

# Education Inclusion Family Advisor Newsletter

## March 2023

### Workshops

These workshops will be running on Tuesday lunchtimes, from 12-1pm. Please book a place via the electronic links below.

**Supporting with feelings of worry** – 7th March  
**Supporting with feelings of anger** – 14th March  
**Sleep hygiene** – 21st March

To book, please use this link  
<https://forms.office.com/e/eA4rKpZZk0>

**Building Resilience:** Thursday 9th March 1pm – 2pm  
To attend this session, please email:  
[danielle.tetherton@cambridgeshire.gov.uk](mailto:danielle.tetherton@cambridgeshire.gov.uk)

### Activity Idea

#### Baking

**Baking provides a wealth of learning opportunities...and produces some delicious results too. Working through a simple recipe with your child will help develop measuring skills (Maths), following instructions (English) and can help them understand reversible and irreversible changes (Science).**

**Practical tip: Ask your child questions as you work through the recipe, such as 'What do we need to do next?', 'How does our mixture look different now to before we added the flour/butter/sugar?', 'How much more flour do we need than sugar?'**



### Parenting Top Tip

**Did you know:** A child's emotional brain is the dominant part. Their brain's ability to use reason and logic is not fully developed until their early 20s (this is scientifically proven). It can be tempting to think that they are more mature than they are.

**Children are not always able to SELF REGULATE, they do not have the emotional maturity and their brains are still developing.**

**It is your job to Co-Regulate with them.**

**Be that reassuring presence.**

**Stay calm.**

**Listen.**

**Empathise and acknowledge their feelings.**

**Support them to solve their problems.**

**And CONNECT positively with your child when the storm is over.**

### Another Resource

**Games | Childline – Build Your Happy Place.**  
**Create a space that's just for you. Choose things that help you feel happy, calm, and safe.**

**See The Mindfulness Toolkit- The Mind jar.**

<https://www.youtube.com/watch?v=vN9zVTk5Xvk>

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.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)