

Early Intervention Family Worker Newsletter

31st January 2022



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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 – Balloon Tennis

You will need:

paper plates - cardboard box - sticky tape - balloons
coloured markers - safety scissors – ruler – pencil - a scarf

Instructions

1. Using a ruler and a pencil draw a stick that is 7 inches long and 1 inch wide. Once you have done this, carefully cut out the cardboard. Do this once more so that you have two sticks – these will be the handles for your racket!

2. Place one stick at the back of a paper plate using some sticky tape. If you do not have a paper plate, don't worry! Using a small plate, trace its outline onto a piece of cardboard and cut it out using some scissors. With sticky tape, stick together the cardboard stick and your circle cut-out. Now decorate the racket as you please using markers. Your tennis rackets are now ready!

3. Now with the help of an adult, blow up some balloons – these will be your tennis balls!

4. To make the net, take a scarf and place it on the floor in the middle so that both players have equal space.

5. You're now all set to play but don't forget to make some fun rules! For example, the Smash-down – players start with a set number of lives, 3 or 5 work well. A life is lost every time the other player manages to get the balloon to the floor

Parenting Top Tip

What is the best way to keep children healthy?

1. Pay attention to the kind of food you buy...lots of fruit and veg (nature's snacks)
2. Use child size portions...
3. Eat meals and snacks together as a family...
4. Give your children plenty of water and milk to drink. ...
5. Monitor your children's activities...less screen time, more sleep
6. Make physical activity part of your family's routine. ...
7. Teach your children healthy oral health habits.

For more tips- [Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families-home)

World Cancer Day every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC).

See below how you can help raise awareness.

<https://www.worldcancerday.org/>

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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