

Education Inclusion Family Advisor Newsletter October 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.

Top Tips Parenting Top Tip



October brings half term and Halloween fun, which can bring its own challenges for us as parents due to the change in routine, and expectations from children!

Things to try and remember:

- Try to remain calm and step away from the situation when it is safe to do so.
- Before you begin the activity or before going out, clearly explain the behaviour expectations and possible consequences for your child/ren if those behaviours are not followed. For example: 'I can't wait to go trick or treating with you, just remember it will feel really exciting, but I want you to stay with me to be safe'.
- If your child struggles with those boundaries in place, remember to gently remind and follow through with any consequences that you have previously explained.

Remember consistency is key!

(Incredible Years programme-click the book for more)



Activity Idea

Autumn is finally here, and amongst the fallen leaves are plenty of opportunities for crafting and having fun with nature. Try out this spooky fun idea for Halloween or any other time!

1. On your next autumn walk, have a look around for fallen leaves.
2. Place the leaves under a heavy item for a couple of days to flatten them out. (This makes it easier to paint them)
3. Paint the leaves white and let them dry.
4. Draw funny faces on them.
5. You could even stick them on your windows to scare the neighbours!

Check out these other incredible Halloween nature craft activities with the Woodland Trust:

[13 Halloween Nature Activities and Crafts - Woodland Trust](#)



Another Resource

We know that parenting during the holidays can be stressful on the parents. Try to remember to find time to relax and breathe to try and stay calm. Here is a video from Place2Be that explains why it is important to stay calm when children push your buttons.

[My child pushes my buttons | Place2Be's Parenting Smart](#)

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

[✉ Amy.Murden@cambridgeshire.gov.uk](mailto:Amy.Murden@cambridgeshire.gov.uk)