

# Education Inclusion Family Advisor Newsletter

## April 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>

This half term we will be hosting some new workshops covering a whole range of area's including *Getting it right for the children*, *Sibling rivalry*, *What to do when kids push your buttons* and *Managing challenging behaviour*.

We are also offering *Transition workshops* for those heading into Primary as well as those moving on up to Secondary.

Descriptions to these are on our separate poster and links to these can be found below in 'Check it out!'

### Activity Idea

Now that Spring is here and the weather is getting warmer, it may be nice if you go outside and create some pictures using what is around you. Whether you are on a beach or in the middle of a wood, you can create some stunning pictures, as a family using the materials that you find.



### Parenting Top Tip

#### How can I help my child manage angry feelings positively?

- Talk to your child about what they are finding difficult.
- If they do not want to talk, see if you can find other ways to communicate.
- Help them identify triggers.
- Support them to find more positive ways of managing their anger.
- Create a plan of action together.
- Keep to the rules.
- Model the behaviour you want to see.
- Reassure your child and stay positive.

### Check it out!

**NEW** workshops in April and May 2024

#### Core Offer Workshops

<https://forms.office.com/e/Dw4JzZ5232>

#### Transition Workshops

<https://forms.office.com/e/ce65VGXsQt>

Does your child have, or potentially have, an additional need or disability? Pinpoint ( [www.pinpoint-camb.org.uk](http://www.pinpoint-camb.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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)