.'



info@life.org.ky

Wait for your child to start an interaction - they might point to something or comment on something in the book...



Serve & Return

“ Respond to your child’s ‘serve’ with a related comment...”



Next, **WAIT** for them to take their turn!

Then, add an ‘I think’ comment.

“ I think sharks are very majestic animals.”



Blog

Prioritising Self-Love and Care as a Parent

Parenting, the most rewarding, and challenging, responsibility we have. We pour our hearts, energy, into nurturing and raising our little ones. In the midst of diaper changes, school lunches, and bedtime battles, it's easy to lose sight of one crucial element: ourselves. We often hear the phrase "self-care," but how many of us truly prioritize it? The truth is, you can't pour from an empty cup. Self-love and care aren't selfish; they're essential for being the best parent you can be.

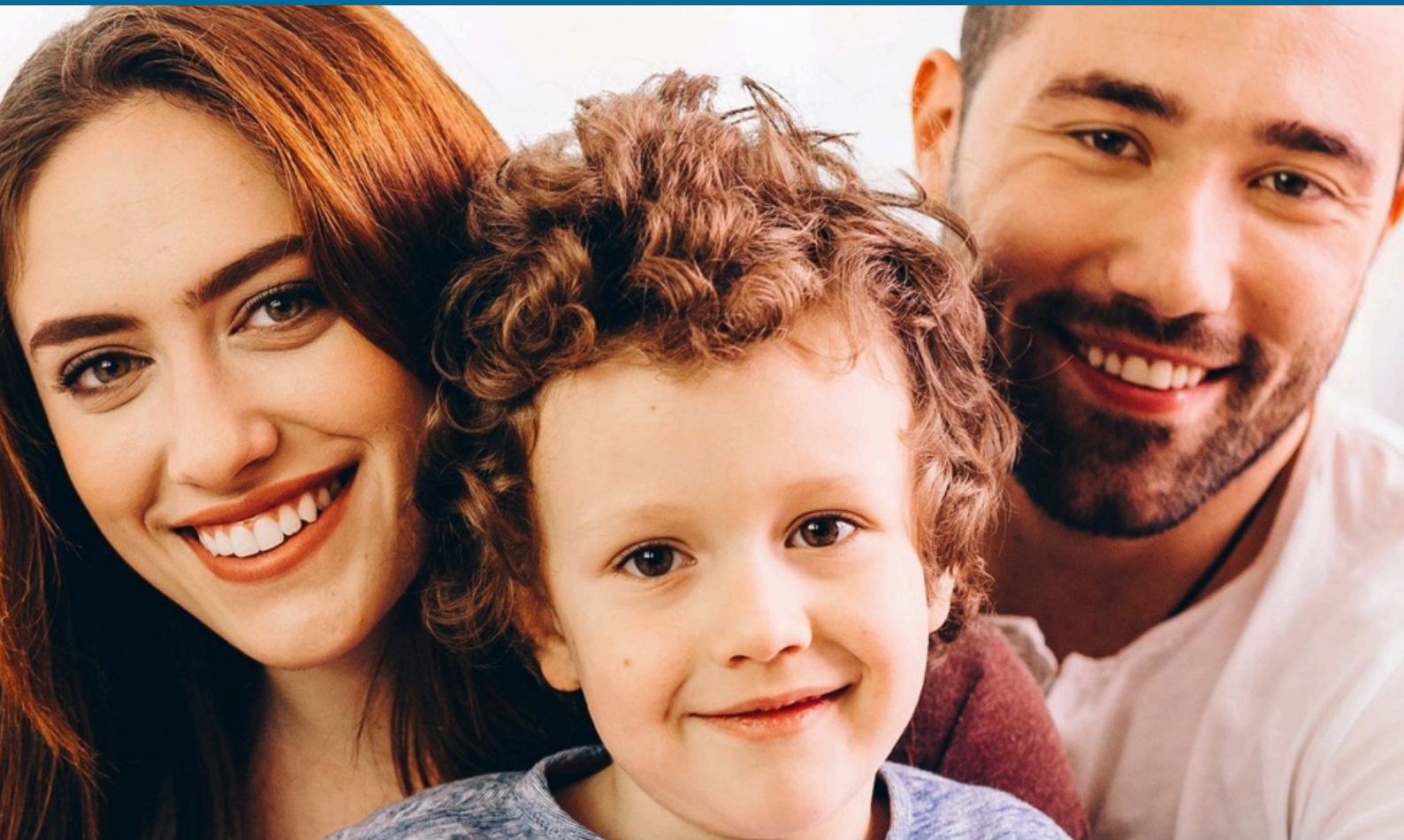
So, where do you even begin? Self-care isn't about grand gestures or expensive spa days (though those are nice!).

It's about incorporating small, manageable practices into your daily life that nourish your mind, body, and soul. Here are some practical tips to get you started:



- **Embrace the Imperfect:** Let go of the pressure to be the "perfect" parent. It doesn't exist! Give yourself permission to make mistakes, ask for help, and accept that some days will be messier than others.
- **Connect with Your Tribe:** Talk to other parents, friends, or family members. Sharing your experiences and struggles can be incredibly validating and supportive. Don't be afraid to lean on your support system.
- **Move & Nourish Your Body:** Exercise releases endorphins, which have mood-boosting effects. Simply a walk or dancing in your living room counts as movement. Also, when you eat well, you feel better, both physically and mentally.
- **Prioritise Sleep:** Easier said than done, right? But even small improvements in your sleep habits can make a big difference. Try to establish a consistent bedtime routine and create a relaxing environment for sleep.
- **Practice Gratitude:** Take a few moments each day to appreciate the good things in your life, no matter how small. This can shift your focus from the negative to the positive and cultivate a sense of contentment.
- **Don't Be Afraid to Seek Help:** If you're struggling with stress, anxiety, or depression, please don't hesitate to reach out to a mental health professional. Taking care of your mental health is just as important as taking care of your physical health. FRC will be launching "Enhanced Triple P" a programme for parents challenged by mental health concerns.

Remember, self-love and care are not luxuries; they're necessities. By prioritising your own well-being, you'll be better equipped to handle the challenges of parenthood and create a happier, healthier environment for your family. Start small, be patient with yourself, and remember that you deserve it. You're doing an amazing job!



FAQs

WHY SHOULD I CONSIDER PARENT SESSIONS?

Because children don't come with instructions. Luckily, we have information and strategies backed by decades of research and evidence to help support you and your family.

AM I ADMITTING I'M A BAD PARENT COMING TO FRC?

You're admitting you're a parent who cares about your family and wants to see your quality of life improve. Any negative views are an unfortunate misconception of supportive services.



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WHAT WILL I GET OUT OF PARENTING SESSIONS?

A parent practitioner who cares about you and your family, supporting you to thrive and reach the parenting goals you want. If you access a group, you also gain great insight into other parents experiencing the same issues and peer support.

DO PARENTING SESSIONS ACTUALLY WORK?

Not only is our work backed by research and evidence, we have years of high evaluations and testimonials from parents who put our strategies into practice and report having a happier and healthier family life.

Family Resource Centre

Building People. Building Families.

Register for our family and parenting supportive services and information.

HOW CAN I MAKE THE TIME AS A BUSY PARENT?

We work with you and your schedule, including meeting during lunch times, before or after work and provide telehealth services as needed. We highly recommend investing in you and your family now - it will make a difference later. In as little as 6-8 sessions, you can see huge results.



REGISTER