

# Education Inclusion Family Advisor Newsletter

## February 2024

### A Message From Me

Hello, I am Katie Smith and the Education Inclusion Family Advisor for your school.

My role is to support families who are experiencing challenging episodes in their family lives.

You can request a call for support or advice from me through my contact form -

<https://forms.office.com/e/m1mm99M7A0>

We also host some helpful workshops covering a whole range of areas such as *internet safety, sleep, supporting your child with feelings of worry and anger* that can be booked via this link –

<https://forms.office.com/e/djfcGEzf6>

### Activity Idea

**Make a pinecone bird feeder and spend some quality time with your children.**

Walking together gives plenty of opportunities to spend quality time together and listen to your child.

Go on a winter walk and find some pinecones. Tie some string around the pinecone at the bottom.

Mix some room temperature lard with bird seed adding cheese and nuts if you wish. Push the mixture into the spaces between the pinecone fronds & then just hang from a tree or fence post.

Enjoy watching the birds together and talking about it!



### Parenting Top Tip

**How do you tell your child they have done something wrong?**

We all need to teach our children what is right and wrong, but sometimes we don't always go about it in the best way. Most of us will have shouted at our child at some point, or told them off in front of their friends for misbehaving but is that actually giving them the tools to learn how to do it better next time?

Have a think – if you were at work and your boss needed to tell you that you were doing something wrong, how would you want to be told? In private? Calmly? Shown how to do it the right way? Our children aren't any different. If they feel supported and confident, they are more likely to take on board what you are saying and learn from it.

Effective discipline is about teaching our children what is right rather than keep punishing them for when they get things wrong.

We are excited to share with you the contact details for Cambridge's Parent Community Hub, which provides a wide range of creative, innovative, and inclusive education and support programs for parents and carers. The Hub offers information and opportunities for parents to make the most of a range of extracurricular activities in Cambridgeshire, to encourage their child's holistic development.



[I3 Parent Hub – A Transformational Hub](#)

Does your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.org.uk)) has lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)