

# Education Inclusion Family Advisor Newsletter

## February 2023

### A Message From Me

Good Morning Everyone, I hope that you had a nice half term break.

We have planned our workshops that are running until the end of March which include Online Safety, Communicating Better: Parent to Parent, supporting with feelings of anger, Supporting with feelings of worry and Sleep. We have already had lots of parent's book on which is fantastic! To book on please use the QR code below using your



camera via your mobile phone. We also have additional workshops for the Huntingdon area on, please email to book on:

Sibling Rivalry 23<sup>rd</sup> Feb at 1pm – 2pm –  
[Lorraine.simon@cambridgeshire.gov.uk](mailto:Lorraine.simon@cambridgeshire.gov.uk),

Challenging behaviour 24<sup>th</sup> Feb at 10-11am -  
[Amy.murden@cambridgeshire.gov.uk](mailto:Amy.murden@cambridgeshire.gov.uk),

Building resilience 9<sup>th</sup> March 1-2pm –  
[Danielle.tetherton@cambridgeshire.gov.uk](mailto:Danielle.tetherton@cambridgeshire.gov.uk)

### Activity Idea - Well done jar!

A great way to encourage behaviours you want to see.  
What you will need:



- A clean jar
- Paper
- Pens/pencils

Catch your child being good!

Every time you spot your child doing something write it down and pop it in the jar. If you or your child are feeling creative, decorate with any craft materials you like.

A great way to promote positive behaviours and improve self-esteem.



### Parenting Top Tips Safer Internet Day 7<sup>th</sup> February 2023

For parents/carers to help support their child to stay safe and happy online

- Make space for **enjoying and exploring the online world together!**
- Make space for **working as a family to agree expectations for going online**
- Make space for **learning about the apps, games, and websites your child is using**
- Make space for **supporting and reassuring your child if things**



More info: <https://saferinternet.org.uk/>

### Another Resource

Here is a link to access free downloadable resources around children's social and emotional and emotional resources. If you like and enjoy the many free downloads, you can check in with them each Friday as this is when they create another free resource.

To access them, click on the link below :

[Free Resources Archives - ELSA Support \(elsa-support.co.uk\)](https://www.elsa-support.co.uk/)

To get you started I have added a download called 'Friendly February'

Download: [Friendly February](#)



**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)