

Education Inclusion Family Advisor Newsletter

September 2023

A message from me:

Hello, my name is Charlotte Dean and I am your linked Education Inclusion Family Advisor for your school. I support parents and carers in a wide variety of subjects, such as parenting strategies, parental conflict, signposting to other services for housing support, financial assistance etc.

A warm welcome to parents/carers of children starting Reception over the coming weeks. I hope all goes well and your child has lots of fun.

Support from me is via Microsoft Teams, telephone or sessions in school. Keep an eye out for workshops, coffee mornings and drop-ins too. These vary from school to school. Please complete this electronic form if you would like a call: <https://forms.office.com/e/h963ySwVc7>

Back To School

Are your children feeling excited? Nervous? Or just wondering what to expect...? Find everything you need for a new school year on CBBC website, from tips and advice to makes and quizzes!



Top tips for a good start to the new school year:

- Consistent bedtime routines
- Having everything ready the night before
- Getting up earlier on school days
- Healthy breakfast
- Label everything!
- Talk to your child about any worries they might have about starting school
- Talk to your child's class teacher about any concerns you might have.

Workshops

Please see below the list of workshops that we are delivering this term. They are all accessed via TEAMS and are 12-1pm.

Digital safety/ internet safety – 19th September 2023

Parental wellbeing – 26th September 2023

Supporting with feelings of worry – 3rd October 2023

Supporting with feelings of anger – 10th October 2023

Sleep – 17th October 2023

Here is the link to the booking form:

<https://forms.office.com/e/jxFqRNQmF2>



Welcome back to the start of the new school year! Over the summer holidays the Education Inclusion Family Advisor Team facilitated 3 virtual workshops. The topics covered were:

- Impact of labels and styles of parenting
- Sibling dynamics and managing rivalry
- Strategies for behaviour that challenge.

We had 61 parents attend these workshops Feedback has been positive, and parents felt they gained further knowledge and confidence. Some parents said: "Very insightful", "Very helpful", "Well structured, useful tips and reassurance", "This was great".

We always welcome feedback from parents so if you have any ideas on future workshop topics that you would like to see added our offer, please contact us on earlyintervention@cambridgeshire.gov.uk

Many thanks, the EIFA team