

Early Intervention Family Worker

Parent Survival Tips Week 7

Welcome to week seven 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.

George's Marvellous Medicine

A wonderful telling of this story by the very entertaining Rick Mayall.

https://www.youtube.com/watch?v=niL_h6kYPbk

Elephants

Some lovely footage of baby elephants here. Lots of games /activities and interesting animal facts on this website including live webcam of the animals

<https://kids.sandiegozoo.org/videos/baby-elephants>

Science

A great site to 'encourage children to look closely at the world around them, and experiment'

Test your memory:

<https://www.rigb.org/families/experimental/memory-masters>

Parent Tip

Family meetings

It's good to talk

Holding regular family meetings is something that many families I work with find useful. A meeting does not have to be held just when there is a problem. Why not have a meeting to catch up on what people have been doing? This can be light hearted and fun. Young children generally like this idea. Gather everyone round the table and each take turns to talk. The person talking could hold an object, an apple, a toy, (or wear a funny hat) Ask the person whose turn it is to speak, to tell the family something good about their day or week, and something not so good. Ask them to say what they felt. Grown-ups do this as well. Make sure that those who are not holding the object listen, and let the speaker finish, an important skill to learn, and one that we adults don't always do well!

As children get a little older use these meetings to sort out difficulties and problems as well, making sure to stick to the 'no interrupting the speaker' rule.

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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.

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

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