

Early Intervention Family Worker Newsletter

1st November 2021

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. (currently this is virtually). I am currently very busy supporting parents and children so there may be a couple of weeks wait before I can follow up a request for support, I will endeavour to return your text, email or call as soon as possible. *Natalie*



NATIONAL STRESS AWARENESS DAY 2ND NOVEMBER

How to make stress balloon



1. Blow up the balloon about 4-5 inches in diameter
2. Pinch it closed.
3. Insert the funnel.
4. Fill your balloon with cornstarch
5. Slowly release pinched fingers.
6. Squeeze out the excess air.
7. Tie the balloon closed.
8. Decorate the stress ball.

Anxiety

Anxiety is an unpleasant feeling of fear, panic or worry.

So how can you help your child with managing their anxiety?

Worry time – Having specific time set aside to worry can help with clearing thoughts

Worry box /monster – Use a box to write any worries in, this is particularly helpful if your child is a night time worrier.

Worry balloon – Blow balloon up put all your worries in and let it blow by a wind outside.

Find positives – If a child worries about something try to think and find positive.

Problem solving – Think about all the solutions to the worry and then break down the steps

Feelings diary - record or draw things that have worried you during the day and add end: " How I managed it, what helped me."

Another resource

Lindy Wheeler's website 'The Human Toolbox' has some good information on why and how our body reacts to outside issues. She has a helpful visual aid at

<https://www.humantoolbox.co.uk/human-toolbox/> titled 'what humans do'.

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



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