

Early Intervention Family Worker Newsletter

13th September 2021.



What's on in Cambridge City?

Why not make use of services provided by Child and Family Centres? Their aim is to support families while their children grow and particularly during these difficult times. Check them out on Facebook (Cambridge City Child and Family Centre)

Activity Idea

In the spirit of National Organic month, this months activity is Fruit and Vegetable stamping.

All you will need is some Paper, Paint and different Fruits and Vegetables.



During this activity, this could be a great time for you to revise the names of the fruits and vegetables, and the colours of the paints with your child or children.

Parenting Top Tip

With all children going back to school in September, you may notice your child becoming worried. This may be due to them being in a new school or class, with different teachers and children. This worrying can be scary for children, and as parents we want to help them as much as possible to reduce the worry feelings.

Grounding techniques are a great method of reducing the worrying at the time they start to feel it the most. You can teach your children this technique, and its important to do this when they are calm so that they can understand during the worrying time.

Ask your child to list...

- 5 things they can see.
- 4 things they can touch.
- 3 things they can hear.
- 2 things they can smell.
- 1 thing they can taste.

This is called Grounding.

Another Resource

Building resilience in children is a great way to help them to bounce back after worry. Boing Boing have some great resources and information about building resilience.

www.boingboing.org.uk/

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