

Education Inclusion Family Advisor Newsletter May 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.

Parenting Top Tips

[How to support our young people, Emotional Literacy and time to understand worries.](#)

Whole family activities A great way to start with Emotional literacy is to watch the film "Inside Out"

This looks at the 6 main emotions and explores it in a way that is accessible for children. Take a look at emotions wheels, to support further and some great books can be found, including Your Mood Journal by Fearne Cotton.

Worry Box put in your own worries but make sure these are age appropriate for the children within your home. Make sure that children are also able to put ones in that they don't wish to share, agree a symbol that they can draw or a word they can put on the folded bit of paper to identify. Worry boxes are used in most schools within their classrooms. It is very important for children and young people to understand that everyone has worries and giving them the opportunity to explore these and get support with how they are feeling.

Self-care

In order to be the best versions of ourselves, we have to put our mask on first! If you have ever been on a flight, you will see during your safety briefing that you are directed to put on your mask before supporting others. This is a great visual for what we should have as a focus within our daily lives.

[Mental Health Awareness week takes place 11th-17th May](#)

<https://www.blurtitout.org/> - Take a look at their Self Care Kit PDF with 14 pages, which will be sent as a separate PDF or find the page and sign up!

EIFA Transition Workshops, [see posters to book \(sent separately\)](#)

- **Transition to Primary** – 18/05/2026 @ 12:00–13:30/1400
- **Transition to Primary** – 20/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 1** – 12/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 2** – 14/05/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 1** – 9/06/2026 @ 12:00–13:30/1400
- **Transition to Secondary Part 2** – 11/06/2026 @ 12:00–13:30/1400

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