

# Education Inclusion Family Advisor Newsletter

**Education Inclusion Family Advisors** support parents with challenging or worrying behaviour, tantrums, meltdowns, anxiety, self-esteem, bedtime problems, sibling rivalry etc. Support is currently available virtually or by phone/email.

**Your schools EIFW is Jane Rogers**

## Activity Idea -The Mindfulness Jar



**Overview:** A good visual aid for children to help them understand how calming activities can help our emotions.

**Time:** 20-30 minutes.

**Equipment required:** A jar, water, glitter glue.

**Benefits:**

Helps explain emotions in a visual, easy to-understand way. It can encourage children to take moments of calmness when overwhelmed and watching the glitter swirl can be calming in itself.

[The-Mindfulness-Jar.pdf \(premier-education.com\)](https://www.premier-education.com/The-Mindfulness-Jar.pdf)

## Workshop Dates

We are running a variety of workshops this term, both face to face and online.

Please click the link below or scan the QR code to see the list of workshops available and book your place.

<https://forms.office.com/e/h94eNKzz00>



## Online Parenting courses available!

Parents and carers sometimes need extra support or information to help with parenting and to build a strong and positive family life.

That's why Cambridgeshire County Council have partnered with **In Our Place** to offer free courses to help you understand how best to support your child.

In order to access this course, please click the link below and use the code **PARENT24.**

[course library on the in our place website](#)

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)