

# Early Intervention Family Worker Newsletter

## 10<sup>th</sup> May 2021

### A Message From Me

Please do get in contact if you require some support with your child's behaviour at home. It can sometimes feel better just talking to someone.

I do have a short wait list at the moment but will always get back to you  
Zoe



National Children's Day is on Sunday 16<sup>th</sup> May, and the focus this year is on health and wellbeing in the light of the coronavirus pandemic. This is something relevant to us all right now, so it is a lovely time to think about having some quality time as a family and doing some child-centred activities. Visit [www.nationalchildrensdayuk.com](http://www.nationalchildrensdayuk.com) for more information and ideas.

### Activity Idea - Well done jar!

A great way to encourage behaviours you want to see.

What you will need:

- A clean jar
- Paper
- Pens/pencils



Catch your child being good!

Every time you spot your child doing something write it down and pop it in the jar. If you or your child are feeling creative, decorate with any craft materials you like.

A great way to promote positive behaviours and improve self-esteem.



### Another Resource

The NHS identifies 5 simple steps to help us all with our wellbeing that are all great for doing with children:

- connect with other people
- get active
- learn or do something new
- do something for others
- take notice of the world around us

For more information, visit [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/) or [www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/).

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)