

# Early Intervention Family Worker Newsletter

## Week beginning 4.10.21



**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)

### Mindfulness Doodling

By teaching your child to doodle you will teach them the key skill of being totally immersed in an activity. When children are focused on one thing, they will develop mindfulness. Many resources are available, however, simply taking a piece of paper and drawing small squiggles or curly abstract shapes are a great way to start.

Developing children's fine motor skills and pencil control is also essential to improving handwriting and drawing is a great and fun way to do this. This activity is easy and can fit any budget



### Parenting Top Tip

#### The 8 'nutrients' children need

**Love** – For lasting self-esteem, love needs to be consistent and **unconditional**. Both quantity and **quality**; **value** them for who they are.

**Security** – When children **feel secure**, they automatically try developing their potential by responding to challenges and taking interesting risks

**Role models** – They need **strong** and **consistent** influences in their lives. Parents can and do pass on their anxiety and fears onto their children.

**Relationships** – To develop their confidence in relating to a wide range of relationships. Begin with **self-awareness** and **self-knowledge**.

**Health** – In order to make the best use of strengths and talents they need **energy** and **good physical health**.

**Resources** – When used well, access to resources e.g., computers, holidays, and books, can **boost** the 'inner' and 'outer' **confidence** in children.

**Support** – They need people who are '**rooting**' for them, who will give honest constructive feedback, when they are doing well and not.

**Rewards** – is an important aspect of a child's learning development. It maintains **ambition** as well as the **appetite** for **challenges** and **learning**.

Confident Children by G Lindonfield

### Another Resource

Here are links to free doodling/mindfulness resources. Just click on the link to access.

[Mindfulness Mazes Activity Pack](https://www.twinkl.co.uk/resource/mindfulness-mazes-activity-pack-t-lf-2549045) – Free

<https://www.twinkl.co.uk/resource/mindfulness-mazes-activity-pack-t-lf-2549045>

[Mindfulness Colouring Sheets](https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack-australia) – Free

<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack-australia>



**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



Cambridgeshire  
County Council

Contact me directly on 📞 Mobile: 07824551901  
Office: 01354 750419 or  
[natalie.ulugun@cambridgeshire.gov.uk](mailto:natalie.ulugun@cambridgeshire.gov.uk)