

Education Inclusion Family Advisor Newsletter

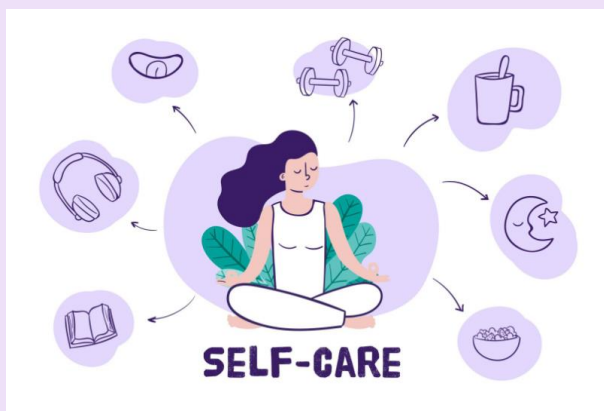
December 2023



Education Inclusion Family Advisors support parents with challenging or worrying behaviour, tantrums, meltdowns, anxiety, self-esteem, bedtime problems, sibling rivalry etc. Support is currently available virtually or by phone/email.
Your schools EIFW is Jane Rogers

Parenting Top Tip

Christmas can be a challenging time for families. Before dealing with the parenting difficulties that come along, don't forget to check in with how you are feeling yourself. If you are not feeling great, you will not be able to deliver your best in the way you respond to your children. Plan in time for self-care. This will not only benefit you but your whole family too.



Activity Idea

Here is a brilliant idea for a Christmas decoration that would look great on any Christmas tree!



Equipment needed –

- A pack of assorted stripy/coloured straws
- Decorations
- Glue

- 1 - Using scissors, cut a length of straw to create the bottom layer of the tree.
- 2 - Choose another colour and cut different lengths going up the tree, shortening them each time.
- 3 Use 2 straws to create the trunk or a lolly stick. Stick the different lengths of straws onto the trunk using glue starting from the bottom.
- 4 -At the top, stick a star to finish the effect!
- 5 -Use some string to create a loop to hang on the tree.

Some signposting

Samaritans – Throughout the festive period, there can be feelings of isolation, loneliness, or sadness. If you would like support with these feelings, please contact the Samaritans on this information.

Click this link - [Contact Us | Samaritans](#)

Foodbank – Christmas can be a tough time financially for families. If you feel like you require a Foodbank voucher, contact the EIFA team (use contact information below) as well as Citizen's Advice, doctors, social workers, health visitors and other agencies to gain access to support.

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