

Early Intervention Family Worker Newsletter

27th September 2021

A Message From Me

Hello all,
I hope you're all feeling settled back into the school routine.

If this is something you need support with, please do contact me to discuss how I may be able to support you 😊

Zoe Hope



World heart day is celebrated on 29th September of every year. It is aimed at drawing people's attention to heart illness and the range of associated health issues. The day is commemorated to promote different preventative steps and changes in lifestyle to avoid any cardiovascular diseases like, heart attack, stroke and heart failure. On average more than 17 million people die from heart related illnesses every year.

[Healthy Eating Week Organised Events & Awareness Days/Weeks Prima \(twinkl.co.uk\)](#)

[World Heart Day 2021 - Event Info and Resources \(twinkl.co.uk\)](#)

SHIFT FROM A "STRESS HURTS" TO A "STRESS HELPS" MINDSET



1. ACCEPT THAT YOU CAN'T PREVENT STRESS, STRESS IS AN OPPORTUNITY TO GROW.



2. SEEK TO UNDERSTAND YOUR CHILD'S STRESS, RATHER THAN DISMISS IT.



3. EXPLAIN THAT STRESS CAN BE GOOD WHEN YOU LEARN FROM IT.



4. HELP YOUR CHILD FIND AREAS OF GROWTH.

BIG LIFE JOURNAL - BIGLIFEJOURNAL.COM

Fun fact about our hearts

- The heart is about the size of an adult's fists and is the strongest muscle in the body.
- Your heartbeat about 100,000 times a day.
- The sound of your heartbeat is made by the 4 valves of the heart opening and closing as the blood flows.
- It takes 45 seconds for the heart to circulate blood all around the body.



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



Cambridgeshire
County Council

Contact me directly
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