

Early Intervention Family Worker Newsletter

9th May 2022

Tips for easing SATS worries

For parents with children in year 6 you will be aware that this week is the week of primary assessments known as SATS. Here are a few tips to help your children.

- Help them revise.
- Talk about their worries and listen, help them keep it in perspective.
- Be aware of language that is used at home, no talk of a 'fail or pass'. Do not add to the pressure.
- For some children this may be their first experience of stress or worry, explain how this may feel physically and mentally to help them talk about how they are feeling. [Managing stress and anxiety | Childline](#)
- Weave into the day small things to help them relax e.g., watching their favourite TV programme, listening to music, kicking a ball, spending time with pets, hot chocolate and cuddly blanket.
- Encourage them to exercise.
- No screens an hour before bed.
- Give yourself an extra 10-15 mins for morning school run
- Try to keep as positive as possible
- Remind them it is for one week then it's all over!

Good luck!

Activity Idea

Letting your child lead the play

Set aside an agreed time with no distractions where possible and let your child teach you something they are good at, like to do or facts they know. This could mean you may be gaming, dancing, singing, making slime, learning magic tricks and sports skills, or solving maths questions. Child led play and interaction works with all ages and is great for connection.

[Child-led play & activities: 0-6 years | Raising Children Network](#)

[Children with disability: play activities | Raising Children Network](#)



Annual Conference

21-22 June 2022

**Yvonne Newbold –
Supporting Challenging
Behaviour at home
and at school**

Wednesday 22nd June, 1-2pm

Join us online



[PINPOINT ANNUAL CONFERENCE 2022. Yvonne Newbold – Supporting Challenging Behaviour at home and at school - Pinpoint \(\[pinpoint-cambs.org.uk\]\(http://pinpoint-cambs.org.uk\)\)](#)

Yvonne's personal and professional expertise in managing behaviour as a parent of a child with SEND is not only powerful with lots of techniques and tips, but also inspirational for all of us whose children struggle. No formal diagnosis is required to access support from Pinpoint - a child may be on a waiting list, accessing services, had a referral turned down, or just be struggling.

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



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