

# Early Intervention Family Worker Newsletter

## 1<sup>st</sup> November 2021

### A Message From Me

I hope you have all had a lovely break. Returning to school after a school holiday can be difficult for some children.

If this is something, you're struggling with please contact me to discuss how I may be able to support.

Zoe

### NATIONAL STRESS AWARENESS DAY 2<sup>ND</sup> NOVEMBER

#### How to make stress balloon



1. Blow up the balloon about 4-5 inches in diameter
2. Pinch it closed.
3. Insert the funnel.
4. Fill your balloon with corn flour
5. Slowly release pinched fingers.
6. Squeeze out the excess air.
7. Tie the balloon closed.
8. Decorate the stress ball.

### Anxiety

Anxiety is an unpleasant feeling of fear, panic or worry.

So how can you help your child with managing their anxiety?

**Worry time** – Having specific time set aside to worry can help with clearing thoughts

**Worry box /monster** – Use a box to write any worries in, this is particularly helpful if your child is a night time worrier.

**Worry balloon** – Blow balloon up put all your worries in and let it blow by a wind outside.

**Find positives** – If a child worries about something try to think and find positive.

**Problem solving** – Think about all the solutions to the worry and then break down the steps

**Feelings diary** - record or draw things that have worried you during the day and add end: " How I managed it, what helped me."

### Another resource

Lindy Wheeler's website 'The Human Toolbox' has some good information on why and how our body reacts to outside issues. She has a helpful visual aid at

<https://www.humantoolbox.co.uk/human-toolbox/> titled 'what humans do'.

**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)