



FAMILY RESOURCE CENTRE NEWSLETTER

Monthly Edition
June 2026

Building People - Building Families

Welcome to the June edition of our newsletter. This month, we look forward to celebrating Father's Day and honouring the vital role that fathers and father figures play in shaping strong, resilient families across our islands.

To support your entire household as we head into summer, the Family Resource Centre is actively increasing our community presence, making practical parenting tools and resources more accessible than ever. Our goal is to ensure you feel confident, equipped, and fully supported over the summer months and into the new school year!

Thank you for your dedication to your family and for being a vital part of the FRC network.

QUARTER 3 UPDATES

- Join our new Parenting in the District sessions - June 2nd and 16th at the Joanna Clarke Primary School. No registration required. See flyer on page 6.
- Summer is the perfect time to prepare for the new school year. Gain new parenting skills at one of our evening programmes in August. See page 2.

CONTACT INFO

- 📞 345-949-0006
- ✉️ frc@gov.ky
- 🌐 frc.gov.ky



Family
Resource Centre
Cayman Islands Government



CONTENTS

- [Upcoming Summer Programmes - pg. 2](#)
- [Blog: Embracing Every Feeling - pg.3](#)
- [5 Summer Safety Rules - pg. 4](#)
- [Community Updates - pg. 5](#)
- [FAQ - pg. 7](#)

Tip of the Month:

[Encourage instead of Praise](#)

It's not always the end result that matters. Noticing your child's effort along the way builds true self-esteem and confidence.

Try this: "I can see you worked really hard at that".

REMINDERS

- **Presentation Requests can be made through our website**
<https://www.frc.gov.ky/frc-presentation-request-form>
- **SNAP Summer Camp 2026**
July 7-17th, 2026, 8AM to 3PM
Volunteers needed!

UPCOMING SUMMER PARENTING PROGRAMMES

**Tuesdays
August
4th**



Parenting Teens

Designed for parents of adolescents wanting to promote healthy development, minimize risk-taking behaviours, feel confident in their parenting choices and enjoy parenting.

5 Sessions | 5:30 to 7:30PM | In-person | Register by Friday July 31st

**Wednesdays
August
12th**



Family Transitions

Designed for parents who have been or are going through separation and divorce where there are unresolved conflicts and difficulty communicating effectively. Aimed to support reduction in conflict and work/family balance.

5 Sessions | 5:30-7:30 pm | In-person | Register by Monday August 10th

**Wednesdays
August
19th**



Triple P Fear LESS

An evidence-based programme designed to help parents reduce children's anxiety, build emotional resilience, and develop practical strategies to manage fears and worries confidently.

6 Sessions | 5:30 - 7:30 | In-person | Register by Monday August 17th

Our upcoming parenting programmes utilize the evidence-based Triple P framework, delivered by accredited facilitators to ensure participants receive the highest quality support and proven strategies for success.



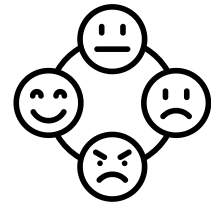
All programmes are **100% free!**
Interested in further parenting support?

Connect with us frc@gov.ky or www.frc.gov.ky/register



Register here!

EMBRACING EVERY FEELING: THE FIRST STEP TO EMOTION REGULATION



As parents and caregivers, our natural instinct is to protect our children from discomfort. When a child cries, screams, or sinks into a sullen silence, we want to fix it. We might instinctively say, "You're okay," "It's not a big deal," or "Don't be sad."

While well-intentioned, Parenting Practitioner Torrie Lewis says, "these phrases can accidentally send a confusing message to a developing brain: What you are feeling right now is wrong, unsafe, or unacceptable".

In the world of child development, we talk a lot about emotion regulation—the ability to monitor, manage, and adapt our emotional states. But there is a vital prerequisite to regulation that we often skip: **you cannot regulate an emotion that you aren't allowed to feel.**

For children to learn how to manage their big feelings, those feelings must first be normalized, named, and permitted to exist.

So let's talk about how to build an "emotion safe" house:

- **Name It to Tame It:** Label the emotion without judgment to build their vocabulary.
 - "I see your fists are clenched. It looks like you are feeling really frustrated right now."
- **Validate Before You Guide:** Acknowledge their reality before jumping into "fix-it" mode or delivering a consequence.
 - "You worked really hard on that drawing. It's sad when something we are working on breaks."
- **Be a Calm Anchor (Co-Regulation):** An escalated child cannot process a lecture because their nervous system is in "fight or flight." Lower your volume and slow your pace; share your calm during chaos!
- **Reframe Vulnerability as Strength:** Praise your kids when they display emotional honesty.
 - "Thank you for telling me you're nervous about camp. It takes a lot of courage to share our worries, and I'm proud of you."

Emotion regulation is a lifelong journey, and children thrive on consistency. By creating a household culture where all emotions are normalized and permitted, you aren't encouraging your children to be "overly sensitive"—you are giving them the ultimate psychological toolkit. You are teaching them to understand their internal world and navigate the ups and downs of life with confidence and true resilience.

