

Education Inclusion Family Advisor Newsletter January 2026

Education Inclusion Family Advisors (EIFAs) are linked to Primary Schools and are available to provide information, support and signposting for parents and carers.

We are available via schools, and also provide phone and email support. Please get in touch via the contact details at the bottom of this newsletter.



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 their effort.

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.

EIFA Workshops

To book, please see the EIFA workshops poster.

- **Sibling Rivalry** – 13/01/2026 @ 12:00–13:30
- **Understanding & 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

**Contact me directly on: 07585 401633
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