

Education Inclusion Family Advisor Newsletter

March 2024

A Message From Me

Hello, I am Katie Smith and the EIFA for your school. My role is to support families who are experiencing challenging episodes in their family lives.

You can request a call 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/djficGEzf6>

Activity Idea

Clocks will soon be changing, and signs of spring are starting to appear in the garden.



Here is an activity to bring a splash of colour inside your home.

Things you will need -

- Empty plastic bottles
- Scissors
- Paintbrush
- Paint
- Straws
- Pompoms
- Green card/paper



First cut the bottom of the plastic bottles off.

Then paint the bottle base on the inside.

Once dried attach the straw to the back of the flower.

Lastly stick on the pom-pom to the flower and leaves to the stem.

Parenting Top Tip

All children regardless of their age need to have rules and boundaries as part of their daily lives. This provides your child with a sense of security.

- ❖ Involve the whole family with creating the rules.
- ❖ Ideally, the rules should be written down and displayed. For younger children images may be better than words.
- ❖ Review the family rules as your child gets older and recognise the changing needs of your child.
- ❖ Praise and encouragement will promote new skills, increase self-esteem, and encourage motivation to follow the rules.
- ❖ Discuss why the rules are in place and if they are not followed, ensure consequences are natural or logical and nonpunitive, related to the behaviour.

World sleep day 15th March 2024

To get a good night sleep we need more than just a comfortable bed. We need a good routine, a suitable snack before bed and a relaxing and calm environment.

Scan the QR code to The Sleep Charity.



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