

Education Inclusion Family Advisor Newsletter

18th July 2022

Parent Carer/ Support Line

We offer an opportunity to speak to a friendly professional from the **Education Inclusion Family Advisor** about any child or young person aged 4 to 12 in Cambridge City and surrounding areas. You can ask questions, request support about your child's or young person's behaviours, get help with routines and boundaries, or maybe just discuss managing parenting in the current climate. We will advise, signpost, or listen to your parenting experiences. Telephone or email any time, and leave a message with your contact details, **someone will call you back within 10 working days as we are a non-emergency service.** Email: earlyintervention@cambridgeshire.gov.uk
Phone: 01354 750420

Activity Idea

So with summer fast approaching, here are a few ideas of low-cost activities to do with your children:

- Make your own musical instruments – use items such as boxes, elastic bands, tubes, beads and string.
- Make a tin foil sculpture.
- Set up an obstacle course – you could jump over pillows, do hopscotch, crawl through a tunnel or balance a ball on a racket.
- Find a rock or stone and paint it with a happy message. On your next walk, leave it somewhere for someone to find.
- Enjoy some time outside, taking note of your surroundings – use the 5 senses.

Most importantly, whatever you do,

HAVE FUN!

Parenting Top Tip Managing Tantrums.

Tantrums are common in children, and can last from 20 sec or go on for hours. They can include crying, screaming, yelling, stamping feet, rolling around on the floor &/ holding breath. To manage them as soon as they start.

- Give your child attention and praise when they are behaving well.
- Empathetic commentary – “I can see you are finding this difficult”,
- Separate the deed from the do'er.

A good resource to use with children to help is 'The tiger who has a tantrum' book.

Summer Support

During the Summer holidays, the EIFA team will be available to offer support.

We have Drop-ins sessions that you can attend to talk to someone about your child/children.

Or, we will also be running a selected set of workshops which you can attend.

Please use the links below to book.

Drop ins:

<https://forms.office.com/r/uWEmXbT5nR>

Workshops:

<https://forms.office.com/r/uWEmXbT5nR>

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