

Early Intervention Family Worker Newsletter

3rd May 2022

A Message From Me

This term's virtual workshop programme:

10th May Understanding Anxiety

18th May: Understanding Challenging Behaviour

8th June: Helping Children with Anger

22nd June: Effective Discipline

6th July: Resilience Workshop

Please email me if you would like further details or to book.

Activity Idea

Did you know May is National Bike Month?

The weather is getting better, and the evenings are getting lighter, why not get out on your bike?

If you have not ridden for some time, it's a good idea to give your bike a safety check, or take it into Halfords, who offer this service free of charge.

Also remember to check the seat height of children's bikes-They may need it adjusted if they haven't ridden for a while.



Parenting Top Tip

Active Listening

How often do we really listen to our children? Quite often they will try to talk to us when we are busy, or occupied, and we may not have time to really listen to what they are saying and how they are feeling.

Active listening means making some time to listen on two levels, both to the words they say, but also to the emotions behind the words.

When we listen like this it makes our children feel valued and heard-even if they are only telling us something small.

If we can make time in our day to listen to the small things, then they are more likely to approach us when they have something bigger to say.

Another Resource

Have a look at the website www.bikeradar.com (under the advice tab) for information on getting the correct size bike, making cycling more comfortable etc

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 ☎ 07917173791 or
✉ charlotte.dean@cambridgeshire.gov.uk