

Early Intervention Family Worker Newsletter

14th 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.

Activity Idea

Stress socks



Fill an old sock with something soft.

You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in.

Squeeze and release the sock in a rhythm that feels right for you.

Parenting Top Tip

Does your child need support to understand their emotions? You can support your child by;

- Try to understand, acknowledge what your child is feeling / wanting
- Label your child's positive feelings more often than their negative feelings
- Praise your child's self-regulation skills such as staying calm, trying again when frustrated, waiting a turn, and using words.
- Model words your child could use
- Help your child learn ways to self-regulate such as deep breathing, counting, taking them self away to a quiet place and using a stress sock.
- Model feeling language e.g. I'm so happy playing with you, I feel calm when I listen to the birds singing.

Another Resource:

You can find some other activities to support your child's emotional regulation at <https://www.childline.org.uk/toolbox/calm-zone/>

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



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