

Early Intervention Family Worker Newsletter

12th July 2021

Activity Idea – Worry Box

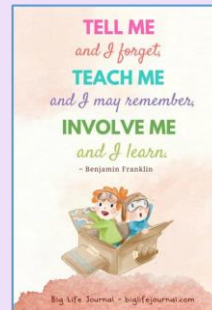
Find a box within your home and decorate.



- Use this as a whole family activity making sure age appropriate for your children.
- Agree a symbol to draw or a word to write on worries that don't want to be shared.
- It is important to understand that everyone has worries and being able to explore these with your worry box.
- Look at each worry, see if they need help or if some are everyday worries.

If you are feeling extra creative, you could even make your own Worry Monster.

Parenting Top Tip



Include children in the day to day tasks and give them options to choose from where possible. Children go through life with plans set out for them, giving them some control helps them to feel they are included, valued and listened to.

When looking at choices and consequences with behaviour:

Choices

- Limited choices that are acceptable to you
- Positive redirection
- Encourage thinking "What would be a good behaviour choice?"

Consequences

- Logical or natural consequences related to the behaviour. (Three "R's" – Related, Reasonable & Respectful and Helpful)
- Known or warned about in advance.
- Consistent each time & followed through

Another Resource

Helpful tips on lots of topics from, resilience to growth mindset, bedtime routines to how you can help children with big life changes:

<https://biglifejournal-uk.co.uk/blogs/blog>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cambs.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