

Education Inclusion Family Advisor Newsletter September 2025

A Bit About Me

Hi, my name is Amy Murden, 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 that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me on the details below.

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.

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

Contact me directly on

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