**YOU WILL NEED**:

Mix of birdseeds, cooked rice, grated cheese, dried fruit-chopped nuts. Lard or suet, pinecones, coconut shell, or, clean yogurt pot, String

Parent Carer Support Line 

Offers the opportunity to speak to a friendly professional from the E I Family Worker Team about your young person aged 4 to 12 in Cambridge City and surrounding areas.

You can ask question, seek support around behaviour, routines, and boundaries, or just talk about how it is to manage parenting during current times. We will give advice, support, and help with signposting or just listen. You can telephone or email for support any time. Please leave a message with contact details, someone will call you back within 10 working days. We are not an emergency service. **Phone 01354 750420 Email- Districtearlyhelpteam.cambridgecity@cambridgeshire.gov.uk**

**It is almost spring. Here is an activity to help our birdlife**

WHAT TO DO



1. Mix all the dry ingredients together in a bowl

2. Add the fat and give it a good mix around until combined (if you need to melt the fat, ask an adult for help)



3. If you have chosen a pinecone, smother the mixture all over it; or if using a coconut shell or yoghurt pot fill the inside with the mixture

4. Hang your feeders with string, or if using a yoghurt pot as a mould, pop it out and leave on a bird table.

**How to talk to children about what’s happening in Ukraine and World War Three anxiety (Metro)**

<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/> **We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)** <https://www.childrenscommissioner.gov.uk/2022/02/25/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

**It is Nutrition Month! So here are 10 Easy**

**Tips for Picky Eaters**

**1 Keep Trying**

Fussy eaters often change their minds.

**2 Start Young**

Nurture Healthy habits from a very early age.

**3 Don’t Bribe Them**

Bribes can lead to thoughts like ‘broccoli isn’t yummy but the treat is’.

**4 Change the Texture**

Varying the textures of food helps their tastebuds acclimatise.

**5 Eat Healthily**

Stock your cupboards with fruit and veg and try avoiding junk food.

**6 Create a Routine**

They may fight it but children thrive on routine.

**7. Limit Snacks**

Mealtime pangs? Give them a glass of water.

**8 Create Meals Together**

This enhances experience by using all their senses.

**9 Don’t Force Feed**

Mealtimes are for bonding, get excited about it.

**10 Enjoy Mealtime**

Forcing children to eat only causes food anxiety.

**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

Early Intervention Family Worker Newsletter

14th March 2022

**earlyintervention@cambridgeshire.gov.uk**