

Education Inclusion Family Advisor Newsletter

January 2023

Hello, my name is Leanne and I am your Education Inclusion Family Advisor. I am here to offer advice and support around;

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- Parenting strategies
- Building resilience and confidence
- Other family challenges you might be facing

Please complete the consent form using the link below and I will contact you to arrange a call.

<https://forms.office.com/r/a0B7jLL23i>

Online workshops for Spring Term

Reducing parental conflict 7th Feb 2023

Digital safety/internet safety 21st Feb 2023

Parental wellbeing 28th Feb 2023

Supporting with feelings of worry
7th March 2023

Supporting with feelings of anger
14th March 2023

Sleep 21st March 2023

**All workshops are run by
Education Inclusion Family Advisors.
Booking form to follow.
Any queries contact your school's EIFA
(Details below)**

Encouraging Good Routines and Behaviour

After school holidays it often takes a while to get back on track with routines and behaviours.

Here are some tips and ideas to help -

1. Focus on routines. Children thrive on routines and it helps them to become organised and responsible for their time and actions.
2. Family rules are important for everyone to know what the expectation is. Agree the rules together so the children are part of the rule making and are not just being told what they are. By having a few rules and using them as boundaries for what is acceptable, they can be referred to, if you are seeing challenging behaviours.
3. Encourage children to be problem solvers. It is great for children to be able to resolve things themselves eg; sibling rivalry – allow them to work it out between themselves and only intervene if the disagreement escalates.
4. Do not ignore misbehaviour. Along with the family rules it is important to think about rewards and consequences before any incidents. Consequences need to be timely and relevant.
5. Spend some one-to-one time with your child each day. It's always important to show an interest in what they are doing both at home and school.

Click on below for financial support and advice

[Support with the cost of living - Cambridgeshire County Council](#)

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