

Education Inclusion Family Advisor Newsletter May 2025

A Bit About Me

Hi, my name is Sarah Dilley, I'm your school's link EIFA. As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me on the details below.

Parenting Top Tip

Internet and digital safety, as well as all things techy are a hot topic in the media and in society right now, with lots of parents worrying about keeping their children safe and mentally healthy with gadgets. We don't have to all become experts but by communicating openly with our children and knowing where to turn for up-to-date digital safety advice, we can stay on top of concerns.

1. Get curious, not combative – ask open ended questions, keep the conversation light.
2. Create a judgement free zone – be there to listen, not just lecture.
3. Decode together – ask them to explain their digital world, don't assume – just ask.
4. Teach critical thinking – help them question online content, not just follow rules.
5. Monitor without spying – make checking in on their online spaces a normal part of parenting.

Activity Idea

The summer term can be stressful, with assessments, transitions and planning for new experiences. Take time to relax and model some good stressbusters with your family.

WAYS TO RECOVER FROM STRESS  by WholeHearted School Counsellors



Resources and more information

- <https://www.childnet.com/resources> - resources, including parent conversation guide.
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> - Tips for talking to children and resources for supporting technology use at all ages.
- <https://www.barnardos.ie/learning-development/training/online-safety-programme/for-parents/> - online workshops and videos.
- <https://www.ceop.police.uk/Safety-Centre/> and <https://www.ceopeducation.co.uk/professionals/guidance/thinkuknow-parents-and-carers/> - Child Exploitation & Online Protection centre (CEOP). Information for young people themselves or concerned adults about keeping safe online.

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

Contact me directly on Sarah.dilley@cambridgeshire.gov.uk