

Early Intervention Family Worker Newsletter

16th June 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.

We are **starting to return to schools**, although still providing phone and email support.

Feel free to get in touch via the contact details at the bottom of this newsletter.

Fun Activities for Quality Time Together

Re-discover your own childhood games - hopskotch, hula hoops, tag, board games or card games.

Have a nature hunt to find different types of flowers, rock and leaves.

Make a simple obstacle course for a creative game. This also reinforces the concept of sequence and direction.



5 Parenting Tips.

#1 Be a good role model

Don't just tell your child what you want them to do. Show them.

#2 Be a safe haven for your child.

Children raised by parents who are consistently responsive tend to have better emotional regulation.

#3 Talk with your child.

By keeping an open line of communication you will have a better relationship with your child and they will come to you when there is a problem.

#4 Pay attention to your own wellbeing.

Don't be afraid to ask for parenting help. Having some me time for self-care is important.

#5 Keep things in perspective and remember your parenting goal.

What is your goal of raising a child?

National Autistic Society

The Cambridge branch of the National Autistic Society provides support to individuals of all ages with autism and their families and carers and campaigns for better local services for those living with autism in Cambridgeshire.

To contact the Cambridge branch please call NASCambridge@nas.org.uk or 07920 150407

<https://www.autism.org.uk/what-we-do/branches/nas-cambridge-branch>

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