

Early Intervention Family Worker Newsletter

31st January 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.

Parenting Top Tip

What is the best way to keep children healthy?

1. Pay attention to the kind of food you buy...lots of fruit and veg (nature's snacks)
2. Use child size portions...
3. Eat meals and snacks together as a family...
4. Give your children plenty of water and milk to drink. ...
5. Monitor your children's activities...less screen time, more sleep
6. Make physical activity part of your family's routine. ...
7. Teach your children healthy oral health habits.

For more tips-

<https://www.nhs.uk/healthier-families/>

Activity Idea – Balloon Tennis

Instructions

1. Using a ruler and a pencil draw a stick that is 7 inches long and 1 inch wide. Once you have done this, carefully cut out the cardboard (you may need to use 2 layers of cardboard to make it strong enough). Do this once more so that you have two sticks – these will be the handles for your rackets!
2. Place one stick at the back of a paper plate using some sticky tape (or cut out a circle of cardboard). Now decorate the racket as you please using markers. Your tennis rackets are now ready!
3. Now with the help of an adult, blow up some balloons – these will be your tennis balls!
4. To make the “net”, place a scarf on the floor in the middle so that both players have equal space.

World Cancer Day every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC).

See below how you can help raise awareness.

<https://www.worldcancerday.org/>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cams.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