

Education and Inclusion Family Advisor Newsletter 20th-26th June



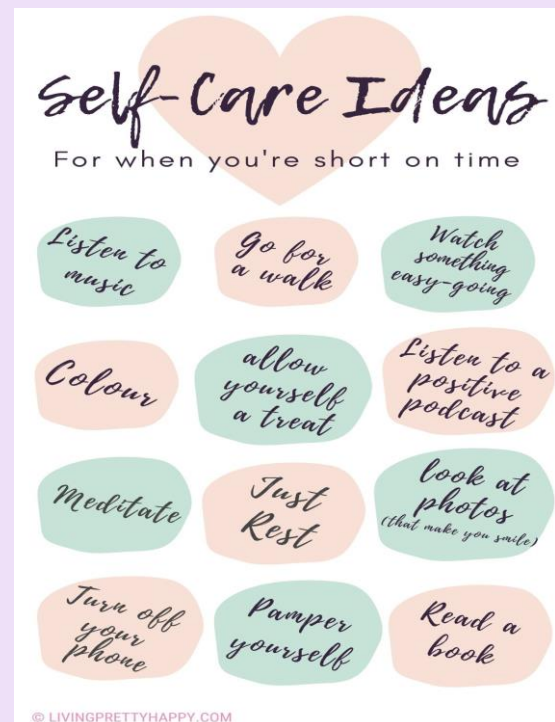
Education inclusion family advisors offer parents and carers an opportunity to ask for information, advice, and guidance about anything affecting your children and family life. If you have reached out for support and have not yet heard from me, please accept my apology. I have been very busy working with parents, I will endeavour to contact you all before the end of next week.

Tips on how to help your child self-regulate and de-stress.

- *Breathe in and out 10 times focus on each breath*
- *Take a break and get a drink of water*
- *Talk to someone about how you feel, or ask for help*
- *Draw a picture or do some colouring*
- *Write about your feelings*
- *Run, Jump, stretch, play football... exercise helps!*
- *Think about something or somewhere that makes you feel happy*
- *Read a book or magazine or listen to music*
- *Squeeze a stress ball*

Parenting Top Tip

*We all need time for self-care, even parents!
What can you do this week to look after your own needs?*



Another Resource

Relaxation activities to do at home with your children.

[6 Relaxation Activities That Can Help to Calm Kids During Times of Anxiety | Save the Children](#)

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



Cambridgeshire
County Council

Contact me directly on 📞 Mobile: 07824551901
Office: 01354 750419 or
natalie.ulugun@cambridgeshire.gov.uk