

# Early Intervention Family Worker Newsletter

## 3<sup>rd</sup> May 2021

### A Message From Me

**Hello everyone, I hope you have all enjoyed the longer weekend break. I have a short wait list at the moment if you make contact I will get back to you within 10 days. Have a lovely week**

**Zoe Hope**

### Activity Idea

#### **Bubble machine fun!**

Why not try making this easy bubble machine, a great activity for in the garden and is really simple to make!

*What you need:*

*An empty plastic drinks bottle*

*1 sock*

*1 hairband/rubber band*

*A small amount of washing up liquid on a small plate with some water*

1. Cut the bottom of the plastic bottle off
2. Put the sock on the bottom of the bottle and use the hairband/elastic band to secure the sock on
3. Dip the bottom in some water and fairy liquid
4. Get your child to blow through the bottle top and it will create a long bubble snake!
5. Why not try adding food colouring on the bottom of the sock to get different colour bubbles!

### Parenting Top Tip

This has come up a lot from parents over the last few weeks so I thought I would share top tips for managing Sibling Rivalry. Please remember that Sibling Rivalry is a normal part of growing up -- although physical fights must be intervened.

Top Tips:

- Ignore minor squabbles
- Beware of tattlers – encourage problem solving and finding solutions
- Encourage problem solving skills through role play activities and stories, exploring what could be done to solve certain situations
- Set up a reward programme for when they do not bicker or fight and when they are sharing
- Use time out and natural consequences – both need to go on time out for hitting, and if a fight is over a toy then remove the toy
- Hold a family meeting so everyone knows what is expected
- Try not to compare the children to each other, and avoid overprotecting the youngest child and placing too much responsibility on the eldest child/children
- Give each child alone time with their parent during the day

### Another Resource

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Cbeebies has a great resource of seven techniques for helping children keep calm using simple relaxation and mindfulness activities. Being able to recognise and cope with emotions is a skill that will benefit children for life, and children of any age will enjoy these tools

**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)



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