

Education Inclusion Family Advisor Newsletter - September 2025

Education Inclusion Family Advisors (EIFAs) are linked to Primary Schools and are available to provide information, support and signposting for parents.

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

Parenting Top Tip – Back to school toolkit for Parents.

- **Model calmness** – Children pick up on your energy. Stay positive, even if you're a little nervous yourself.
- **Validate emotions** – Instead of saying "don't worry," try: "I know this feels scary, but I believe you can do this."
- **Create good routines** – Set morning and after school routines. Consistency helps children feel safe.
- **Role-play scenarios** – Practice everyday interactions such as, introducing themselves to new classmates, asking teachers questions, or managing breaktimes.
- **Stay connected** – Give your child/ren a small comfort item (note in their lunchbox or a small keychain) as a reminder of your support.


Activity Idea – Getting your children to school.

- **Rainbow walk** – Spot something from each colour of the rainbow.
- **Secret agent game** – pretend you're on a mission and whisper secret instructions, like "walk past the yellow house without being spotted".
- **Steps challenge** – "lets take giant steps like a dinosaur", "can we walk like a bear / crab / meerkat?"
- **Story chain** – you start the story with a sentence and your child adds the next. Building a silly or suspenseful story together.

Ensure that you keep in mind, some days your child may want a high energy morning, some they may not. Also sensory preferences matter, try to avoid overloading with too much information if they are already anxious.

EIFA Virtual Workshops, taking place 1200-1330 on:

- **Sibling Rivalry** – 23/09/2025 [Microsoft Virtual Events Powered by Teams](#)
- **Understanding and responding to Challenging Behaviours** – 02/10/2025 [Microsoft Virtual Events Powered by Teams](#)
- **Sleep** – 07/10/2025 [Microsoft Virtual Events Powered by Teams](#)
- **Supporting your Child with Feelings of Anger** – 09/10/2025 [Microsoft Virtual Events Powered by Teams](#)
- **Supporting your Child with Feelings of Worry** – 23/10/2025 [Microsoft Virtual Events Powered by Teams](#)

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