

Early Intervention Family Worker Newsletter

21st March 2022

A Message From Me

We still have spaces on the following virtual workshops. If you would like to book on to these please email me.

Understanding Anger 23.3.22 @12-1

Supporting sleep 30.3.22 @12-1

Zoe.Hope@Cambridgeshire.gov.uk

Activity Idea

Chalk obstacle course:

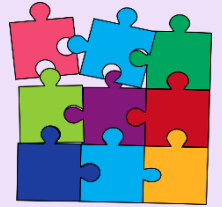
With the weather getting warmer and sunnier, we're all going to want to be outside more. All you need for this activity is some chalk and a bit of imagination. Draw a hopscotch-like grid, but in each square write a fun movement. For example 'jump like a kangaroo', 'touch your toes', 'clap your hands above your head', 'balance on one leg until you count to 5' or 'spin around twice'. Once each child has had a go, you could start to time them to see who can do it the quickest. Next, let your children think up some fun ideas and add them to the obstacle course for the next turn.



Parenting Top Tip

Building independence:

One way we can build independence in our children is by letting them problem solve. As parents we can see our children struggling and assume they must be feeling stressed or frustrated, but actually they are just learning. Rather than jumping in and trying to fix things straight away, allow them to make mistakes and get things wrong. This is exactly how we all learn. Maybe your child is having a go at tying their shoelaces but it's not going right just yet, or their puzzle is taking longer than you thought it would, or they're playing with a friend who isn't sharing. Wait to see if they ask for help before stepping in. You can continue to build on their independence by letting them know you are proud of them by praising their effort: 'I'm really proud of you for sticking with that puzzle even though it was difficult'.



Another Resource

Mother's day is coming up this week, but for some children this can be a difficult topic.

Childline has some helpful advice:

www.childline.org.uk/info-advice/home-families/seasonal-events/mothers-day/

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
County Council



Contact me directly
Zoe.Hope@cambridgeshire.gov.uk