



Cambridgeshire
County Council

Do you need support and someone to listen

Contact me to talk through ;

Parenting strategies

Challenging behaviour

Home learning routines

Special Educational Needs Support

Emotional and wellbeing Advice

Screen time / gaming battles

Healthy Eating & sleep

I can also deliver parenting workshops with you 1;1 these include

Managing anger , Supporting your child's worries and sibling rivalry

Your local Early Intervention Family Worker can support you

During Covid-19 restrictions

Support is offered via telephone, emails , post or skype

Please contact;

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