

Early Intervention Family Worker Newsletter

17th January 2022



Natalie

Early Intervention Family Workers offer you an opportunity to ask for information, advice, and support on anything affecting your family life in a relaxed and confidential environment. (During the coronavirus pandemic we are still offering support, however this is currently on a virtual basis)

Activity Idea



First paint the toilet roll in a colour of your child's choice.
Stick on googly eyes or paint them on.
Draw on a scary mouth using a black felt tip.
Cut out small white triangles for the teeth and stick them on.

Tips To Help Manage Your Child's Anxiety.

- Don't try and eliminate Anxiety, do try and help them manage it.
- Normalise the emotion and show empathy.
- Don't avoid situations that make your child anxious.
- Express Positive but realistic expectations.
- Don't reinforce Your child's fears.
- Be Encouraging
- Talk things through with your child and try and come up with an action plan.
- Model healthy ways to manage Anxiety at home.
- Share (but don't over burden) your own experiences of feeling anxious and how you managed and overcome the emotion.

Another Resource

<https://youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/>

A link to young minds, a great website for children and young people suffering with anxiety or other mental health issues.

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



Cambridgeshire
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