

Early Intervention Family Worker Newsletter

24th January 2022

A Message From Me

Our Workshop programme has started we had lots of parents attend last weeks. There are still spaces available this week please contact me if you would like to book on to any of them.

Our workshops are an hour long with some useful parenting strategies that you can take away and try at home.

Have a good week all

Zoe

Yoga

This is great for all the family, helps with relaxation and anxiety.

I find the best time do to this is during the bedtime routine, just before a bedtime story and 10 minutes is all you need!

Yoga Studio is a great app with calming music, a video to follow and an instructor with a calm voice.



Go to Quick fix and then beginner relaxation.

If you don't want to use an app, try finding a session on YouTube.

Make sure it is age appropriate before using with your children.

Top Tip: Active Listening



- Be attentive
- Watchfulness / eye contact
- Being quiet
- Play-time – acknowledging interests
- Reflection
- Mirroring
- Listening at 2 levels – the words they say and the emotion behind the words.
- Listening is not about “winning” or about solving their problems.

Get involved with

The Big Garden Birdwatch 28-30th January

<https://www.rspb.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