

Education Inclusion Family Advisor Newsletter September 2025

A Bit About Me

My name is Jane Rogers, I'm your school's link EIFA. As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child who may be experiencing some challenges such as: routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. I work individually with parents and our team also offers online workshops to all parents of primary aged children in Cambridgeshire. Please contact your school if you would like my support.

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 eg note in their lunch box, 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.

Another Resource – EIFA Workshops

To book, please see the EIFA workshops poster or contact your EIFA.

- **Sibling Rivalry** – 23/09/2025 @ 12:00–13:30
- **Understanding and responding to Challenging Behaviours** – 02/10/2025 @ 12:00–13:30
- **Sleep** – 07/10/2025 @ 12:00–13:30
- **Supporting your Child with Feelings of Anger** – 09/10/2025 @ 12:00–13:30
- **Supporting your Child with Feelings of Worry** – 23/10/2025 @ 12:00–13:30

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