

Early Intervention Family Worker Newsletter

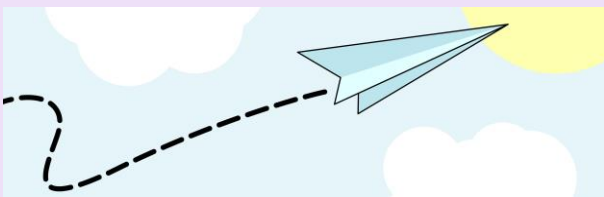
12th April 2021

A Message From Me

Hi! My name's Emily Norman. I'm the Early Intervention Family Worker linked to your child's school. I'll be putting out a newsletter with different tips and ideas each week, I hope you find them useful. If you ever want a bit more information about anything you see, or would like advice around things such as anxiety, sibling rivalry or self-esteem, please get in touch using the details below.

Activity Idea

Flight school! This activity is suitable for all ages. Get your children to design and create their own paper plane. Next, cut 3-4 large holes in a big piece of card and assign points to each hole. Prop up the piece of card and let your children have fun trying to fly their paper plane through the holes, counting up the points as they go. You can even go back to the drawing board and encourage them to improve their design using different folds or pieces of paper. This activity can help with counting, fine motor skills and critical thinking, but most importantly, it's fun!



Parenting Top Tip

It can be really difficult to hear your child talking negatively about themselves. Often a parent's natural instinct is to come back with 'don't be silly' or 'no you're not'. However as adults, we know that doesn't always help. Here are some things you can try if your child is talking negatively about themselves that will support them over time:

1. Empathise with them. Let them know that you appreciate they are having a hard time and that you understand it is difficult.
2. Share your own experiences. Talk with them about similar situations you have been in, either as an adult or a child. This may lead to them asking questions about how you dealt with it.
3. Role modelling. Show your child what positive self-talk looks like. You are their biggest role models.

Another Resource

Gingerbread is a charity run service offering support and advice to single parent families. The website offers lots of information and advice around things such as being off work, mental health, childcare and contact arrangements. Here is their website:

<https://www.gingerbread.org.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



Cambridgeshire
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