

Early Intervention Family Worker Newsletter

20th September 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)

Activity Idea

Balloon Breathing

Focusing on the breath can help relieve frustration and anger in us all.

1. Sit or lie down in a comfortable position if you have time, if not this can be practiced when you are feeling cross anywhere!
2. Imagine that there is a balloon inside your tummy and take a deep breath in.
2. Keep going until the balloon is big.
3. Then slowly breathe out, letting all the air out of the balloon.
4. Try to imagine the colour of the balloon as you breathe.
5. Repeat and notice how much calmer you feel.

Parenting Top Tip - Helping children manage anger and frustration:



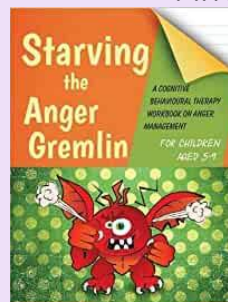
Work together to try to find out what triggers the anger. Talk about helpful strategies for managing anger.

You could encourage your child to: count to 10

- walk away from the situation
- breathe slowly and deeply
- clench and unclench their fists to ease tension
- talk to a trusted person
- go to a private place to calm down

If you see the early signs of anger in your child, say so. This gives them the chance to try their strategies.

Another Resource



This CBT based book is full of great ideas to help you help children manage their anger.

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



Cambridgeshire
County Council

Contact me directly on 📞 Mobile: 07824551901
Office: 01354 750419 or
natalie.ulugun@cambridgeshire.gov.uk