Early Intervention Family Worker Tips and Ideas

Starting your morning on a positive

Getting some exercise in the morning can boost your mood and start off the day on a positive note. Joe Wicks (The Body Coach) is running 'PE with Joe' every week day morning at 9am on his Youtube channel.

Find it here:

https://www.youtube.com/user/thebodycoach1

Don't worry if you miss the 9am slot as the videos are saved on to his channel too.

Information for single parents

If you're a single parent and worried about how the lockdown may affect your family have a look at this website:

https://www.gingerbread.org.uk/coronavirus/

Gingerbread is a charity run service offering support and advice to single parent families and they have added a section specifically regarding the current situation. The website offers lots of information and advice around things such as being off work, mental health, children and contact arrangements.

Taking the time to breathe

As we all know, we are in a weird time, especially for our children who may feel overwhelmed. Mindfulness is a great tool to help ourselves feel more grounded. One tool to help you and your children is taking the time to breathe. Deep breathing may sound an easy thing to do but it only works if it's done well.

Try working with your child on slowly breathing in for 6 seconds, holding it for 4 seconds and breathing out for 8 seconds. It might take a bit of practice, but they will hopefully feel calmer and more grounded afterwards. Some children can find using a visual aid helps them such as tracing their finger along an infinity circle –breathing in on one loop, holding their breath and then breathing out on the second loop...
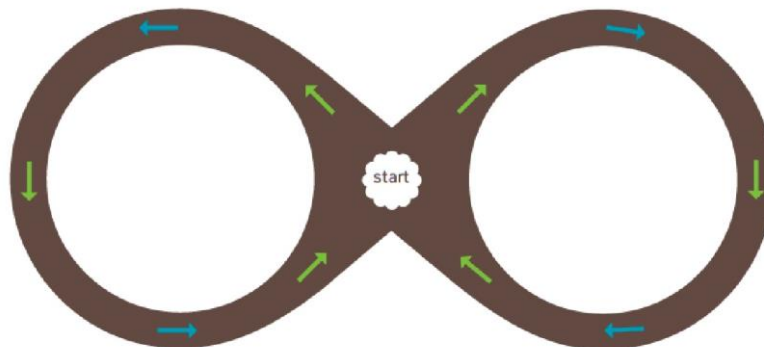
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If you'd like more information about these tips and ideas or if you have other questions, please don't hesitate to contact me. Maybe you'd like advice around things such as anxiety, raising self-esteem or sibling rivalry.

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