

# Education Inclusion Family Advisor Newsletter

## March 2025

### A message from your EIFA

My name is Jane Rogers, 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 some support, please contact your school and ask to be put in touch with me.

### 50 things to Do - free fun for Cambridgeshire and Peterborough families

50 Things to Do Before You're Five in Cambridgeshire and Peterborough is a joint project between Cambridgeshire County Council, Peterborough City Council and Cambridgeshire Public Health.

What parents do with their children at home makes a big difference to their long-term learning and wellbeing.

Every **50 Things to Do** activity helps children learn, with a focus on relationships and playing together, supported by their most important teacher - you.

Find free or low-cost events near you on the website page or download our free app.

Click here to find out more:

[cambspboro.50thingstodo.org](http://cambspboro.50thingstodo.org)

### Low demand parenting

Low-demand parenting can help create a less stressful or a less anxiety-inducing environment for children. This type of home environment can be especially critical for neurodivergent children who do not respond well to demands. It's based on trust, flexibility, and collaboration, and involves adapting the environment to the child's needs, but it may also be helpful for other families seeking to minimize stress and anxiety.

Here are some principles of low-demand parenting:

**Consider Your Language** to reduce the perception of demands. Phrases like "I wonder whether..." and "Let's see if..." also incorporate an element of choice.

**Limit Demands:** Use declarative statements and be mindful of your language to reduce implicit demands, for example: "There are a lot of toys out and I'm worried about breaking them or one of us hurting ourselves".

**Prioritise connections,** emotional needs and spending quality time with your child.

**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)