

Early Intervention Family Worker Newsletter

27th April 2021

A Message From Me

Hi, this is week 3 of these newsletters so you may know my name by now, but if not I'm Emily Norman. I'm the Early Intervention Family Worker linked to your child's school. If you'd like a bit more information about anything you see, or would like advice around things such as sibling rivalry or anger, please get in touch using the details below.

Parenting Top Tip - Attention

Sometimes we can worry that we're not giving our children enough attention. Here are some small recommendations and ideas to think about for your child:

- **Children need a minimum of 8 touches during a day to feel connected to their parent.** It could be the straightening of a collar, a pat on the shoulder or a simple hug.
- **Each day, children need one eye-to-eye conversation with a parent.** Children of all ages need us to slow down and look them in the eyes.
- **There are 9 minutes during the day that have the greatest impact on a child.** These are the first 3 minutes right after they wake up, the 3 minutes after they come home from school and the last 3 minutes of the day before they go to bed.

Sock Bunny Activity Idea

How to make a No Sew Calming Sock Bunny with your child:

You'll need: One sock, uncooked rice, lavender oil (optional), elastic bands, ribbon.
Step **1** – start by filling your sock about 2/3s full with rice. Step **2** – add in 5 to 6 drops of lavender oil. Step **3** – gather the sock together and tie an elastic band around the top to secure it. Make sure you have enough sock at the top to cut in some bunny ear shapes. Step **4** – Now it's time to tie a ribbon around your bunny's neck, draw on a face and give it a name.

Encourage your child to pop the bunny on their laps as the pressure of the weight can be calming. Children can use their sense of touch to feel the texture of the rice inside and smell the calming lavender scent if it was used.



Another Resource

This website has lots of activity ideas around relaxation and mindfulness for children:

www.calmahoykids.co.uk

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