

# Education Inclusion Family Advisor Newsletter May 2026



## A Bit About Me

Hi, my name is Michelle. 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 discuss any of these topics, please complete our service consent form via this link [EIFA support request consent form -Michelle](#) Fill



## Parenting Top Tips

[How to support our young people, Emotional Literacy and time to understand worries.](#)

**Whole family activities** A great way to start with Emotional literacy is to watch the film "Inside Out" This looks at the 6 main emotions and explores it in a way that is accessible for children. Take a look at emotions wheels, to support further and some great books can be found, including Your Mood Journal by Fearne Cotton.

**Worry Box** put in your own worries but make sure these are age appropriate for the children within your home. Make sure that children are also able to put ones in that they don't wish to share, agree a symbol that they can draw or a word they can put on the folded bit of paper to identify. Worry boxes are used in most schools within their classrooms. It is very important for children and young people to understand that everyone has worries and giving them the opportunity to explore these and get support with how they are feeling.

### Self-care

In order to be the best versions of ourselves, we have to put our mask on first! If you have ever been on a flight, you will see during your safety briefing that you are directed to put on your mask before supporting others. This is a great visual for what we should have as a focus within our daily lives.

[The Blurt Foundation - BlurtItOut](#)

Take a look at their Self Care Kit PDF with 14 pages, which will be sent as a separate PDF or find the page and sign up!

[Mental Health Awareness week takes place 11th-17th May](#)

## Activity Idea



### **Growing plant start small with budget hacks**

If you and your child have never grown plants before, **try this budget hack**. You can **grow plants for 'free'** by **growing food scraps**. You might already have these items in your fridge or cupboards, so instead of throwing away the scraps, ends and used bags, you can **try to grow MORE food from what you would have thrown in your food recycling or compost bin**.

[National Gardening Week - Monday 27 April to Sunday 3 May 2026.](#)

## **EIFA Transition Workshops, [see posters to book \(sent separately\)](#)**

- **Transition to Primary** – 18/05/2026 @ 12:00–13:30/1400
- **Transition to Primary** – 20/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 1** – 12/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 2** – 14/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 1** – 9/06/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 2** – 11/06/2026 @ 12:00–13:30/1400

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

**Contact me directly on [michelle.west@cambridgeshire.gov.uk](mailto:michelle.west@cambridgeshire.gov.uk)**

