All bagged up...

Handmade With Love Luxury Sleepsuit
Quilted cotton sleeping bag with a 2.5 tog rating for all year round use, featuring a soft lining and a drawstring to keep it securely closed. Suitable from birth up to approx. 18 months. Approximate price £20.

Little Green Sheep Organic Newborn Baby Pouch
Organic cotton baby pouch with a lightly padded hood at the top to keep baby warm and cozy, and a soft organic, soft-plush fabric for all-year round use. Suitable from birth, available from www.littlegreensheep.co.uk. £24.95.

Family Matters
Every parent needs a break and every child needs to learn to cope with temporary separations.

SASHA BROWN of Community Family Care, has some tips to support parents

For many parents it can be emotionally and physically draining when children are separated from them. When families with a screening child parents can feel guilty for having a break or needing to go, and it may worsen their anxiety if they feel unable to support parents to feel more confident in dealing with separation problems.

Why do problems occur?

Separation problems are fairly common and may be more evident during stressful family times. Children may worry that a parent will not return or worry about their safety at times of transition such as moving houses, family illness, or relationship problems. Problems may also occur when parents themselves are worried about the child’s safety at times of transition. It is sometimes hard for parents to find the opportunity for this to take place. Parents may pick up that they have been more anxious about leaving because that is how the parent is feeling. Being positive shows your child that there is nothing to feel anxious about.

Problems can be worsened by the manner in which the separation takes place. Giving children little or no time to say goodbye can accidentally prevent the problem behaviour, causing children to do it again. Giving the child time to prepare, such as talking about it in advance, is another way to help.

Plan ahead!

Make sure your child knows where they will be staying and who they will be left with before leaving them on their own. Tell your child about what will happen when they are there, and ask if they would like to take anything with them, such as a special toy or a favorite shoe. These issues can be formidable, so if there is a special requirement and agree on a plan for each child.

Develop a routine for being left and discuss it with your child. For example, you might leave in the morning, have some work to do, but you will come back in the evening and do something different. Allow your child time to say goodbye if they do not want you to. Remind your child when you will be coming back and how much they are expected to cope. Remind them when they are coming back, such as going to the park on the way home.

Reassure

When your return spend some individual time with your child before you leave. Ask about what they did and praise them for any good behavior or for following the steps outlined when you dropped them off. Remember to mention all of the positive behavior and of those things that is something that did not go well, get it out with your child when you are together.

Community Family Care, based in St Asaph, Gloucesteshire helps families, children and young people in need of support. It seeks to improve parents’ confidence, help children and young people develop independence and support, to help children and young people dealing with challenging behaviors at home. The work this staff carries out includes peer mentoring and linkages for young people. Visit: communityfamilycare.co.uk

HELP PUT SAFETY first

Car seats could be a matter of life and death... focus on the importance of play. For more information about the day, visit their website www.nationalchildrensdayuk.com

Child seats can prove crucial in protecting your little one in the event of a crash

The expert’s view

“i work from home but sometimes i have to look after my two-year-old daughter because i can’t afford childcare. How can i best combine work and looking after my child?”

A. Oliver Davies, childcare expert at Safety 1st

“Combining work and family successfully is never easy, so there’s no simple answer.

The unavoidable truth is that you do need some kind of childcare in place while you’re working. You simply can’t do a good job, whether that’s looking after your home or your work. Full-time childcare is expensive, and if you can’t afford the typical options (i.e. nursery, nanny or childcare) then start thinking outside the box.

Approach family and close friends for help – you may be able to negotiate a flexible arrangement where you work at home and your co-workers or friends provide childcare.

If you can offer something in return – some free babysitting for them perhaps you might be pleasantly surprised at just how much support you can tap into.

Amanda reid, managing director at Safety 1st, offers a few tips to get started.

“Your income is below a certain level you can steal a couple of hours. You can certainly access some free childcare. Approach family and close friends for help – you may be able to negotiate a flexible arrangement where you work at home and your co-workers or friends provide childcare. Alternatively, you can offer something in return – some free babysitting for them perhaps you might be pleasantly surprised at just how much support you can tap into. If your income is below a certain level you can steal a couple of hours. You can certainly access some free childcare. Approach family and close friends for help – you may be able to negotiate a flexible arrangement where you work at home and your co-workers or friends provide childcare.

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Do you have any advice?

This week’s dilemma is all about unacceptable behavior at work.

From what you have shared, your work environment sounds very unhealthy and unsafe. I am concerned by the behavior of men in your office. If this is affecting you, I would not expect you to name and shame the person. This will only cause you more frustration. I would not expect you to name and shame the person. This will only cause you more frustration.

Whilst I would not expect you to name and shame the person, allowing the behavior to continue affects both you and the company you work for. It is your responsibility to protect your colleagues. There are any company policies, staff handbook with codes of practice and standard procedures? If these are in place, then you must follow these. This will prevent the behavior from spreading to other colleagues. You should also speak to your manager and ask for a formal meeting.

Do you have any advice?

Ask Audrey

Have you got a question about Audrey? Email: gosmede.co.uk

I’m the brunt of a lot of sexist jokes

Q

A

I am a 26-year-old woman and i work as an in-office male. The men are a lot older (by 10-20 years) than i am. I am not a prude, i am often around kids, but i still get a lot of jokes about being pregnant, which i feel should not be tolerated at larger companies with equal pay, but if i can work late but i can’t tolerate it but i am taking its toll and I am at the point of dreading going to work in the morning. There are no other employees who can stick up for me and i want it to stop. Do you have any advice?