

The Ten Ten primary schools team working with children

First Monday newsletter

July 2016

Making Space & Time

Fr Stephen Wang writes:

The most important thing you can 'do' for your children, the greatest gift you can give them, is simply to spend time with them.

Time doing things together. Time just being around. Time just being in the background. It's not about spoiling them, or fussing over them all the time, but just being there, being interested, being present. They may not realise it or tell you, but children long for their parents' time and attention. It makes them feel loved and valued, and it gives them a sense of security. It gives them the opportunity to talk and share in an unforced way. Children don't need quality time (when there is pressure to talk and relate intensely), they simply need quantity time.

Others say:

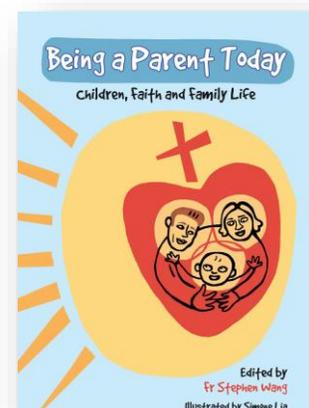
- 'Enjoy being with your children – even if you feel tired or distracted. Have fun with them. Play a game. Read a book. Explore the world with them. Plan an outing or activity that they can look forward to, one that you can be involved in. Go out together as a family.'

Continue...



Ten Ten produce a newsletter for parents on the First Monday of every month.

The text on the left is taken from the booklet which was given as a free gift to all parents who attended one of our sessions in schools. In the booklet, Fr. Stephen Wang gathers the thoughts of parents and others on "Being a Parent Today: Children, Faith and Family Life."



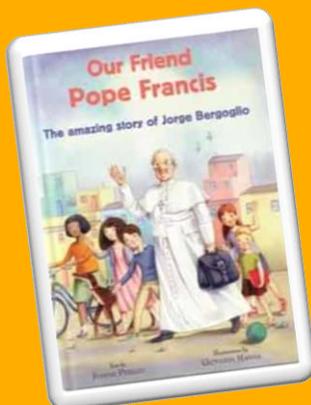
Making Space & Time

- ‘Sometimes you need to set aside time to be with your children. It’s easy to become completely caught up in your own work and activities and personal ambitions as an adult. You don’t have to give up everything for your children, but you do have to put them first in your list of priorities. They shouldn’t be an afterthought to your busy life. It may feel like a sacrifice, to give up something you want in order to spend more time at home, but the long-term rewards in your relationships and family life will be huge.
- ‘If you are not there for them as a mother or father, then they will seek ‘parental’ support elsewhere, perhaps in places you don’t approve of.’
- ‘I try to take time with younger children especially at bedtime. To leave space at the end of the day for reading a story, for talking about the day, for saying bedtime prayers. All of this is difficult if there is no routine or if the children are going to bed too late and too tired.’
- ‘Try walking to school if it is possible’. Even if it seems to be a waste of valuable time, it can give your children space to talk and share in the most natural way.’
- ‘Don’t believe all the horror stories: Teenagers can be great fun. If you have invested time at an early age it will help now. Yes, they often want to



be off somewhere else. But there are opportunities in the ordinary times of the day just to be around and spend time within earshot. And even they will appreciate you giving them some special time or doing something together’.

- ‘Children need time not just with you but also with their friends. You can encourage your children to bring their friends home, and make your home a place of welcome for them. This is about being kind, but it also means that you get to know them and that these friendships can grow in a safe environment.’
- ‘We can’t dictate which friends our children will have, but we do try to encourage relationships with children and families we believe will be a good influence. If you yourself make friends with good



CTS Book of the Month

OUR FRIEND POPE FRANCIS

The amazing story of Jorge Bergoglio

A beautifully illustrated hardback biography telling the story of little Jorge’s humble roots in an immigrant family in Argentina, his calling to the priesthood and ministry in Argentina and his election to the Papacy. His inspiring story is attractively communicated by the places that witnessed the growing up of this remarkable man of faith.

PRICE: £9.95

people, who share your values, it's more likely your children will form healthy friendships with good people, for example, with the children of your friends. You can steer them into positive relationships and environments. We try to give them freedom, and let them make their own mistakes. But now and then, if someone is a very bad influence on your child, you may need to step in and insist that they stop seeing them. This is hard, but sometimes necessary. You need to be firm in your own mind, and clear with your child why you have made this decision.'

- 'If a child is finding it hard to make friends, encourage them to invite someone to tea after school. Talk to them, without making them worried. Encourage them to be brave and take risks in friendship. If they are younger, you could talk to another parent about the children getting together.'

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Ten Ten Theatre is a professional theatre company working in schools, churches, prisons, care homes, within communities and in theatres throughout the UK. It is part of Ten Ten, a national Catholic educational charity.

We are a family-run independent organisation based in North London.

Mass is celebrated for the intentions of the children and parents we meet in schools on the First Monday of every month.



To make a donation to The Ten Ten Charitable Trust, please [click here](#)