

Education Inclusion Family Advisor Newsletter Summer 2025

A Bit About Me

Hi, my name is Danielle and I'm your school's link EIFA. As an EIFA we cover 12 schools each and 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, please complete our online consent form below and I will then be in touch to arrange a Microsoft Teams conversation.

Parenting Top Tip

Steps to take when responding to **Sibling Rivalry**.

1. **Ignore** – If there is bickering or if it's the very start of a disagreement.
2. **Listen & give feedback** – If there are raised voices and tempers, reflect each child's point of view, and express confidence in your children's problem-solving abilities.
3. **Warn if things are escalating** – let the children know the boundaries and the family rules.
4. **Intervene** – if there is violence, pushing or name calling separate the children and give a cooling down period for everyone.

Activity Ideas

- **Play Hopscotch** – this encourages your child to take turns, listen to instructions and cooperate with others. You will need chalk, a stone and a pavement to draw your hopscotch board.
- **Create a mini garden** – collect petals, leaves and twigs and lay them on a paper plate or in a small box to create a mini garden. This encourages your child to use their imagination and explore nature.
- **Scavenger hunt** – find different kinds of leaves, rocks, flowers or insects, and encourage your child to go outdoors and be active, whilst promoting observational skills and problem solving.
- **Dance / Yoga** – pop on your favourite tunes and show your groovy moves. This can support a child's coordination and balance, whilst also encouraging mindfulness and emotional regulation.

Another Resource

[Cambridgeshire Holiday Activities and Food \(HAF\) Programme | Cambridgeshire County Council](#)

Several restaurants and cafes offer "kids eat free" or discounted deals during the summer school holidays in 2025. This information can be found online or in-store at your local eateries.

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

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