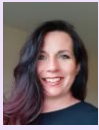


Early Intervention Family Worker Newsletter

29th November 2021



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)

Helping your child with their big feelings



Identify typical situations that cause explosive emotions and use this to teach problem solving skills. Once your child is calm and ready to listen ask them.

"What could you do different next time?"

Give suggestions if your child is finding this difficult.



Encourage your child to talk about their feelings.



Talk about your own feelings and remember your child is watching how you manage your emotions.



Acknowledge your child's emotions, feelings and responses. In the moment you could say *"I hear you" ... "I'm listening", "I would like to help you with that big feeling"*.

Sticky Web Game

You will need

- **Masking tape** (must be decorating tape as this is not too sticky, please check first so the tape does not damage paintwork)
- **A doorway**
- **Old newspaper/paper**

Leave the door open and stick masking tape across the door frame to create a spider web effect. Screw up paper to make 10 hand size balls per player. The aim of the game is to throw the balls through the holes in the web without the paper getting stuck. If a ball gets stuck in the web the player loses that ball, keep going until the player with the last ball wins.

Christmas Holiday Activities and Food (HAF) Programme



The HAF programme offers free holiday scheme places to primary and secondary school aged children who are eligible for free school meals due to a low income. During the Christmas holidays, eligible children will be able to access up to 16 hours for free at a holiday scheme. The sessions will include a healthy meal, a variety of exciting activities, sports and the opportunity for your child to socialise with other children. For further information please visit the website below.

[Holiday Activities and Food Programme - Cambridgeshire County Council](https://www.cambridgeshire.gov.uk/holiday-activities-and-food-programme)

[HAF Christmas Provider Directory \(cambridgeshire.gov.uk\)](https://www.cambridgeshire.gov.uk/haf-christmas-provider-directory)

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