

Education Inclusion Family Advisor Newsletter

April 2023

Education Inclusion Family Advisors

are linked to Primary Schools and are available to provide information, support and signposting for parents.

The St. Neots area is covered by Lorraine Simon and Charlotte Dean. We are available via schools, and providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.

Online Workshops for Summer Term

(Tuesdays, 12pm-1pm, Online via Teams)

16th May: Communicating Better (Parent to Parent)

23rd May: Digital safety/internet safety.

6th June: Parental wellbeing.

13th June: Supporting with feelings of worry.

20th June: Supporting with feelings of anger.

4th July: Sleep Hygiene.

All workshops are run by Education Inclusion Family Advisors. Booking via link or QR code below, or via your linked EIFA, contact details below:

<https://forms.office.com/e/kxcxPaPaB7>



Parenting Top Tip

Positive time

Sometimes it can feel like life gets in the way of the things we would like to be doing, and the only interaction we have with our children is when we are telling them what to do.

Being mindful about spending some positive time with your children can be beneficial

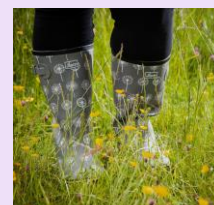
Even if it is only 10 minutes doing an activity together on a regular basis there can be positive rewards and benefits such as strengthening our relationships and increasing the likelihood of finding opportunities to offer praise

Additional Activities

If the school holidays have inspired you to get outside in nature to enjoy Springtime, here's some ideas to think about:

<https://www.nationaltrust.org.uk/visit/cambridgeshire>

<https://www.dayoutwiththekids.co.uk/things-to-do/east/cambridgeshire>



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