

# Early Intervention Family Worker Newsletter

## 14<sup>th</sup> March 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.

### It is almost spring. Here is an activity to help our birdlife

#### WHAT TO DO



#### YOU WILL NEED:

Mix of birdseeds, cooked rice, grated cheese, dried fruit-chopped nuts. Lard or suet, pinecones, coconut shell, or, clean yogurt pot, String

1. Mix all the dry ingredients together in a bowl
2. Add the fat and give it a good mix around until combined (if you need to melt the fat, ask an adult for help)



3. If you have chosen a pinecone, smother the mixture all over it; or if using a coconut shell or yoghurt pot fill the inside with the mixture
4. Hang your feeders with string, or pop it out and leave on a bird table.

### It is Nutrition Month! So here are some Easy Tips for Picky Eaters

#### 1 Keep Trying

Fussy eaters often change their minds.

#### 2 Start Young

Nurture healthy habits from an very early age.

#### 3 Don't Bribe Them

Bribes can lead to thoughts like 'broccoli isn't yummy but the treat is'

#### 4 Change the Texture

Varying the textures of food helps their tastebuds acclimatise.

#### 5 Eat Healthily

Stock your cupboards with fruit and veg and try avoiding junk food.

#### 6 Create a Routine

They may fight it but children thrive on routine.

#### 7 Limit Snacks

Mealtime pangs? Give them a glass of water.

#### 8 Create Meals Together

This enhances experience by using all their senses.

#### 9 Don't Force Feed

Forcing children to eat only causes food anxiety.

#### 10 Enjoy Mealtime

Mealtimes are for bonding. Get excited about it, 😊

There are lots of scary things going on in the world at the moment that may be causing worry or stress to children.

#### For ideas on how to talk about them:

<https://www.pacey.org.uk/working-in-childcare/spotlight-on/supporting-children-through-trauma/>

<https://www.childrenscommissioner.gov.uk/2022/02/25/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)