

Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of countywide online workshops. We welcome any parent/carer with a child/ren in primary schools.

Supporting your child with feelings of worry – 4th of June 2024, 12-13:30pm

A workshop that explores the definition of anxiety, its purpose and how it may affect children including advice around supporting children to understand how they are feeling and some strategies that may help them to manage these feelings.

Supporting your child with feelings of anger – 11th of June 2024, 12-13:30pm

A workshop that explores angry feelings including what is happening in our brain when we feel angry, how to explain this to children and some useful strategies to use when we have this difficult feeling.

Digital/Internet Safety– 18th of June, 2024, 12-13:00pm

A workshop that considers why children and young people use digital technology and explains how we can keep them safe. Also, we will explore strategies to create and maintain digital boundaries and avoiding screen time battles.

Sleep – 25th of June 2024, 12-13:00pm

A workshop that explores some common sleep difficulties, looks at sleep hygiene, bedtime routines and suggests some strategies that may help support your child to get a good night sleep.

Parental Well-Being – 2nd of July 2024, 12-13:00pm

A workshop around recognising our pressures as parents / carers, and the importance of looking after ourselves so that we can take care of everyone else around us.

To book a place, please click on the link below or scan the QR code:

<https://forms.office.com/e/i2ibLRccf6>



For more information speak to your school office or contact us directly on:
 earlyintervention@cambridgeshire.gov.uk