

Family Worker Tips and Ideas – Week 5

Bumblebee breathing

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, and bumblebee breathing is a fun way to do so. Taking the time to breathe may sound an easy thing to do but it only works if you practice it before you need it. It might take a bit of time to learn, but your child will hopefully feel calmer and more grounded afterwards.

How to breathe like a bumblebee:

1. Begin by making sure your back is tall and straight.
2. Take a slow, deep breath in through your nose before exhaling out to 'HMMMMM' as long as possible, like a bumblebee.
3. Try it again, but this time with your eyes closed.
4. Focus on the humming sound and notice the vibration created in your lips or jaw.
5. If you feel comfortable, try the same breath again, this time with your hands over your ears as well.
6. Notice your attention goes inward, where there is peace and calm.
7. Try this several times, and make sure to have a discussion after about how it felt.

Illness during Covid-19

During the current situation and while the Government is asking everyone to stay at home 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/memediamanager/ealing/directory/files/patient_guide_covid-19_web_2_1_.pdf

Illustrating activity

If your children like drawing there's lots of inspiration around at the moment, with illustrators offering free online tutorials to help them improve.

A popular one is 'Draw with Rob', a website from author and illustrator Rob Biddulph, whose books include Grrrrr! about a bear called Fred who loses his growl.

His videos, showing children how to create illustrations including sausage dogs, unicorns and Sonic the hedgehog, are easily accessible on his website: <http://www.robiddulph.com/draw-with-rob>

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

07879 426 947