

Early Intervention Family Worker Newsletter

25th April 2022

A Message From Me

There is a 2-3 week wait for my support at the moment .
I will always get back to you as soon as I can :-)

Zoe Hope

Got lots of left-over Easter Eggs and chocolate? Get the kids involved in making Chocolate Cornflake Cakes

Instructions:

Gently melt your chocolate in a bowl with a small knob of butter. You can do this in the microwave or over a pan of boiling water, with adult help.

When melted and smooth, add cornflakes or other cereals to the chocolate and stir until they are evenly coated.

Spoon the mixture into paper cake cases or straight onto a baking sheet and pop into the fridge to set.

To spice them up a bit, think about adding marshmallows, coconut, raisins, or other treats.



Parent From a Place of Gratitude



Practicing gratitude improves mental and physical health, increases empathy, and improves sleep. It even changes the brain and has a lasting impact on our wellbeing.

One simple way to try this is to tweak our words. Each time you're about to say, "I have to...", replace it with "I get to...". Notice the difference it makes.

"I have to take my daughter to ballet" versus "I get to take my daughter to ballet".

"I have to put him to bed" versus "I get to put him to bed"

This easy change can make a huge difference in how we think about our time together.

<https://biglifejournal.com/blogs/blog/ways-deal-frustrations-parent-challenges>

Another Resource

Relaxing breathing techniques can become a fun activity to practice. For some free breathing shape resources, go to:

<https://copingskillsforkids.com/blog/using-shapes-to-teach-deep-breathing>

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