

Early Intervention Family Worker
Parent survival tips & ideas week 6

Welcome to week six 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.

Birdsong Game

Is it just me or are the birds noisier this year? Maybe I have just noticed them more, they have certainly been making a right racket in my garden (it's lovely to hear) and I can't tell one from the other.

Here's a short clip of some different birds and their song. Show it to your children and get them to write down the different birds, then after you have watched it a couple of times, play it through without looking and see who can match the right bird to the right song.

<https://www.youtube.com/watch?v=G8-dOm7-WEI>

Creative kids?

Here's a frog puppet from the easypeasy website, a great crafty website with loads of fun ideas.

<https://www.easypeasyandfun.com/printable-frog-puppet/>

The very hungry caterpillar

Are you one of those parents who has read this story hundreds of times?

Take a look at this, it's lovely

<https://www.youtube.com/watch?v=75NQK-Sm1YY>

Parent Tip

Thoughts on playtime

Are your children spending more time just playing at the moment?

Well if they are, don't worry because:

'Play is the highest form of research' so says Albert Einstein no less!

Can you think of a time when you played as a child / what did you do?

Did an adult spend time playing with you?

What are the benefits of play?

What gets in the way?

What does your child like to play?

Some benefits:

Your child will learn social skills: sharing, waiting, co- operating with others

- Your child will learn to solve problems
- It helps with language development
- It will help your child to learn about feelings in a safe environment
- Child and parent play helps with bonding, giving positive attention during play will strengthen your relationship.
- It gives the parent the opportunity to model positive behaviour

And last but not least.... It's fun!

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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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