



# PREPARING FOR CHANGE RESOURCES

"With emotionally responsive parenting, vital connections will form in the brain, enabling them to cope well with stress in later life, form fulfilling relationships; manage anger and other emotions well, have the will and motivation to follow their ambitions and their dreams; experience the deepest calm; and be able to love intimately and in peace" -

[www.changingcyclescommunity.com](http://www.changingcyclescommunity.com)



# **JOANNE CALLAN**

**HOLISTIC THERAPIST & WELLBEING COACH,  
RELAX KIDS COACH &  
FOUNDER OF CHANGING CYCLES COMMUNITY INTEREST  
COMPANY**

Joanne has been working in the area of holistic health & well-being since 2007 and as a Relax Kids Coach since 2012.

Relax Kids Programs have been developed to support social & emotional well-being in children and to help nurture and develop their emotional intelligence. In the 21/22 school year, Joanne was delivering programs to approx 1000 children per week.

In July 2020, Joanne founded Changing Cycles Community Interest Company. In early 2022, she was approached by some of the schools that she worked in to support the delivery of their RSE Curriculum. The program was very successfully piloted in 2 schools. Rollout is continuing during the 22/23 school year.



CHANGING  
CYCLES

As a Social Enterprise, our purpose is:

- The delivery of a variety of programs for all ages, abilities, genders and cultural backgrounds to educate and empower people by giving them a deeper understanding of the rhythms and cycles within their bodies and the world around them.
- To help people develop healthy relationships with themselves, their families, communities and wider society.
- To educate, empower & support women of all ages to understand the physical, emotional and energetic aspects of their menstrual cycle & to share this wisdom with the people around them.
- To support a holistic approach to health and well-being in our community with a particular focus on mind, body, and nutrition and helping to bring understanding to the impact of diet culture, obesity bias and weight stigma on an individual & societal basis.
- Through our sister company Moon Times, we produce & supply menstrual & personal hygiene products that are better for humans and better for the environment.

m♀ontimes



Thank you for attending the Preparing For Change Sessions for Parents.

We truly appreciate your time. Your feedback shows the need for our community to be supported in this area. Any suggestions for additional programs and or anything we could have done differently are most welcome.

Here are some resources that we talked about and some others that might be helpful.

Remember this is a journey rather than a destination so be gentle with yourself. You don't need to do it all at once.

**With all of these external and 3rd party resources our facilitators and as an organisation we may not personally agree with all the information or suggestions given.**

We suggest them as resources for adults to gain information. If something causes a strong reaction, this can be a great space to explore why that is so and to perhaps heal and grow so that we can best support our young people to navigate the world that they will grow up in.

Your child/family may never be directly affected by the circumstances or topics covered in some of the resources however, they may have peers/friends who are and they will still have to navigate their response.

A range of resources and viewpoints can provide us with food for thought and ultimately we need to merge any information gained with our own beliefs, values, morals, and ethics and find the fit that is right for each family.

The key to successfully supporting our young people is with open minds and open hearts.



Since the revised Northern Ireland Curriculum was introduced, Relationships and Sexuality Education (RSE) has been a statutory component of the following key areas of learning:

- Personal Development and Mutual Understanding in the Foundation Stage;
- Personal Development and Mutual Understanding at Key Stages 1 and 2;
- Personal Development and Home Economics statements of requirement for Learning for Life and Work at Key Stage 3; and
- Personal Development strand of Learning for Life and Work at Key Stage 4.

At Changing Cycles, we agree with the Education Authority (NI) statement:

"RSE is a lifelong process. It helps children and young people acquire knowledge, understanding, and skills, and to develop attitudes, beliefs, and values about relationships, sexuality, and intimacy.

Effective RSE, which is taught in a sensitive and inclusive manner, encourages children and young people to value themselves as individuals and to make responsible and well-informed decisions about their lives."

We endeavour to support schools in ensuring that their pupils receive the education & support they need, in a way that is aligned with the values of the school community.

