## Education Inclusion Family Advisor Newsletter 11<sup>th</sup> -17<sup>th</sup> July 2022

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.

I would like to share a recording of a webinar delivered by YMCA trinity that I found very helpful which talks about children's behaviours that challenge.

Challenging Behaviours Webinar - YouTube

## **Activity Idea**



## **Parenting Top Tip**

https://www.teacherspayteachers.com/ Store/Pathway-2-Success/Category/-Social-Skills-183741



(and how to teach them)

Following directions
Using manners

Having a positive attitude

Working with others

Good hygiene

Using polite words

Taking turns

Greetings

Having patience

Being a good sport Listening

Personal Space

www.thepathway2success.com

## **Another Resource**

The NHS identifies 5 simple steps to help us all with our wellbeing that are all great for doing with children: connect with other people get active

- do something for others
- take notice of the world around us

For more information, visit <a href="www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/">www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/</a> or <a href="www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/">www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</a>.



<u>Surviving the Summer Holidays Tickets, Wed 20 Jul 2022 at 10:00 |</u>
<u>Eventbrite</u> Jo Keys from Autism Anglia will be with us looking at how to build in ways to cope, find support if you are struggling but also have fun and enjoy the break from school with your children.



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