

Early Intervention Family Worker Newsletter

24th January 2022



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)

Yoga

This is great for all the family, helps with relaxation and anxiety.

I find the best time to do this is during the bedtime routine, just before a bedtime story and 10 minutes is all you need!

Yoga Studio is a great app with calming music, a video to follow and an instructor with a calm voice.



Go to Quick fix and then beginner relaxation.

If you don't want to use an app, try finding a session on YouTube or [Calm zone | Childline](#)

Make sure it is age appropriate before using with your children.

Top Tip: Active Listening



- Be attentive
- Watchfulness / eye contact
- Physical contact
- Being quiet
- Play-time – acknowledging interests
- Reflection
- Mirroring
- Listening at 2 levels – the words they say and the emotion behind the words.
- Listening is not about “winning” or about solving their problems.

Get involved with

The Big Garden Birdwatch 28-30th January

<https://www.rspb.org.uk/>



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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