## **Early Intervention Family Worker**

Parenting isn't always easy and children don't come with instructions. If you are struggling with any aspect of your child's behaviour or have any other concerns, help is available via our Early Intervention Family Worker Jane Rogers who is part of the South Cambs District Early Help Team.

Jane can provide support for you with a number of issues you may have concerning your child.

## This support is now available via telephone and/or email.

Below are some examples of issues that Jane can help with

- How to talk to your child about corona virus
- Anxiety/emotional wellbeing
- Helping your child to understand and talk about feelings
- Understanding challenging behaviour
- Ideas to encourage positive behaviour
- Positive discipline
- Sleep issues
- Sibling rivalry
- Self esteem

Contact: Janeelizabeth.rogers@cambridgeshire.gov.uk 01945 284650