

Early Intervention Family Worker Newsletter

5th July 2021

Early intervention Family Workers support parents with challenging or worrying behaviour: tantrums, meltdowns, anxiety, self-esteem, bedtime problems, sibling rivalry etc. Support is currently available virtually or by phone.

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Activity Idea



Use a jam jar or a bottle with a lid.
Fill the jam jar or bottle with $\frac{1}{4}$ water to $\frac{3}{4}$ vegetable oil.
Add a couple of drops of food colouring and some glitter.

Shake and watch the bubbles separate.

Parenting Top Tips. Anxiety

When your child is feeling anxious, it's important to help them calm down and feel safe. Here are some ideas to help:

- Breathe slowly and deeply together. You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. This can help them relax.
- Sit with them and offer calm physical reassurance. Feeling you nearby or holding your hand or having a cuddle if it's possible, can be soothing.
- Reassure them that the anxiety will pass and that they will be okay. It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.
- Try using all five senses together. Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.
- Encourage them to do something that helps them to feel calmer. This could be running, walking, listening to music, painting, drawing or colouring, writing, watching a film or reading a book.
- Remember that everyone is different, and over time you and your child can work together to find the things that work best for them in these moments.

Another Resource

<https://youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/>

A link to young minds, a great website for children and young people suffering with anxiety or other mental health issues.

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