

Early Intervention Family Worker

Parent Survival Tips Week 9

Welcome to week nine of this newsletter, I will be sending it to your school every week during the school closures, if you miss any please do contact me and I will be happy to forward them to you.

Just relax

Click this link to listen to some relaxing sounds of the sea.

<https://www.youtube.com/watch?v=HKmEWRZNJ3k>

Here are some rainforest sounds

<https://www.youtube.com/watch?v=8myYyMg1fFE&t=436s>

You can search for your own, just type in: sounds of the jungle/river/raindrops etc

Find a quiet moment, and ask your children to get comfortable, close their eyes and listen. Ask them to think about what they can hear / see / smell / feel and let the sounds play.

When they open their eyes, get them to describe the experience to you (you do it too) Alternatively, let the sounds play and draw pictures of the scene you are hearing.

Treasure hunt

Treasure hunts are great fun, inside or out. You just need to use your imagination. Here are some ideas to get you going.

Try to find:

- Something the same colour as your shoes
- Something for every colour of the rainbow
- Something smooth
- Something as thick as your thumb
- Something that starts with the first letter of your name

Make up your own...

Parent Tip

The inflexible child

If you have a child who is very inflexible and can't bear change then you are not alone. I often work with parents who say their child will have a meltdown when plans change. It can be hard work, but try to put in a few extra strategies to cope with this:

Make time when your child is calm to talk and prepare them for the fact that sometimes plans do change.

Acknowledge your child's feelings and let them know that you understand that these situations can be upsetting for them.

Talk through some different scenarios that might happen, to get your child used to the idea that they may have to face the unexpected from time to time:

'We are going shopping this morning and will go out on our bikes after lunch, but if it rains we will have to do something else, what else could we do?'

It's all too easy to react in the moment when things are happening, but this sort of planning and preparation is really worth doing.

And lastly but importantly: Talk things over after the event, if things went well praise your child *'I know you were upset, but you calmed down very quickly.'*

If things have gone badly still talk about it, but try not to blame or criticize as your child won't be feeling great anyway and this can make them feel worse.

Instead say something like:

'I could see how upsetting it was for you when we couldn't.... (whatever it was) what do you think you could do next time something like that happens?'

And next time you think you might encounter a difficult situation prepare your child first and talk it through with them.

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Parenting isn't always easy and children don't come with instructions. If you are struggling with any aspect of your child's behaviour or have any other concerns I am available to support you via phone/ email during the current crisis. Common issues that families ask for help with include: challenging behaviour, sleep difficulties, anxiety/emotional wellbeing, discipline, self-esteem, sibling rivalry.

I run a number of workshops in schools on particular parenting topics, and am currently working on adapting these into bitesize self-help booklets that can be emailed to you individually.

Available now

Sibling rivalry

Understanding challenging behaviour

Positive discipline

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