



Education Inclusion Family Advisor Newsletter January 2026



A Bit About Me

Hi, my name is Katie, and I am 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.

Parenting Top Tip



Building Independence in Children

A key way to help children become more independent is by giving them chances to solve problems on their own. As parents, it's natural to want to step in when we see our child struggling — we often assume they must be stressed or frustrated. But many times, they're simply learning.

Instead of fixing things right away, try taking a step back. Allow them to make mistakes, try again, and figure things out at their own pace — this is how all of us learn. Maybe your child is working on tying their shoelaces, taking longer than expected to complete a puzzle, or navigating a tricky moment with a friend who isn't sharing. Before jumping in, pause and see whether they actually ask for help.

You can continue supporting their independence by acknowledging the effort.

Activity Idea



Letting your child lead the play.

Set aside an agreed time with no distractions where possible and let your child teach you something they are good at, like to do or facts they know. This could mean you may be gaming, dancing, singing, making slime, learning magic tricks and sports skills, or solving maths questions. Child led play and interaction works with all ages and is great for connection.

Upcoming EIFA Workshops

To book, please see the EIFA workshops poster or contact your EIFA.

We are also hosting some evening workshops this half term.

- **Sibling Rivalry** – 13/01/2026 @ 12:00–13:30
- **Understanding and responding to Challenging Behaviours** – 15/01/2026, 12:00–13:30
- **Sleep** – 20/01/2026, 12:00–13:30
- **Sleep** – 20/01/2026, 18:00–19:30
- **Supporting your Child with Feelings of Anger** – 22/01/2026, 12:00–13:30
- **Supporting your Child with Feelings of Worry** – 27/01/2026, 12:00–13:30
- **Supporting your Child with Feelings of Anger** – 02/02/2026, 18:00–19:30
- **Supporting your Child with Feelings of Worry** – 05/02/2026, 18:00–19:30
- **Family Wellbeing** -10/02/2026, 12-13:30

Does your child have, or potentially have, an additional need or disability?

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 <https://forms.office.com/e/4sxC2C78Fy>
✉ katie.smith@cambridgeshire.gov.uk

