

Education Inclusion Family Advisor Newsletter

January 2023



I am Naomi Shepherd and I am part of the Education Inclusion Family Advisor team.

Education Inclusion Family Advisors can offer support with a range of themes including challenging behaviours, bedtime problems, worries etc
Please get in touch via my details below for further information

Online workshops for Spring Term

- Communicating better Parent to Parent **7th Feb 2023**
- Digital safety/internet safety **21st Feb 2023**
- Parental wellbeing **28th Feb 2023**
- Supporting with feelings of worry **7th March 2023**
- Supporting with feelings of anger **14th March 2023**
- Sleep **21st March 2023**

All workshops are run by
Education Inclusion Family Advisors.

<https://forms.office.com/e/eA4rKpZZk0>



Encouraging Good Routines and Behaviour

After school holidays it often takes a while to get back on track with routines and behaviours.

Here are some tips and ideas to help -

1. Focus on routines. Children thrive on routines and it helps them to become organised and responsible for their time and actions.
2. Family rules are important for everyone to know what the expectation is. Agree the rules together so the children are part of the rule making and are not just being told what they are. By having a few rules and using them as boundaries for what is acceptable, they can be referred to, if you are seeing challenging behaviours.
3. Encourage children to be problem solvers. It is great for children to be able to resolve things themselves eg; sibling rivalry – allow them to work it out between themselves and only intervene if the disagreement escalates.
4. Do not ignore misbehaviour. Along with the family rules it is important to think about rewards and consequences before any incidents. Consequences need to be timely and relevant.
5. Spend some one-to-one time with your child each day. It's always important to show an interest in what they are doing both at home and school.

Click on below for financial support and advice

[Support with the cost of living - Cambridgeshire County Council](#)

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

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