

Early Intervention Family Worker Newsletter

18th January 2021

Early intervention Family Workers support parents with: challenging or worrying behaviour : tantrums, meltdowns, anxiety, self-esteem, bedtime problems, sibling rivalry etc
Support is currently available virtually or by phone.

Your schools EIFW is Jane Rogers
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Parenting Top Tip

Helping children cope with uncertainty

Some children like certainty and struggle when routines change. They might ask the same questions over and over, become upset or difficult and/or seek constant reassurance from you. During these uncertain times, it's natural for children to feel worried. Here are a few things you can do to help:

- Keep to the same routines as far as possible, but explain to your child that sometimes things do change suddenly, allow them to talk about how that makes them feel, and maybe come up with a few imaginary scenarios to talk through together.
- If you are feeling uncertain and stressed yourself, it's ok to admit it, but then try to put an upbeat 'spin' on the situation, children will look to you for guidance. For example:
'Oh, we thought you were going back to school, but now you're not, great, let's make a list of fun things to do each day after you have finished your work.'
- Practice self-care together with your child, try to build in physical activity and quiet time every day.

Activity Ideas

Check out this lovely clip on You Tube for some simple but amazing painting ideas.

<https://www.youtube.com/watch?v=vY49eNceLBo>

And here's a fun science experiment with water @The Cup that doesn't spill' (hopefully)

[👉 Water Experiments and Tricks - How to Deft Gravity! 👉👉👉 Fun Science for Kids👉👉👉 - YouTube](#)

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