

Early Intervention Family Worker Newsletter

1st March 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

Parenting Traps

Parenting can be a minefield can't it, and it's all too easy to fall into parenting traps, all parents do from time to time. The important thing is that you recognise you are doing it and try not to fall into the same ones over and over again. Here are a couple of examples to give you food for thought:

Accidental Rewards:

Your child is quite capable of putting their own things away, but you get so fed up of nagging them to do it, that you just do it yourself, it's quicker and easier.

But what is this teaching your child? That they don't have to take any notice when you ask them to tidy up as you will do it eventually. You have accidentally rewarded the behaviour that you don't want.

Shouting: You have asked your child to come off the screen many times and they ignore you so you end up shouting to get them to come off. What is this teaching your child? That they don't have to do what Mum/Dad says until they are shouted at. And what is it teaching you? That shouting is the best way to get your children to do things.

Activity Ideas

Here's a crafty caterpillar to make with your children from the easypeasyandfun website which has loads of great ideas <https://www.easypeasyandfun.com/3d-paper-caterpillar-craft/>
And here is a caterpillar turning into a chrysalis <https://www.youtube.com/watch?v=vVhw7hQos44>

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

