

# Early Intervention Family Worker Newsletter

## 14<sup>th</sup> June 2021

### A Message From Me

Hello All, What beautiful weather we have had.  
Sunshine always makes me feel happy ☺

I am still working on about a 7-10 day waiting list.  
Please do contact me if you require further support  
and I will always get back to you.

Zoe

### Parenting Top Tip

Does your child need support to understand their emotions? You can support your child by;

- Try to understand , acknowledge what your child is feeling / wanting
- Label your child's positive feelings more often than their negative feelings
- Praise your child's self-regulation skills such as staying calm, trying again when frustrated, waiting a turn, and using words.
- Model words your child could use
- Help your child learn ways to self-regulate such as deep breathing, counting, taking them self away to a quiet place and using a stress sock.
- Model feeling language e.g. I'm so happy playing with you, I feel calm when I listen to the birds singing.

### Activity Idea

#### Stress sock



Fill an old sock with something soft.

You could use bubble wrap, foam packaging, a washing up or shower sponge, rolled up socks or scrunched up wrapping paper.

Tie a knot in the top of the sock or use a hair bobble or elastic band to keep the contents in.

Squeeze and release the sock in a rhythm that feels right for you.

### Another Resource

You can find some other activities to support your child's emotional regulation at  
<https://www.childline.org.uk/toolbox/calm-zone/>

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