KEEP SUMMER SAFE:

FRC'S SUMMER SAFETY GUIDE



Summer is almost here! With more free time, camp schedules, pool days, and screen time, it's the perfect season to refresh our family safety habits. This year, we are using the MBF 5 Safety Rules© from the Monique Burr Foundation to guide our summer safety checklist.

Here is how you can apply these five simple rules to keep your kids safe, confident, and happy all summer long:

1. Know What's Up



Be aware of surroundings, plans, and supervisors.

- Verify who will be supervising your child. Ask camps about their policies for counselors
- Track the apps your kids use and keep devices out of bedrooms.

Know What's Up

2. Spot Red Flags



Recognize warning signs of unsafe people or situations.

- Teach kids that adults asking for secrets or online "friends" asking for photos or personal information are major red flags.
- Remind kids they control their bodies and can say "no" to unwanted physical contact.

Spot Red Flags

3. Make a Move



Take action to get away from uncomfortable situations.

- Establish a safeword or an emoji (like 🚫) your child can text for an immediate, no-questions-asked pickup.
- Teach kids they don't have to be polite to someone making them feel unsafe—they can run and yell.

Make a Move

4. Talk It Up



Use your voice to report unsafe things to a Safe Adult.

- Help your child name 4 "Safe Adults" (2 at home, 2 outside the home) they can tell anything to.
- Reporting vs. Snitching: Remind them that snitching gets someone in trouble; reporting helps keep someone safe.

Talk It Up

5. No Blame | No Shame



If something unsafe happens, it is never the child's fault.

- Reassure kids they won't be punished for reporting an unsafe situation, even if they broke a rule first.
- The Script: Tell them: "No matter what happened or what mistake you think you made, you are never to blame and will never be in trouble for telling me."

No Blame | No Shame

The Family Resource Centre will be running 2 FREE MBF Safety Trainings on August 5th, 2026 for kids aged 8-11 and teens aged 12-17.

For further information, please email us at frc@gov.ky.

COMMUNITY ANNOUNCEMENTS

FRC in the Community: May Round-Up!



The month of May was an incredibly busy and rewarding one for the Family Resource Centre! We hit the road to take our resources straight into the heart of our neighborhoods, connecting with families alongside our wonderful local partners. We were honoured to connect with our youth at the Alex Panton Foundation’s Community Mental Health Event, share about our Stood Up Anti-Bullying Campaign at the Youth Asset Fair, and connect with families in a relaxed setting during the Mother’s Union Family Fun Day in East End. Collaborating in these spaces allows us to meet you exactly where you are, making vital support accessible to everyone across our islands.

And our efforts don’t stop there! We are excited to launch our Parenting in the Districts series, where we come directly to your community. **See next page for more details!**

Infinite Mindcare presents 'Presence Over Perfection: The True Impact of a Father'



In this conversation, Psychologist Greg Miller explores how a father’s presence shapes a child’s emotional and academic well-being. Move past outdated stereotypes to discover why consistency matters more than perfection. Spots are limited—secure your space for this important discussion [here](#).



Department of
Counselling Services
Cayman Islands Government



Family
Resource Centre
Cayman Islands Government

Parenting

in the DISTRICTS

 Savannah/Newlands
Bodden Town

JOIN OUR COMMUNITY PARENTING SESSIONS:

Tuesday June 2nd - Healthy Limits on Screen Time
Learn how to lessen screentime without triggering a meltdown.

Tuesday June 16th - Calm, Clear, Consistent:
Behaviour Management Strategies
Discover positive, effective ways to handle big emotions and daily challenges.

6-7PM | Joanna Clarke Primary School | Open to all

100% free! No commitment required.
Refreshments provided!

FAQS

How much do your programmes cost?

All of our services are provided free of charge. We believe that every family in the Cayman Islands should have access to high-quality support regardless of their financial situation.

What can I expect when attending for services?

Each client goes through a short intake process where we gather information about your family to ensure the service we provide is the right fit for your specific needs. We prioritize the privacy of every family we serve, and all information shared is kept strictly confidential within professional safeguarding boundaries.

Do I need a referral to attend for services?

No referral is necessary for any of our services, whether it is individual parent coaching, a family programme, or an online workshop. You can self-register by contacting us directly via email, phone, or our website.

Where are the sessions held?

All sessions are held at our office located on the 1st floor of Adonis House, #75 Fort Street. Our office is conveniently located in the heart of George Town for easy access.

Can both parents attend together?

Absolutely. We encourage all parents to be on the same page, as consistent strategies greatly benefit the family. However, for specific co-parenting services, we recommend that each party attend their own separate sessions. This allows each parent to focus on their individual growth and skill development.

How can I stay updated on new programmes?

There are tons of ways to stay informed. We are active on Instagram - frccayman & Facebook - Family Resource Centre. Our website is also updated regularly with information. You can also email us at frc@gov.ky to be added to our direct mailing list for all upcoming registration dates.

Join our WhatsApp Channel to stay updated with our parenting sessions, upcoming events, parenting tips and tools and more!



**Family
Resource Centre**
Cayman Islands Government

SCAN ME

