

Education Inclusion Family Advisor Newsletter

December 2023



Education Inclusion Family Advisors

are linked to Primary Schools and are available to provide information, support and signposting for parents.

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.

Parenting Top Tip

Before dealing with the parenting challenges that come along with the festive season, don't forget to check in with how you are feeling yourself.

If you are not feeling great, you will not be able to deliver your best in the way you respond to your those around you.

Plan in time for self-care. This will not only benefit you but your whole family too.



<https://www.headspace.com/mindfulness/holiday-self-care-tips>

<https://www.dpt.nhs.uk/news/twelve-self-care-cards-for-christmas-from-the-langdon-wellbeing-and-psychology-teams>

Activity Idea

Here is a brilliant idea for a seasonal decoration that would look great on any Christmas tree!



Equipment needed –

- A pack of assorted stripy / coloured straws
- Decorations
- Glue

1. Using scissors, cut a length of straw to create the bottom layer of the tree.
2. Choose another colour and cut different lengths going up the tree, shortening them each time.
3. Use 2 straws to create the trunk or a lolly stick. Stick the different lengths of straws onto the trunk using glue starting from the bottom.
4. At the top, stick a star to finish the effect!
5. Use some string to create a loop to hang on the tree.

Some signposting

Samaritans – Throughout the festive period, there can be feelings of isolation, loneliness, or sadness. For support with these feelings, please contact:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Foodbank – Christmas can be a tough time financially for families. If you feel like you require a Foodbank voucher, contact the EIFA team (use contact information below) or Citizen's Advice, doctors, social workers, health visitors and other agencies to gain access to support.

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
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