

# Early Intervention Family Worker Newsletter

## 17th May 2021

### A Message From Me



Hello, I am Beatrice Dark the Early Intervention Family Worker for the school. I can offer advice and support on a range of issues and challenges that can affect family life. Please do not hesitate to contact me if I can be of support.

### Activity Idea

#### Painted plant pots

Now the weather is warming up (slightly) it is good to get outside if we can, but even if you don't have your own garden these can be used for indoor plants or to brighten up a balcony.

Simply get a terracotta plant pot and some acrylic paint and brushes and let your children's imagination take over.

When your plant pot is finished and dried use it to plant whatever you fancy and watch it grow!



### Parenting Top Tip

Catch your children being good!

Sometimes it is all too easy to focus on negative behaviour.

We can easily get into a cycle where we expect poor behaviour from our children and so treat them as though they have behaved poorly.

This cycle can go on and on unless we decide to break it.

Actively trying to catch our children behaving well and offering praise is one of the easiest ways to break this cycle.

Be specific in your praise-tell them what you liked, and they are more likely to do it again.

### Another Resource

Talking freELY are a community based project in Ely who have the aim of getting people talking about mental health raising awareness and breaking down the stigma. Check out their great work on their facebook page Talking freELY.

**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)