

Early Intervention Family Worker Newsletter

21st June 2021

A Message from Me

Hello all,
I am still working from home.
However I can still offer support to you via
the telephone, email and video calls.
With only a few more weeks left until the end
of term please get in contact asap if there is
something you require support with .
Zoe Hope

Activity Idea

Hand & Finger Art



All you need is:
Paint
Paper
Hands!

Parenting Top Tip

Good Sleep Guide

1. Create a bedtime routine

A routine will help children to get into sleep mode. Keep to the same sequence of events each night. Remember, consistency is key!

2. Turn off electronic devices

Electronic devices can stimulate the brain and affect sleep. Children should stop using electronic devices at least one hour before bedtime.

3. Calm Down Time

Create some calm down time before bed. Overstimulating play or physical exercise too close to bedtime can affect sleep. Try sleep promoting activities like reading or colouring.

4. Teach your child to self-soothe

Do not get into bed with your child. It is important for children to learn to fall asleep on their own. Give them a transitional object such as a soft toy or comfort blanket

Another Resource

[Healthy sleep tips for children - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthy-sleep-tips-for-children/)

The NHS website has information and advice to support good sleep hygiene for children and adults.

The Sleep Foundation is also a good source of information

www.sleepfoundation.org

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



Cambridgeshire
County Council

Contact me directly
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