For Catholic Schools, our program follows the guidelines provided in the Guidance Document for Primary Schools: Northern Ireland (NI) 2021 Relationships and Sexuality Education Guidance issued by The Catholic Schools' Trustee Service.

<https://www.catholiceducation-ni.org/wp-content/uploads/2021/05/RSE-Guidance-Booklet-Primary.pdf> and the Flourish Program and the Flourish Program. <https://www.downandconnor.org/diocese/education/catholic-education-relationship-sexuality-education/>



# Suggested Resources

Menstrual Wellness Books Available On Changing Cycles/Moon Times:  
<https://www.changingcyclescommunity.com/books-gifts>

- Why Does Mummy Bleed
- Wisdom Wishes (whilst this is anxiety related it is useful for all parents wanting to understand anxiety and other emotional issues in children)
- Reaching For The Moon - Lucy Pearce
- Pink Lemonade - Sarah Mahoney
- My Period - Milli Hill
- Autism Friendly Periods - Robyn Steward

**Please note:** With any of the above books, we recommend that **parents read them first** to ensure that they are familiar with the information that is given and that they mirror it with their daughters.

We also stock

- Hey Girl First Period Kits
- Our Own Reusable First Period Kits.

Details of our Mother/ Daughter Retreat Days can be found on  
[www.changingcyclescommunity.com](http://www.changingcyclescommunity.com)



Love Language Blog & Info Blog: <https://biglifejournal.com/blogs/blog/connect-child-activities-love-languages>

<https://5lovelanguages.com/>

I am Sarah Sproule - Instagram Account -

<https://www.instagram.com/iamsarahsproule/?hl=en>

You may not agree with everything suggested here, and that's ok as one parent mentioned "I didn't go into as much detail however it did support me to say something and address the topic."

Birds & The Bees Instagram

[https://www.instagram.com/birds\\_\\_bees](https://www.instagram.com/birds__bees)

**Audio Books & Podcasts are great tools for busy parents.**

- The Whole Brain Child - Dan Siegel
- Raising Boys - Steve Biddulph
- Gentle Eating & Between by Sarah Ockwell-Smith - If you were to choose one book we would suggest reading Between - it is a valuable source of info and reflection for parents and anyone nurturing children between the ages of 8 & 13.
- Body Happy Kids - Molly J Forbes
- Let's Talk by Richie Sadlier - Whilst aimed at teenage boys - we highly recommend it for parents even if you only have girls. It will help you prepare them and gain a great insight into the world they are growing up in.
- Sexeducated - Grace Alice O Shea - Aimed at Older Teens - again might be helpful to read yourself to help build knowledge and confidence.

A really worthwhile listen: <https://www.rte.ie/radio/radio1/clips/22083897/>

SexEdRescue with Cath Hakanson on Facebook and the website

<https://sexedrescue.com/> she has listed a range of books on different topics and for different age groups.



All information covered during the children's sessions is in alignment with the Northern Ireland School Curriculum and for Catholic Schools the guidance received from the Church's governing body.

We don't use video resources for our programs preferring to use posters and conversations. We wish to set the example by our actions that the internet or online resources are not the place for accessing information.

In response to the questions we received some of the blogs on both [www.changingcyclescommunity.com](http://www.changingcyclescommunity.com) and [www.trythealternative.net](http://www.trythealternative.net), will be helpful.

If you have any specific concerns about your child's physical or emotional well-being get in touch with Joanne our Founder who can also offer 1:1 support through Try The Alternative, she can arrange a Parent Consultation to see what help or support she would suggest.

For anyone concerned about their child moving from primary school to a much larger post-primary, know that the post-primary schools do a fantastic job at supporting this transition. If you have any specific concerns please ensure that you contact the school for reassurance and to request additional support if needed.

We encourage you to engage with your children about what is covered in their sessions and expand the conversations.

*There is a saying "It takes a village to raise a child". At Changing Cycles, we hope to be part of bringing back village thinking to support children & families, by delivering programs that have an integrated approach that is essential for the well-being of the next generation. By working together we can support our children and young people to be healthy, happy, and respectful adults.*