

Education Inclusion Family Advisor Newsletter

January 2023

Happy New Year!

Education Inclusion Family Advisors are linked to Primary Schools and are available to provide information, support and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean.

We are available via schools, and providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.

Online workshops for Spring Term

(Tuesdays, 12pm-1pm, Online via Teams)

Support for managing conflict for separating or separated parents 7/2/23
Digital safety/internet safety 21/2/23
Parental wellbeing 28/2/23
Supporting with feelings of worry 7/3/23
Supporting with feelings of anger 14/3/23
Sleep 21/3/23

All workshops are run by Education Inclusion Family Advisors. Booking via link or QR code below, or via your linked EIFA, contact details below:

<https://forms.office.com/e/eA4rKpZZk0>



Encouraging Good Routines and Behaviour

After school holidays it often takes a while to get back on track with routines and behaviour. Here are some tips to help -

1. Focus on routines. Children thrive on routines and it helps them to become organised and responsible for their time and actions.
2. Family rules are important for everyone to know what the expectation is. Agree the rules together so the children are part of the rule making and are not just being told what they are.
3. Encourage children to be problem solvers. It is great for children to be able to resolve things themselves eg; sibling rivalry – allow them to work it out between themselves and only intervene if the disagreement escalates.
4. Do not ignore misbehaviour. Along with the family rules it is important to think about rewards and consequences. Consequences need to be timely and relevant.
5. Spend some one-to-one time with your child each day. It's always important to show an interest in what they are doing both at home and school. By listening to them they will be more interested in listening to you.

Click on below for financial support and advice from Cambridgeshire County Council:
<https://www.cambridgeshire.gov.uk/council/communities-localism/support-with-the-cost-of-living>

Does your child have, or potentially have, an additional need or disability? Pinpoint (www.pinpoint-cams.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

