

Early Intervention Family Worker Newsletter

7th March 2022

A Message From Me

We still have places on our virtual workshops. Please contact me for more information or to book on



Activity idea

To celebrate international women's day why don't you make some cards with the children to send to special women in your lives to make them feel loved and treasured and to know they are important.



[International Women's Day 2022 \(internationalwomensday.com\)](https://www.internationalwomensday.com/)

World Sleep Day Hosted by World Sleep Society
MARCH 18, 2022
QUALITY SLEEP | SOUND MIND | HAPPY WORLD

Sleep tips for Children



Get into a regular bedtime routine

Keep regular sleep & wake times



Relax before bedtime



Make sure your child feels safe at night



Check noise & light in your child's room

Have a Good Night	
Age	Recommended Hours of Sleep
Preschoolers (3-5 years)	10 to 13 hours
School-aged Children (6-13 years)	9 to 11 hours
Teenagers (14-17 years)	8 to 10 hours

Activity Idea

Ocean breathing (for relaxation)

Have the child lie or sit in a comfortable position. Ask your child to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let your child continue breathing and making the ocean sound for two minutes.

Does your child have, or potentially have, an additional need or disability? Pinpoint (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