



RYDE FAMILY SUPPORT SERVICE

NEWSLETTER DECEMBER 2007

Some suggestions for the Christmas Holidays



Carols in Eastwood Plaza Thursday 13 December from 6.30 – 9.00pm.

Come along and sing your favourite carols with various choirs. Free glow stick candles and Santa hats will help create the Christmas atmosphere. Mr & Mrs Clause will drop in with a sack full of sweets for the children.

The New Riverside Markets Every second Saturday of the month

Riverside Girls High School, Victoria Road, Huntley Point. 9am – 3pm
Over 70 Stalls, art, craft, antiques, collectibles, farm fresh fruit and vegetables, plants, fresh flowers and gourmet food.

Sydney Olympic Park Movies in the Overflow

A large selection of movies will be available from January 5 2008. Food and beverages are available from 6pm and the movies begin at 8.30pm. All movies are free. Phone 9714 7888 or go to info@sydneyolympicpark.com.au for details of movie showing on which days. Also for other events on at Olympic Park during the holidays. The Overflow is conveniently located between Telstra Stadium and Olympic Park Station.

**Sydney Olympic Park
Carols by the Cauldron 2007
Saturday 15th December**

These carols will be hosted by Mark Ferguson Channel 9 News Anchor. There will be entertainment from 6pm including free children's craft and Alvin and the Chipmunks until the concert starts at 8pm.

**Sydney Festival
January 5 – 26, 2008**

There are lots of activities some free and some with a cost involved. For information go to www.sydneyfestival.org.au and click on request a brochure or phone Lyn at Ryde Family Support Service and I will do it for you.

Tips for managing Christmas stress.

Often as a parent you want to make the Christmas holidays a special time. This can be achieved by focusing on love and the magic of Christmas and keeping plans to a manageable level, allowing that sometimes things may go as you have planned.

Take time to relax, if you are relaxed the children will respond the same way and this will lessen their acting up and fighting with their siblings. With the children's behaviour stand firm on the important things and let the minor annoying things slide.

Discuss with the family what traditions they think are important to do during this festive time and then let go of any other things till a later time.

Talk to children about what they expect regarding presents and if it is not possible discuss with them other choices.

Don't make children talk to people if they don't want to, they will warm up and talk when they are ready. Give them quiet time so they don't become too tired.

Try to minimise going to too many different events and visiting people.

Remember you can't please everyone and that there is always next year.

Quick and Easy Shortbread

Melt 250grams butter, allow to cool. Sift 1/3 cup icing sugar and 1/3 cup cornflour into bowl add 1/4 cup white sugar. Add butter and 1/2 teaspoon vanilla essence beat the mixture until thick and creamy. Add flour and mix with a spoon well.

Press into a greased and lined slice tray 18cm x 28cm (7"x11"). Mark into fingers with a sharp knife and prick each piece with a fork.

Bake in moderate oven 170degrees for 30 minutes or until golden brown.

Cut while still warm in tin and leave to cool in tin.

Relationships.....

To bring one's thoughts and to hear the other's,
To express one's enthusiasm and to delight in the other's,
To reveal one's self and to reflect the other,
To value one's self and to esteem the other,
To enjoy one's creations and to treasure the other's,
To pursue one's growth and to nurture the other's,
To cherish one's solitude and to honour the other's,
To follow one's interests and to encourage the others,
To act at one's pace and to accept the other's,
To indulge one's self and to give to the other,
To involve one's self and to assist the other,
To protect one's self and to comfort the other,
To see one's self and to behold the other,
To be one's self and to let the other be,
Is to love one's self and to love the other.

By Patricia Evans, 1996

Playgroup

Playgroup at St Anne's will recommence at the start of Term 1 on Friday 1st February.

School Holiday Activity for January 2007

Craft Explosion Tuesday 8th January for 5-8 year olds and Friday 11th for 9-12 year olds.
Time 10am – 12noon. Morning tea will be provided. Booking are essential, limited spaces available.

Ryde Family Support Service will be closed Monday 24th December at 4.30pm and will reopen on Wednesday 2nd January 2008.

**THE STAFF AT RYDE FAMILY
SUPPORT SERVICE WISHES YOU
AND YOUR FAMILY A HAPPY
PEACEFUL AND SAFE CHRISTMAS**