Education Inclusion Family Advisor Newsletter
March 2024

A Message From Me

If you'd like to talk more about things like boundaries just give me a call, send me a text or an email and we can book in a confidential chat for over the phone or in person.

Activity Idea

The clocks will soon be changing, and signs of spring are starting to appear in the garden.

Here is an activity to bring a splash of colour inside your home.

Things you will need:

-Empty plastic bottles

-Scissors

-Paintbrush

-Paint

-Straws

-Pompoms

-Green card/paper

First cut the bottom of the plastic bottles off.

Then paint the bottle base on the inside.

Once dried attach the straw to the back of the flower.

Lastly stick on the pompom to the flower and leaves to the stem.

Parenting Top Tip

All children regardless of their age need to have rules and boundaries as part of their daily lives. This provides your child with a sense of security.

❖ Involve the whole family with creating the rules.

❖ Ideally, the rules should be written down and displayed. For younger children images may be better than words.

❖ Review the family rules as your child gets older and recognise the changing needs of your child.

❖ Praise and encouragement will promote new skills, increase self-esteem, and encourage motivation to follow the rules.

❖ Discuss why the rules are in place and if they are not followed, ensure consequences are natural or logical and nonpunitive, related to the behaviour.

World Sleep Day – 15th March 2024

To get a good night's sleep we need more than just a comfortable bed. We need a good routine, a suitable snack before bed and a relaxing and calm environment.

Here is the link and QR code to The Sleep Charity:

www.thesleepcharity.org.uk/information-support/children/

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

Cambridgeshire County Council

Contact me directly on ☎ 07879 426 947 or ✉ Emily.Norman@cambridgeshire.gov.uk