

Early Intervention Family Worker Newsletter

10th Jan 2022

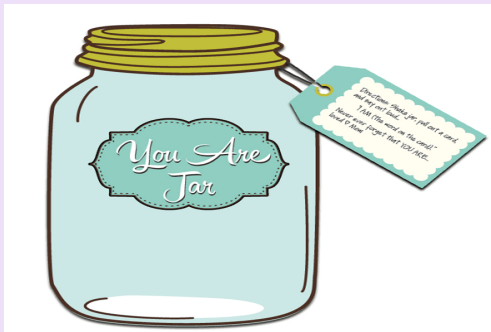
Early Intervention Family Workers

are linked to Primary Schools and are available to provide information, support, and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean, and we are working virtually at present, providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.

Activity Idea

An easy or interesting activity parents could do with their children.



This positivity jar can include positive words, comments and affirmations that can be looked at time and time again to help children feel positive especially when they might be feeling low.

You will need an empty jar, paper, and pens. Together sit and talk about what you each find positive and think about the things you love about each other. Write them down on the coloured paper and pop in the jar. Example. Red paper for you, green for your child etc. That way you will know who has written what.

Parenting Top Tip

Help your child spot the signs of anger: Being able to spot the signs of anger early can help your child make more positive decisions about how to handle it.

Talk about what your child feels when they start to get angry. For example, they may notice that:

- their heart beats faster
- their muscles tense
- they clench their teeth
- they make a fist
- their stomach churns

Anger tips for your child: Work together to try to find out what triggers the anger. Talk about helpful strategies for managing anger. You could encourage your child to:

- count to 10
- walk away from the situation
- breathe slowly and deeply
- clench and unclench their fists to ease tension
- talk to a trusted person
- go to a private place to calm down

If you see the early signs of anger in your child, say so. This gives them the chance to try their strategies. **Be positive:** Positive feedback is important. Praise your child's efforts and your own efforts, no matter how small.

This will build your child's confidence in their ability to manage their anger. It will also help them feel that you're both learning together.

Another Resource

An interesting or helpful website:

<https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids?collection=have-fun-at-home>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.org.uk) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to www.cambridgeshire.gov.uk/residents/children-and-families/local-offer



Cambridgeshire
County Council



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