

Early Intervention Family Worker Newsletter

26th April 2021

A Message From Me

Hello All,

It's been so nice to see the sunshine. I hope you have managed to spend some time outdoors with friends or family.

Please do contact me anytime to discuss any parenting challenges you may be having. My details are below.

Stay safe
Zoe

Activity Idea

How to Make a Calming Lavender Sock Bunny with your child.

Step **1** – Start by adding some lavender to your sock. Step **2** – We then added the rice. You'll be adding a ribbon around the sock later to create the bunny's neck, so you'll need a little wiggle room. Step **3** – When you are happy, gather the sock up and tie an elastic band around the top to secure it. Make sure you leave enough sock at the top to cut in some bunny ear shapes. Step **4** – Now it's time to tie a ribbon around your bunny's neck, draw on a face and add any extras.

Children can pop them on their laps and gain the benefits of feeling the pressure from the weight. Children can also use their sense of touch and feel the texture of the rice inside the bunny and use their sense of smell to enjoy the scent of the Lavender.



Parenting Top Tip

1. Children need a minimum 8 touches during a day to feel connected to a parent.

It could be as simple as, straightening of a collar, a pat on a shoulder or a simple hug.

2. Each day, children need one meaningful eye-to-eye conversation with a parent.

Children of all ages need us to slow down and look them in the eyes.

3. There are 9 minutes during the day that have the greatest impact on a child:

- The first 3 minutes right after they wake up.
- The 3 minutes after they come home from school.
- the last 3 minutes of the day before they go to bed.

WE NEED TO MAKE THOSE MOMENTS SPECIAL AND HELP OUR CHILDREN FEEL LOVED. ❤️

Another Resource

Lots of useful activities around relaxation and mindfulness for children you can find in website

<https://calmahoykids.co.uk/>

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