

# Education Inclusion Family Advisor Newsletter

## March 2024

**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**

### Activity Idea

**Clocks will soon be changing and signs of spring are starting to appear in the garden.**



**Here is an activity to bring a splash of colour inside your home.**

Things you will need -

- Empty plastic bottles
- Scissors
- Paintbrush
- Paint
- Straws
- Pompoms
- Green card/paper

**First** cut the bottom of the plastic bottles off.

**Then** paint the bottle base on the inside.

**Once** dried attach the straw to the back of the flower.

**Lastly** stick on the pompom to the flower and leaves to the stem.



### Parenting Top Tip

**All children regardless of their age need to have rules and boundaries as part of their daily lives. This provides your child with a sense of security.**

- ❖ Involve the whole family with creating the rules.
- ❖ Ideally, the rules should be written down and displayed. For younger children images may be better than words.
- ❖ Review the family rules as your child gets older and recognise the changing needs of your child.
- ❖ Praise and encouragement will promote new skills, increase self-esteem, and encourage motivation to follow the rules.
- ❖ Discuss why the rules are in place and if they are not followed, ensure consequences are natural or logical and nonpunitive, related to the behaviour.

### World sleep day 15<sup>th</sup> March 2024

To get a good night sleep we need more than just a comfortable bed. We need a good routine, a suitable snack before bed and a relaxing and calm environment.

Scan the QR code to The Sleep Charity.



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)



Cambridgeshire  
County Council