

Early Intervention Family Worker Newsletter

22nd November 2022

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*

Activity Idea

Plastic bottle pen pots

You will need:

Empty plastic drink bottle

Scissors

Acrylic paint

Marker pens

Glue (possibly)

Take a clean & empty plastic drink bottle and help your child to cut it in half, making sure there are no sharp bits.

Paint the bottle with acrylic paint in any design you like.

If making an animal, then use the leftover bottle to make ears and stick them onto the pen pot and use marker pen to draw facial features



Parenting Top Tip

Encouraging self-esteem

It is not unusual for some children to struggle with self-esteem and confidence issues. Here's something we can do to help them.

Offer praise for effort

We may think that we often praise our children, but are we praising their efforts? or only their achievements? It's helpful to praise them if we can see that they have made an effort to do something, even if it has not gone to plan, and not just if they have achieved what we wanted them to. This shows them that we appreciate their efforts reassure it's ok to make mistakes, and we can try again another time. For example, "Well done on your spelling test results today, I know you practiced hard for it" If your child seems disappointed you could say "It's ok, we can work on it together, there's always next time"

Another Resource

Want to get your children involved in the kitchen? It often helps fussy eaters as they are keener to try something if they have helped to make it.

Take a look at the Kids cooking recipes part on the BBC good food website for some simple fun & tasty ideas! www.bbcgoodfood.com

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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