

Early Intervention Family Worker Newsletter

27th September 2021

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.

SHIFT FROM A "STRESS HURTS" TO A "STRESS HELPS" MINDSET



1. ACCEPT THAT YOU CAN'T PREVENT STRESS, STRESS IS AN **OPPORTUNITY TO GROW.**



2. SEEK TO **UNDERSTAND** YOUR CHILD'S STRESS, RATHER THAN DISMISS IT.



3. EXPLAIN THAT STRESS CAN BE GOOD WHEN YOU **LEARN** FROM IT.



4. HELP YOUR CHILD FIND AREAS OF **GROWTH.**

BIG LEE JOURNAL - BIG LEE JOURNAL.COM



World heart day is celebrated on 29th September of every year. It is aimed at drawing people's attention to heart illness and the range of associated health issues.

The day is commemorated to promote different preventative steps and changes in lifestyle to avoid any cardiovascular diseases like, heart attack, stroke and heart failure. On average more than 17 million people die from heart related illnesses every year.

[Healthy Eating Week Organised Events & Awareness Days/Weeks Prima \(twinkl.co.uk\)](https://www.twinkl.co.uk/healthy-eating-week-organised-events-awareness-days-weeks-prima)

[World Heart Day 2021 - Event Info and Resources \(twinkl.co.uk\)](https://www.twinkl.co.uk/world-heart-day-2021-event-info-and-resources)

Fun fact about our hearts

- The heart is about the size of an adult's fists and is the strongest muscle in the body.
- Your heartbeat about 100,000 times a day.
- The sound of your heartbeat is made by the 4 valves of the heart opening and closing as the blood flows.
- It takes 45 seconds for the heart to circulate blood all around the body.



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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