

Early Intervention Family Worker Newsletter

19th July 2021

A Message From Me

This is our last newsletter before the summer holidays. So please enjoy your summer and stay safe!

You can contact me over the summer on the details below if you would like and parenting advice or support.
Enjoy the holidays!

Activity Idea

Tissue Paper Stained Glass Craft for Kids

MATERIALS

- Wax paper
- Coloured tissue paper
- Watered down glue

INSTRUCTIONS

1. Tear tissue paper into pieces

First tear up some coloured tissue paper into small pieces. This part is fun for little kids!

2. Brush watered down glue on waxed paper

Tape down a sheet of waxed paper to use as the base for the stained glass. Then brush the glue all over the waxed paper, set a piece of tissue paper on the glue covered piece of wax paper, then brush more liquid glue over the piece. Continue adding layers of glue and coloured tissue paper until the waxed paper is covered with the coloured tissue paper scraps.

3. Let it dry



4. Display in window

Parenting Top Tip

Tips to keep you child safe in the sun ☀️

- Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.
- Keep babies under the age of six months out of direct sunlight, especially around midday.
- Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the tops of their feet. Reapply often throughout the day.
- Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.
- Cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves.
- Get your child to wear a floppy hat with a wide brim that shades their face and neck.
- Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label.
- If your child is swimming, use a waterproof sunblock of factor 15 or above. Reapply after towel.

Another Resource

www.childline.org.uk/toolbox/calm-zone/

CALM ZONE There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

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 on
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