

Early Intervention Family Advisor Newsletter

A Message From Me

We are very pleased to inform you that our title is now **Education inclusion Family Advisors** instead of Early Intervention Family Workers. Recently our role was re-evaluated to reflect our move to the Alternative Education Provision and Inclusion Service from Early Help.

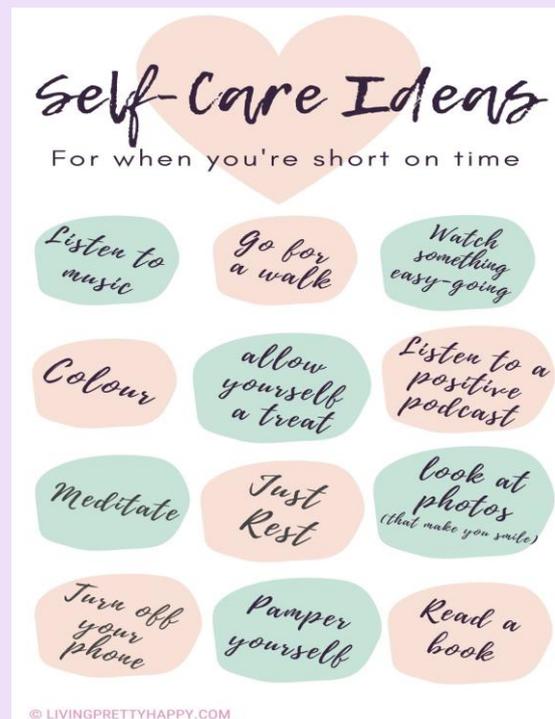
Please be reassured that we will continue to provide support to families. We will also continue to deliver the workshops and drop ins across our schools. The referral process remains the same so please contact us if you need any support or information.

Tips on how to help your child self-regulate and de-stress.

- *Breath in and out 10 times focus on each breath*
- *Take a break and get a drink of water*
- *Talk to someone about how you feel, or ask for help*
- *Draw a picture or do some colouring*
- *Write about your feelings*
- *Run, Jump, stretch, play football... exercise helps!*
- *Think about something or somewhere that makes you feel happy*
- *Read a book or magazine or listen to music*

Parenting Top Tip

*We all time for self-care, even parents!
What can you do this week to look after your own needs?*



Another Resource

Relaxation activities to do at home with your children.

[6 Relaxation Activities That Can Help to Calm Kids During Times of Anxiety | Save the Children](#)

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-camb.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