

Education Inclusion Family Advisor Newsletter

April 2025



A Message From Me

My name is Katie Smith, I'm your school's linked EIFA. As an EIFA I offer advice and strategies to parents and carers that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me via the details at the bottom of this newsletter.

Look out after Easter for my poster offering virtual 1:1 drop in's or my lunch time open virtual drop in.



Workshop Dates



During the Easter holiday the EIFA service will be running their ever popular workshops, Supporting you child with feeling of worry and supporting your child with feeling of anger.

Next term the EIFA workshops will continue with topics including supporting your child with the transition to primary or secondary school.

Please see our additional workshop posters.

Fun Easter activity

- 100g Cornflakes
- 250 g Milk Chocolate
- 50 g Butter or Margarine
- 2 tbsp Golden Syrup
- Mini Eggs



- Lightly grease a 12-hole muffin tray with a little excess butter/margarine. Set aside.
- Melt the chocolate, butter/margarine and golden syrup; stirring continuously.
- Once melted, add your cornflakes and gently mix well, until all the cornflakes are coated in the chocolate mixture.
- Spoon the chocolate-coated cornflakes into your prepared tray, gently pressing them into place and creating a slight indent in the middle.
- Add a few mini eggs to the middle of each chocolate nest, gently pressing them into place.
- Allow your nests to set in the fridge for an hour or two, before ENJOYING!

Parenting Tips

Children are not always able to self-regulate; they do not yet have the emotional maturity as their brains are still developing. We can help with this by co-regulating.

Modelling: Adults can model calmness and empathy to help children learn to regulate their emotions.

Support: Adults can provide support and encouragement to help children learn self-regulation skills.

Open-ended questions: Adults can ask open-ended questions to help children resolve conflicts.

Body language: Adults can use body language to help soothe and reassure children.

Benefits of co-Regulation

Co-regulation can help children learn how to regulate their emotions and behaviour.

Co-regulation can help children learn how to manage stress.

Co-regulation can help children return to a calm state.

Co-regulation can help children learn and reinforce positive behaviours.

Does your child have, or potentially have, an additional need or disability? Pinpoint (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



Cambridgeshire
County Council

Contact me directly on Katie.smith@cambridgeshire.gov.uk or

