

Education Inclusion Family Advisor Newsletter

A Message From Me

Happy New Year to everyone!! I hope you managed to have a good time during the festive period.

Please do look at our updated workshops for 2025 however, you can still contact me directly by email:

Shelley.Bari@Cambridgeshire.gov.uk

You can find out more on our service by visiting our

webpage: [Education Inclusion Family Advisors |](#)

[Cambridgeshire County Council](#)

Back to school emotions

Now the children are back in school, remember that after a long day children may feel overwhelmed or exhausted due to the effort, they put into following rules, focusing on their studies, and managing social interactions. This can lead to a build-up of emotions that are often held in during the school day.

Behaviours we may see include emotional outbursts, tantrums, crying, irritability, or being easily upset over minor issues. It is important to note that this is a normal reaction and doesn't indicate anything negative about the child or their behaviour.

To support your child during this time providing a calm and understanding atmosphere can be helpful. Offering them a chance to unwind, creating a calming space at home, choosing a quiet area where they can relax, rest, and engage in activities they enjoy may also help them regulate their emotions. It's important to validate their feelings and let them know that it is okay to express themselves.

New Workshops for 2025

We are excited to share with you that from January 2025 our workshops are being re-launched with updated content and an extended offer. Keep an eye out for our separate booking form as this will have the links to register. Upcoming dates:

- 14th of January 2025 12-1.30pm
Supporting your child with feelings of worry
- 16th of January 2025 12-1pm Digital Safety
- 21st of January 2025 12-1pm
Supporting your child with Sleep
- 30th of January 2025 12-1.30pm
Supporting your child with feelings of anger
- 4th of February 2025 12-1pm and
Introduction to Family Well-being
- 6th of February 2025 12-1.30pm
Managing behaviours that challenge us
- 11th of February 2024 12-1.30pm
Managing Sibling Rivalry

Does your child have, or potentially have, an additional need or disability? Pinpoint (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