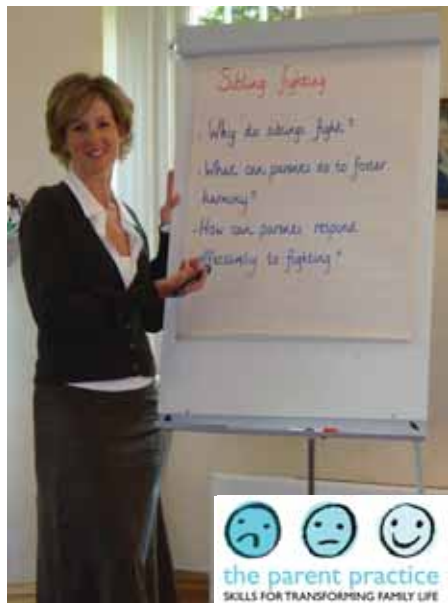


By roving reporter Sarah Husselmann

## Feeling frazzled? Help for parents...

After the long summer holiday parents can't be blamed for feeling frazzled. From time to time, we all need a helping hand and in South West London there's a wealth of options for exasperated parents to choose from.



Melissa presenting at the Parent Practice

### Parent Coaching

If you dream of creating a calm and positive family life and would like to help your children be more confident and cooperative, **The Parent Practice** could be what you're looking for. The Parent Practice provides parent coaching through private consultation, five week courses, one-off workshops and audio programmes. No one is claiming to be the perfect parent but sessions have helped transform family lives. I attended a session where the topic was "Managing difficult behaviours" and then signed up for the "Bringing out the best in boys" workshop. The sessions were informative and enlightening, and made me stop and think about how I tackle the challenges of being a mum. Kate, mum of three from Battersea, has attended a number of workshops and a ten week course, she says, "My husband and I now have the skills and techniques that allow us to communicate with our children in a positive and productive way. We are much calmer parents and our children are confident and happier than ever before, frustrations are now a rarity rather than a daily occurrence. I couldn't recommend the course more highly." It's not often that parents get time to stop and reflect upon how they handle the everyday challenges that children present, so parent coaching can be a great way to hit the pause button on family life, and hopefully start playing again to a happier tune...

### Life Coaching

Perhaps you're less exasperated with your children's behaviour and more fed up with your own...does it feel like you put everyone else first and then get annoyed that you're not realising your dreams? **Katie Duckworth**, mum of two from Tooting Bec, specialises in life coaching for parents. I attended one of her evening workshops, "Put YOU back into your life," and the name speaks for itself. The workshop lasts two hours and includes activities such as identifying your level of happiness in different areas of your life. Once you have chosen areas that you would like to improve, Katie leads you through creating action plans and identifying realistic and achievable goals to get closer to your dreams. Katie also offers one-to-one telephone coaching and specialises in working with people who want to make career changes, or in her words "find the work they were born to do." Katie is a confident and upbeat person and her positive attitude is infectious. The life coaching workshop, like parent coaching, is a great way to take a step back from everyday events and focus on yourself and where you want to be.



Sarah Husselmann and Katie Duckworth during life coaching workshop

### Alternative therapies

I recently attended **Baby Balance** in Clapham and tried cranial osteopathy for the first time. Baby Balance is a monthly social environment providing ante- and post-natal services to maintain a healthy balance. Treatments include massage, reflexology, reiki and craniosacral therapy. Parents and babies can sample treatments for a shorter period of time than you would organise through a local practice, and as treatments take place in the main room prices are reduced. George Monkhouse, co-founder of One Drop Events, comments, "Baby Balance was created to affordably provide a point of contact and support for pregnancy, infancy and parenthood, so parents can understand how important a part our therapies can play in bringing up babies." At the event, Maria Sonberg from Common Sense Osteopaths, SW4 completed cranial osteopathy for my son (9 months) and me. Cranial osteopaths use careful palpation to assess the movements of the cranial bones, spine, pelvis, arms and legs. Where tensions are found, they release them and return the body to normal function. My son was relaxed throughout the treatment and, whilst she worked, Maria gave me more details. For younger babies, possibly still affected by the stress of birth; testimonials about the treatment are powerful. During my session, I could barely feel Maria's touch but was amazed that different areas of my body twitched as she gently assessed the membranes surrounding the brain. It's hard to say whether I felt more balanced but it was certainly a great way to understand how the treatment works. If you're at all curious about alternative therapies, Baby Balance is an accessible way to learn more.



One Drop Events. George Monkhouse, Baby Balance

### Fact File

#### •The Parent Practice

New Course: 5 week 'Positive Parenting Programme' running in Clapham South, Putney, Wimbledon, Fulham and Blackheath - 5 x two hour weekly class, with homework assignments between sessions, and a comprehensive training manual.

**Areas covered:** Build children's self-esteem and confidence, Motivate your children to cooperate, Pass on your values to and provide boundaries for your children, Minimise negative behaviours, Be positively in charge.  
Begins: w/c 14th Sept Cost: £250

#### Contact:

admin@theparentpractice.com  
www.theparentpractice.com  
Tel: 0208 673 3444

#### •Katie Duckworth, Put YOU back into your life

**Workshops:**  
**PUT YOU BACK INTO YOUR LIFE** - 17 September 7.15-9.45pm (Battersea)  
**TAMING TIME** - 27 September 10am-12.30pm (Clapham)  
**FINDING THE WORK YOU WERE BORN TO DO** - 11 October 10am-12.30pm (Earlsfield)  
Cost: £35 per workshop (or book with a friend/partner and pay £50)

One-to-one coaching: Katie is currently offering three telephone coaching sessions for the price of two.  
Session length: 50 minutes  
Cost: £150 for three sessions, reduced to £100 until 31 October 2009.  
**Contact:**  
Katie@putyoubackintoyourlife.co.uk  
www.putyoubackintoyourlife.co.uk  
Tel: 0208 772 7808

•Baby Balance by One Drop Events  
George Monkhouse & Naomi Waring  
onedropevents@gmail.com  
www.onedropevents.com  
Tel: 07801 813 893