## Education Inclusion Family Advisor Newsletter April 2024

**Education Inclusion Family Advisors** support parents with challenging or worrying behaviour, tantrums, meltdowns, anxiety, selfesteem, bedtime problems, sibling rivalry etc. Support is currently available virtually or by phone/email.

Your schools EIFW is Jane Rogers

#### **Activity Idea**

Now that Spring is here and the weather is getting warmer, it may be nice if you go outside and create some pictures using what is around you. Whether you are on a beach or in the middle of a wood, you can create some stunning pictures, as a family using the materials that you find.



### **Parenting Top Tip**

# How can I help my child manage angry feelings positively?

- Talk to your child about what they are finding difficult.
- If they do not want to talk see if you can find other ways to communicate.
- Help them identify triggers.
- Support them to find more positive ways of managing their anger.
- Create a plan of action together.
- Keep to the rules.
- Model the behaviour you want to see
- Reassure your child and stay positive.

## **Check it out!**

NEW workshops in April and May 2024

Core Offer Workshops https://forms.office.com/e/Dw4JzZ5232

Transition Workshops https://forms.office.com/e/ce65VGXsQt

**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

