

# Early Intervention Family Worker Newsletter

## 15<sup>th</sup> November 2021

### Parent Carer Support Line

Offers the opportunity to speak to a friendly professional from the E I Family Worker Team about your young person aged 4 to 12 in Cambridge City and surrounding areas.

You can ask question, seek support around behaviour, routines, and boundaries, or just talk about how it is to manage parenting during current times. We will give advice, support, and help with signposting or just listen. You can telephone or email for support any time. Please leave a message with contact details, someone will call you back within 10 working days. We are not an emergency service. [Phone 01354 750420](tel:01354750420)

### Activity Idea: Lego-Club at Home



Many children will be familiar with school Lego Groups to help build positive social and communication skills, and these can be simplified to try at home too as a 1:1 activity with your child.

One of you holds all the pieces (the Builder), and the other holds the instructions and describes the pieces that are needed and where they go to build a model (the Engineer).

You can take-turns as you go along, so see how long it takes you – it's trickier than it sounds so start with something small!

### Let's Hear It For The Guys!



It is half-way through MOVEMBER, and many men are showing some interesting facial hair to support awareness of men's health and mental health needs. It is worth a reminder of the huge importance of men in the development and raising of children, whether Dads, Step-dads, Grandads, Uncles or friends.

Men often bring a different perspective or way of interacting and playing, that can be beneficial for child wellbeing and raising all-rounded children. Having men involved in children's lives can have a positive impact on self-esteem, self-worth, social relationships, education, and children's ability to adapt to changes like going to school or moving into adult life.



The **Movember Foundation** are supporting **Family Man**, a free online parental coaching programme from a male perspective. It's in short accessible episodes and aims to help provide tools and resources that help to build a stronger and more connected family. They recognise that raising children is a team-effort, so **all** parents, carers, partners, and grandparents are welcome to access the programme. Find out more at:

<https://familyman.movember.com/>  
<https://uk.movember.com/?home>

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)