

Early Intervention Family Worker

Parent Survival Tips Week 16

Welcome to week sixteen 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.

Egg Fun

Here are some fun experiments you can do with eggs

<https://www.youtube.com/watch?v=6KCmrc043Kk&t=5s>

The wonder of water

Here are some great simple science experiments you can do with water

<https://www.youtube.com/watch?v=wXwSpcfYBD4>

Jacananory

The Last Polar Bears read by Martin Clunes

<https://www.youtube.com/watch?v=G9B2a4nSHVI>

Parent Tip

Negative children

Some children naturally tend towards negativity, but while acknowledging feelings is important, it is also important to challenge this way of thinking. Positive people tend to be happier and more resilient.

Gloomy glasses / rainbow glasses

Challenge your child's negative thinking/ encourage a different perspective. Encourage your child to question their negative way of seeing things. Talk to them about Gloomy glasses and Rainbow glasses (and Realistic glasses in the middle)

Explain that if you wear gloomy glasses all the time it can lead to you feeling less happy. Putting on your Rainbow glasses (putting a positive spin on things/looking for the positives) can help you to feel happier.

Check the facts

If your child has negative thoughts about something, talk through what the facts are. For example: 'I'm not going to like my new teacher, everyone says she is really strict.'

What might the facts be about this statement? Be mindful that statements like this can have an underlying anxiety, so it's important not to be dismissive.

'Our team are rubbish compared to the others.' Is this really true? (Don't just say you don't agree, and list all the reasons why) Ask what are the positives about your team? if there is room for improvement, what could your team be working on?

And don't forget.....

Children will copy what you do, so if you are a glass half empty sort of person, be mindful of being negative in front of your children.

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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.

Continued...

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

Screen time battles

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