

Education Inclusion Family Advisor Newsletter

Parent Carer/ Support Line

We offer an opportunity to speak to a friendly professional from the **Education Inclusion Family Advisor** about any child or young person aged 4 to 12 in Cambridge City and surrounding areas.

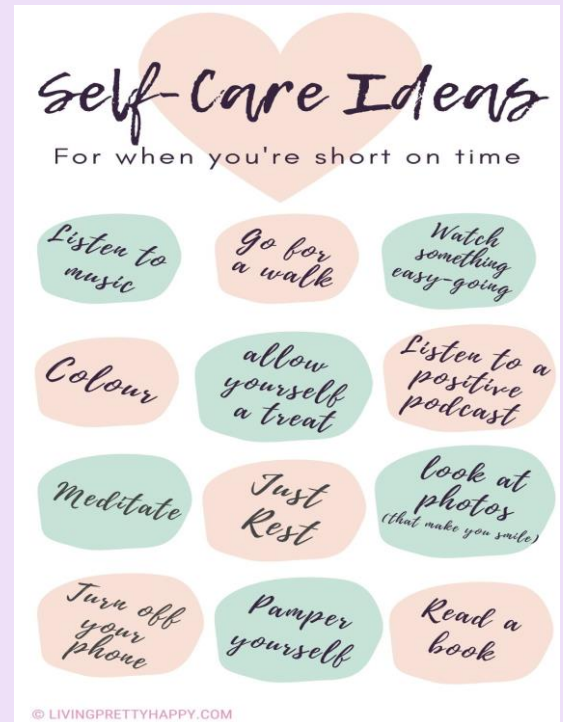
You can ask a question, request support about your child's or young person's behaviours, get help with routines and boundaries, or maybe just discuss managing parenting in the current climate. We will advise, support signposting or listen to your parenting experiences. You can telephone or email any time, please leave a message with your contact details, [someone will call you back within 10 working days as we are not an emergency service](mailto:earlyintervention@cambridgeshire.gov.uk). Email: earlyintervention@cambridgeshire.gov.uk
Phone: 01354 750420

Tips on how to help your child self-regulate and de-stress.

- *Breath in and out 10 times focus on each breath*
- *Take a break and get a drink of water*
- *Talk to someone about how you feel, or ask for help*
- *Draw a picture or do some colouring*
- *Write about your feelings*
- *Run, Jump, stretch, play football... exercise helps!*
- *Think about something or somewhere that makes you feel happy*
- *Read a book or magazine or listen to music*
- *Squeeze a stress ball*

Parenting Top Tip

*We all time for self-care, even parents!
What can you do this week to look after your own needs?*



Another Resource

Relaxation activities to do at home with your children.

[6 Relaxation Activities That Can Help to Calm Kids During Times of Anxiety | Save the Children](#)

Does your child have, or potentially have, an additional need or disability? Pinpoint (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



Cambridgeshire
County Council

Contact me directly on ☎ 07(change) or
✉ [\(change\)@cambridgeshire.gov.uk](mailto:(change)@cambridgeshire.gov.uk)