

# Education Inclusion Family Advisor Newsletter

**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.

Please ask a member of staff if you would like to be put in touch.

## Back to school emotions

Now the children are back in school, remember that after a long day they may feel overwhelmed or exhausted due to the effort they put in to following rules, focusing on their studies, and managing social interactions. This can lead to a build-up of emotions that are often held in during the school day.

Behaviours parents may see include emotional outbursts, tantrums, crying, irritability, or being easily upset over minor issues. It is important to note that this is a normal reaction and doesn't indicate anything negative about the child or their behaviour.

To support your child during this time providing a calm and understanding atmosphere can be helpful. Offering them a chance to unwind, creating a calming space at home, choosing a quiet area where they can relax, rest, and engage in activities they enjoy may also help them regulate their emotions. It's important to validate their feelings and let them know that it is okay to express themselves.

## New Workshops for 2025

We are excited to share with you that from January 2025 our workshops are being re-launched with updated content and an extended offer. Keep an eye out for our separate booking form as this will have the links to register. Upcoming dates:

- 14<sup>th</sup> of January 2025 12-1.30pm  
Supporting your child with feelings of worry
- 16<sup>th</sup> of January 2025 12-1pm Digital Safety
- 21<sup>st</sup> of January 2025 12-1pm  
Supporting your child with Sleep
- 30<sup>th</sup> of January 2025 12-1.30pm  
Supporting your child with feelings of anger
- 4<sup>th</sup> of February 2025 12-1pm and  
Introduction to Family Well-being
- 6<sup>th</sup> of February 2025 12-1.30pm  
Managing behaviours that challenge us
- 11<sup>th</sup> of February 2024 12-1.30pm  
Managing Sibling Rivalry

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)