

Early Intervention Family Worker

Parent Survival Tips Week 8

Welcome to week eight of this newsletter, I will be sending it to your school every week during the school closures, if you miss any please do contact me and I will be happy to forward them to you.

Disney dancing

This is lots of fun, don't worry if you can't follow the steps, just do your own thing, kids and adults.

Enjoy..... (come on, up you get)

https://www.youtube.com/watch?list=RDa0OMDUJEK1I&v=a0OMDUJEK1I&feature=emb_r el_end

For little scientists

Some really fascinating, but simple experiments you can do at home.
I like the bouncy egg one.

<https://www.youtube.com/watch?v=4MHn9Q5NtdY>

The shed school

Join teacher Mr Bates live every day as he teaches the nations children from his shed.

<https://www.theshedschool.co.uk/>

Parent Tip

Support your child's self esteem

All about me

Make a scrapbook celebrating your child.

- Photos of me
- Things I am good at
- Things I have achieved / certificates
- Drawings by me
- Good things people have said about me

Think of your own...

Get contributions from others: relatives, friends, teachers, club leaders etc.

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 I am available to support you via phone/ email during the current crisis. Common issues that families ask for help with include: challenging behaviour, sleep difficulties, anxiety/emotional wellbeing, discipline, self-esteem, sibling rivalry.

I run a number of workshops in schools on particular parenting topics, and am currently working on adapting these into bitesize self-help booklets that can be emailed to you individually.

Available now

Sibling rivalry

Understanding challenging behaviour

Positive discipline

Contact: janeelizabeth.rogers@cambridgeshire.gov.uk

01954 284650

07901008850