

Early Intervention Family Worker Newsletter

10th May 2021

Early Intervention Family Workers

are linked to Primary Schools and are available to provide information, support and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean, and we are working virtually at present, providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.



National Children's Day is on Sunday 16th May, and the focus this year is on health and wellbeing in the light of the coronavirus pandemic. This is something relevant to us all right now, so it is a lovely time to think about having some quality time as a family and doing some child-centred activities. Visit www.nationalchildrensdayuk.com for more information and ideas.

Activity Idea - Well done jar!

A great way to encourage behaviours you want to see.

What you will need:

- A clean jar
- Paper
- Pens/pencils



Catch your child being good!

Every time you spot your child doing something write it down and pop it in the jar. If you or your child are feeling creative, decorate with any craft materials you like.

A great way to promote positive behaviours and improve self-esteem.



Another Resource

The NHS identifies 5 simple steps to help us all with our wellbeing that are all great for doing with children:

- connect with other people
- get active
- learn or do something new
- do something for others
- take notice of the world around us

For more information, visit www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/ or www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/.

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
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