

Early Intervention Family Worker Newsletter

19th April 2021

As an Early Intervention Family Worker i can offer you an opportunity to ask for information, Advice and support on any issue affecting your family life. These areas may include:

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- School transitions
- Parenting strategies
- Building resilience and confidence

Have a lovely week
Zoe Hope

Activity Idea

Drawing feelings game.

Make a list of feelings, cut out and put them face down on the floor. Take turns to throw a dice and the person who throws a six gets to pick up one of the tickets and read what is on it.

Spend some time chatting about the feeling and then everyone draws the feeling separately. When finished have a 'show and tell.' Everyone will have something very different.

Don't be afraid to use words your child might not fully understand eg overwhelmed, apprehensive, inspired, content. It's a good opportunity to increase their emotional vocabulary.

Parenting Top Tip

Too many instructions:

Children get told what to do a lot of the time don't they.

'Eat your breakfast, clean your teeth, put your shoes on, stop annoying your sister, tidy up, get in the car' etc.

It's no wonder that some instructions seem to go in one ear and out the other.

If your children never seem to listen, cut down the number of instructions you give to only those that are absolutely necessary.

And try phrasing some of them as a question *'It's time to go now, what do you need to do?'*

How many instructions have you given your child today?

Another Resource

Here's a great article from the Hey Sigmund website about resilience

<https://www.heysigmund.com/building-resilience-children/>

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

