

# Education Inclusion Family Advisor Newsletter

## December 2024

### A Message From Me

I feel like December has flown around and I am nowhere near as prepared as I want to be!

The Christmas countdown will be exciting the children and our own inner child, but there could be a few stresses and strains sneaking in there too. It is ok to take a step back, slow things down and take some time for ourselves to breathe.

I know that isn't easy with the children around but look for the calming memories you can make with creating a hot chocolate station and a cheesy Christmas film (a personal favourite of mine is ELF).

### Activity Idea

#### Celebrate your child at Christmas

Write down some awesome things that your child has done this year: Important events, achievements, starting a new hobby or club, learning to swim or ride a bike, creating some amazing art or writing a cool story etc

Tear them up and put the 'tickets' in a jar (which you can decorate with glitter/tinsel)

Then on Christmas eve, turn the lights off and the fairy lights on and enjoy taking out the 'awesome' tickets and talking through and remembering them together.



### Ideas to try - Sensory differences

Christmas can be a tricky time for children who have sensory differences. Whether it's different smells, bright lights, sounds, tastes, these can be hard for children to manage, and they become overwhelmed. Here are some top tips to help them:

1. Plan in advance. Explore opportunities to go to events at a quieter time or see if they offer a SEN specific session.
2. Consider the length, size and venue. How long do you plan to spend there, what's the environment like, how busy will it be, is there a 'quiet space' offered where they can take a break if needed.
3. Wear ear defenders. Encourage your child to use ear defenders, ear plugs or earmuffs to help them manage loud noises. You could also ask if they would like to wear earphones and listen to their favourite music/story.
4. Use regulation tools. Distraction is a great way to help children cope with sensory input that they find distressing. Fidget toys, things that smell nice, fabric they enjoy, a tight hug, can all be helpful. You could build a 'sensory bag' to have at home or take with you when things might get tricky.

Source: [www.futurestepsot.co.uk](http://www.futurestepsot.co.uk)

### Parent Workshops

We are running three online workshops for parents in December:

Supporting your child with feelings of worry, Tuesday 3<sup>rd</sup> December 6pm – 7.30pm

Sleep, Tuesday 10<sup>th</sup> December 12-1pm

Supporting your child with feelings of anger, Tuesday 17<sup>th</sup> December 6pm – 7.30pm

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

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