

# Early Intervention Family Worker Newsletter

## 4<sup>th</sup> May 2021

### A Message From Me

Hi everyone. I hope you had a good bank holiday weekend despite the blustery weather! If you ever want a bit more information about anything you see, or would like advice around things such as challenging behaviour or self-esteem, please get in touch using the details below.

### Activity Idea

Bubble machine fun! Why not try making this easy bubble machine: a great activity for in the garden and it's really simple to make. You will need 1 empty plastic drinks bottle, 1 sock, 1 hairband/rubber band, a small amount of washing up liquid on a small plate with some water

1. Cut the bottom of the plastic bottle off
2. Put the sock on the bottom of the bottle and use the hairband/elastic band to secure the sock on
3. Dip the bottom in some water and fairy liquid
4. Get your child to blow through the bottle top and it will create a long bubble snake!
5. Why not try adding food colouring on the bottom of the sock to get different colour bubbles...



### Parenting Top Tip – Sibling Rivalry

Please remember that Sibling Rivalry is a normal part of growing up and allows children to develop their social skills, although physical fights must be intervened.

- Ignore minor squabbles
- Beware of 'tattlers' – encourage problem solving and finding solutions
- Encourage problem solving skills through role play activities and stories, exploring what could be done to solve certain situations
- Hold a family meeting so everyone knows what is expected
- Try not to compare the children to each other, and avoid overprotecting the youngest child - placing too much responsibility on the eldest child/children
- Give each child alone time with their parent during the day (even if it's only 5 minutes)

### Another Resource

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Cbeebies has a great resource of 7 techniques for helping children keep calm using simple relaxation and mindfulness activities. Being able to recognise and cope with emotions is a skill that will benefit children for life.

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)