

# Education Inclusion Family Advisor Newsletter

## September 2023

### A Message from Me

I am Amanda Gilbert Education Inclusion Family Advisor for parents in primary schools.

Available to provide information, support, and signposting for parents.

We are available via schools and providing phone and email support. Feel free to get in touch via the contact details at the bottom of this newsletter.

### 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** – 19<sup>th</sup> September 2023

**Parental wellbeing** – 26<sup>th</sup> September 2023

**Supporting with feelings of worry** – 3<sup>rd</sup> October 2023

**Supporting with feelings of anger** – 10<sup>th</sup> October 2023

**Sleep** – 17<sup>th</sup> October 2023

Here is the link to the booking form:

<https://forms.office.com/e/xxFqRNQmF2>



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](mailto:earlyintervention@cambridgeshire.gov.uk)

Many thanks, the EIFA team