

## Family Support Worker Tips and Ideas – Week 3

### Emotions

Children have to learn to understand their emotions. Being in lockdown can cause a lot of heightened emotions for children, and if they don't understand their emotions this can lead to them displaying them in other ways, for example crying or showing challenging behaviour. One way to help your children understand their emotions is to share your emotions with them. As parents, it can be easy to want to protect them from what emotions you are feeling. However sharing your emotions shows your child that emotions are normal, and that it is ok to share them with others. Maybe you could point out when you are feeling sad, happy or frustrated and describe what you're going to do about it. For example 'I'm feeling frustrated that I can't see my family at the moment, I'm going to spend 5 minutes upstairs alone to calm down.' Adding in the action teaches your child that we need to work on helping ourselves feel calm again. It would be impossible to do this at all times throughout the day, but remembering every now and then that it is beneficial can help.

### Coronavirus – A book for children

The illustrator of the Gruffalo books has produced a free book for children on coronavirus. It's been developed alongside scientists, head teachers and child psychologists so that it's aimed specifically at Primary school aged children. For most children they may not quite understand the situation we're in which can be confusing and worrying. They may have picked up snippets here and there from other adults or misinformation from other children before the lockdown. Having a well-researched and factual book to come back to can be reassuring. Here is the link:

[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)

### Dancing activities

Getting active is a great way to boost a positive mood in the morning ready for the day. Oti Mabuse is running free online dance lessons on her Youtube channel every week day at 11.30 am. Find them here:

<https://www.youtube.com/user/mosetsanagape/videos>

Like Joe Wicks' videos, if you miss the 11.30am slots, the videos are saved on to her channel too.

### Family Worker

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.

Emily Norman

Early Intervention Family Worker

[Emily.norman@cambridgeshire.gov.uk](mailto:Emily.norman@cambridgeshire.gov.uk)

07879 426 947