

# Early Intervention Family Worker Newsletter

## 22nd November 2022

### Parent Carer Support Line

Offers the opportunity to speak to a friendly professional from the E I Family Worker Team about your young person aged 4 to 12 in Cambridge City and surrounding areas.

You can ask question, seek support around behaviour, routines, and boundaries, or just talk about how it is to manage parenting during current times. We will give advice, support, and help with signposting or just listen. You can telephone or email for support any time. Please leave a message with contact details, someone will call you back within 10 working days. We are not an emergency service. [Phone 01354 750420](tel:01354750420)

### Activity Idea

#### Plastic bottle pen pots

You will need:

Empty plastic drink bottle  
Scissors  
Acrylic paint  
Marker pens  
Glue (possibly)

Take a clean & empty plastic drink bottle and help your child to cut it in half, making sure there are no sharp bits.

Paint the bottle with acrylic paint in any design you like.

If making an animal, then use the leftover bottle to make ears and stick them onto the pen pot and use marker pen to draw facial features



### Parenting Top Tip

#### Encouraging self-esteem

**It is not unusual for some children to struggle with self-esteem and confidence issues. Here's something we can do to help them.**

#### Offer praise for effort

We may think that we often praise our children, but are we praising their efforts? or only their achievements? It's helpful to praise them if we can see that they have made an effort to do something, even if it has not gone to plan, and not just if they have achieved what we wanted them to. This shows them that we appreciate their efforts reassure it's ok to make mistakes, and we can try again another time. For example, "Well done on your spelling test results today, I know you practiced hard for it" If your child seems disappointed you could say "It's ok, we can work on it together, there's always next time"

### Another Resource

Want to get your children involved in the kitchen? It often helps fussy eaters as they are keener to try something if they have helped to make it.

Take a look at the Kids cooking recipes part on the BBC good food website for some simple fun & tasty ideas! [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



Cambridgeshire  
County Council

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