

# Early Intervention Family Worker Newsletter

## 20<sup>th</sup> September 2021

### Early Intervention Family Workers

are linked to Primary Schools and are available to provide information, support and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean, and we are working virtually at present, providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.

### Activity Idea

#### Balloon Breathing

Focusing on the breath can help relieve frustration and anger in us all.

1. Sit or lie down in a comfortable position if you have time, if not this can be practiced when you are feeling cross anywhere!
2. Imagine that there is a balloon inside your tummy and take a deep breath in.
2. Keep going until the balloon is big.
3. Then slowly breathe out, letting all the air out of the balloon.
4. Try to imagine the colour of the balloon as you breathe.
5. Repeat and notice how much calmer you feel.

**Parenting Top Tip** - Helping children manage anger and frustration:



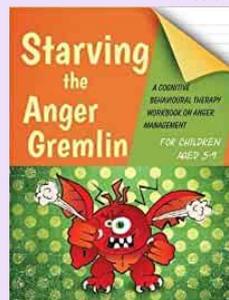
Work together to try to find out what triggers the anger. Talk about helpful strategies for managing anger.

You could encourage your child to: count to 10

- walk away from the situation
- breathe slowly and deeply
- clench and unclench their fists to ease tension
- talk to a trusted person
- go to a private place to calm down

If you see the early signs of anger in your child, say so. This gives them the chance to try their strategies.

### Another Resource



This CBT based book is full of great ideas to help you help children manage their anger.

**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)



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Contact me directly on