

# Family Support Worker Tips and Ideas – Week 10

## Negative self-talk

It can be really difficult to hear your child talking negatively about themselves. Often a parent's natural instinct is to come back with 'don't be silly' or 'no you're not'. However as adults, we know that doesn't always help. Here are some things you can try if your child is talking negatively about themselves, that will support them over time:

1. Empathise with them. Let them know that you appreciate they are having a hard time and that you understand it is difficult.
2. Share your own experiences. Talk with them about similar situations you have been in, either as an adult or a child. This may lead to them asking questions about how you dealt with it.
3. 'YET!' Add the word 'yet' to the end of their sentences. E.g. 'I can't do this work.' ... 'yet'.
4. Role modelling. Show your child what positive self-talk looks like. You are their biggest role models.
5. Create a positivity jar. Each time they achieve something, even if it's very small, write it down and put it in a jar. When they are feeling negative, take a few things out of the jar and look through what they have achieved.
6. Give them a hug. Sometimes children just want to be negative, ask them if you can give them a hug.

## Illness during Covid-19

During the current situation it can be confusing to know what to do if your child becomes ill. The NHS have put together a helpful visual on when to take your child to A&E or to the GP. Hopefully you won't need it, but here is the link in case:

[https://search3.openobjects.com/megadamanager/ealing/directory/files/parent\\_guide\\_covid-19\\_web\\_2\\_1.pdf](https://search3.openobjects.com/megadamanager/ealing/directory/files/parent_guide_covid-19_web_2_1.pdf)

## Yoga for children

Yoga is a great form of exercise for children that is also calming. It can be a good activity to introduce as part of a bedtime routine, or in the day as a relaxing activity. There are lots of resources online of yoga poses you can teach your children. Alternatively, Cosmic Kids Yoga has a Youtube channel where they use yoga poses to tell a story. They have videos based on lots of different interests like Harry Potter, Frozen and Star Wars. Find them here:

<https://www.youtube.com/watch?v=0ImHIWzP49M>

## 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.

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