

Early Intervention Family Worker Newsletter

7th June 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.

Parenting Top Tip

Look after your own mental health

Be aware of what can make us stressed, anxious or depressed. Do we have a network of support - be that a partner, friends, school, or the local council's parenting classes?

Make sure there is support for yourself, that makes parenting less isolating, that there is space to offload. For working parents, it can be stressful to balance raising kids and working.

If we feel good and are calm, if we feel mentally well, we can better support our children.

Activity Idea

Self-Care & Mental Health

for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

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

Another Resource

FAMILY LINKS

Family Links is a national charity and training organisation dedicated to the promotion of emotional health at home, at school, and at work.

Our vision is for every child and adult to be able to realise their individual potential, enjoy positive relationships and live healthy and fulfilled lives.

<https://www.familylinks.org.uk/what-we-do>



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