

Education Inclusion Family Advisor Newsletter

March 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

Activity Idea Baking

Baking provides a wealth of learning opportunities...and produces some delicious results too. Working through a simple recipe with your child will help develop measuring skills (Maths), following instructions (English) and can help them understand reversible and irreversible changes (Science).

Practical tip: Ask your child questions as you work through the recipe, such as 'What do we need to do next?', 'How does our mixture look different now to before we added the flour/butter/sugar?', 'How much more flour do we need than sugar?'



Parenting Top Tip

Did you know: A child's emotional brain is the dominant part. Their brain's ability to use reason and logic is not fully developed until their early 20s (this is scientifically proven). It can be tempting to think that they are more mature than they are.

Children are not always able to **SELF REGULATE**, they do not have the emotional maturity and their brains are still developing.

It is your job to Co-Regulate with them.

Be that reassuring presence.

Stay calm.

Listen.

Empathise and acknowledge their feelings.

Support them to solve their problems.

And **CONNECT** positively with your child when the storm is over.

Another Resource

Games | Childline – Build Your Happy Place.
Create a space that's just for you. Choose things that help you feel happy, calm, and safe.

See The Mindfulness Toolkit- The Mind jar.

<https://www.youtube.com/watch?v=vN9zVTk5Xvk>

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



Cambridgeshire
County Council