

# Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of countywide online workshops. We welcome any parent/carer with a child/ren in primary schools.

## Virtual workshops:

**What to do when kids push your buttons – Tuesday 5<sup>th</sup> of November 2024 12 – 1.15pm or Tuesday 19<sup>th</sup> of November 2024 6pm – 7.15pm**

During the workshop we will be exploring strategies for parents to remain calm during challenging situations, understand what happens when children get angry and how to help the children develop self-regulation of emotions.

**Supporting your child with feelings of worry – Tuesday 12<sup>th</sup> of November 2024 12 – 1.30pm or Tuesday 3<sup>rd</sup> of December 2024 6pm – 7.30pm**

A workshop that explores the definition of anxiety, its purpose and how it may affect children including advice around supporting children to understand how they are feeling and some strategies that may help them to manage these feelings.

**Supporting your child with feelings of anger – Tuesday 26<sup>th</sup> of November 2024 12-1.30pm or Tuesday 17<sup>th</sup> of December 2024 6pm – 7.30pm**

A workshop that explores angry feelings including what is happening in our brain when we feel angry, how to explain this to children and some useful strategies to use when we have this difficult feeling.

**Sleep – Tuesday 10<sup>th</sup> of December 2024 12-1pm**

A workshop that explores some common sleep difficulties, looks at sleep hygiene, bedtime routines and suggests some strategies that may help support your child to get a good night sleep.

To book a place, please click on the link below or scan the QR code:

<https://forms.office.com/e/c8SPp62Fi1>



For more information speak to your school office or contact us directly on:

 [earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)