

Early Intervention Family Worker Newsletter

04th January 2022

A Message From Me

The transition from school holidays to going back to school can be difficult for a lot of families and children.

If you are struggling to get back into a routine or have a child who is refusing school please get in touch to chat through your challenges and come up with some solutions together.

Happy new year, Zoe

Indoor Treasure Hunt



An indoor treasure hunt is a great activity and keeps children entertained, particularly if the weather is bad!

Below are 3 different versions that are all equally fun

You could use your mobile phone or tablet to take photos of objects and then hide them around the house. The children need to hunt for all the images.

Or simply give the children a list of 20 items that they need to find and bring back to you.

Hide socks around the house, just one from each pair. Give the children the remaining socks and they need to seek out the other ones to make a pair, for each one they have!

Make it harder: Use a timer.

Tips for Encouraging Good Behaviour

1. Invest in one-to-one time with your child each day. Aim for 10-15 minutes of positive attention each day and you should see improvements in your child's behaviour
2. Focus on routines. Children thrive on routines. Set clearly defined routines for the most challenging times of the day like mornings, after school, mealtimes, and bedtime. Involve the children in setting up routines
3. Simplify family rules and be firm. It can be difficult for children to remember a long list of rules. Family rules should be a short list of what is most important. Decide on the consequences if rules are broken. Be clear about the rules and consequences and remain firm and consistent
4. Encourage children to be problem solvers. Sometimes when parents try to resolve a sibling disagreement and determine who is at fault, it can make the situation worse. Encourage children to find a resolution themselves, which will help them learn to resolve conflict. If you need to get involved do not choose sides, instead ask questions and offer suggestions that will help children work out a solution that they can all agree with
5. Do not ignore misbehaviour. Misbehaviour is usually an indicator of an underlying issue. When you can find the cause, you can use the correct strategies to manage it. During misbehaviour, remain calm and ask yourself what might be causing it. For example, is my child upset, tired, hungry?

Another Resource

www.familylives.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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Contact me directly
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