

Early Intervention Family Worker Newsletter

6th December 2021

A Message From Me

Do you struggle with your child's behaviour in the holidays?

Lack of routine can be the trigger to some children's meltdowns.

Contact me if you want to discuss how I may be able to help
Zoe

Fun Christmas Activity

Homemade crackers, use up any leftover Christmas/tissue paper and toilet rolls to create these homemade Christmas crackers. Fill them with sweets and your favourite jokes.



5 Parenting Tips.

#1 Be a good role model

Walk the walk. Don't just tell your child what you want them to do. Show them.

#2 Be a safe haven for your child.

Children raised by parents who are consistently responsive tend to have better emotional regulation.

#3 Talk with your child.

By keeping an open line of communication you will have a better relationship with your child and they will come to you when there is a problem.

#4 Pay attention to your own wellbeing.

Don't be afraid to ask for parenting help. Having some me time for self-care is important.

#5 Keep things in perspective and

remember your parenting goal.

What is your goal of raising a child?



PARENTING TOGETHER

Parenting together; Reducing Parental Conflict.

Christmas can be a very stressful time.

Cambridgeshire and Peterborough Councils are working together, with other Local Authorities in the region and with the Department of Work and Pensions to broaden the range of resources available to improve outcomes for children by reducing parental conflict.

If you are a family who would benefit from support, please contact the Early Help Hub on 01480 376666

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