

# Education Inclusion Family Advisor Newsletter

## October 2024

### A Message From Me

Good Morning Everyone,  
While your EIFA Amy Murden is on leave please use the central email address below, and a member of the team will get back to you.  
We are continuing to run our workshops this term – see the QR code for further details. After October half term we will be running a mixture of daytime and evening workshops.  
Once you register, we will send out the link the day before the workshop starts with the joining link.

### Activity Idea

**Feeding the birds over winter is a great activity to do with the children. It hosts a little bit of fun mess and the ongoing reward of watching out for many visitors over the winter months.**

*You will need:*

Bird seed mix (You can also use dried fruits softened with water, cooked rice or breadcrumbs)

Lard or peanut butter

*For the feeder:*

Biodegradable string

An open natural pinecone

Yogurt pot



Add your ingredients into a bowl and add softened lard or peanut butter.

Mix into a firm paste.

With adult support, pierce a small hole through the bottom of the yogurt pot and thread string through – tying in a knot before filling with the bird cake mix.

If using a pinecone, tie some string around the top before rolling through the bird cake mix.

### Parenting Top Tip

**We all appreciate praise and encouragement. As a reminder, stick these tips on your fridge!**

- Catch your child being good: look for something positive!
- **Don't** save praise for perfect behaviour
- **Do** spoil your them with praise
- **Increase** praise for children with more challenging behaviours
- Model self-praise
- Give **labelled** and **specific** praise
- Praise **immediately**
- **Use** smiles, eye contact and enthusiasm
- Give pats, hugs and kisses along with praise
- **Express** your belief in your children

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The EIFA service offers free workshops both online and face to face throughout the year.

Please click the link below or scan the QR code to see what is coming up before half term and book your place.

<https://forms.office.com/e/h94eNKzz00>



### Staying safe in the dark

The darker nights are creeping in fast, so it is time to prepare for the safer journeys when out and about whether it be walking, on a scooter or a bike.

Being **visible** is the key as our children may not fully know the danger, they could have their minds on other things or just not realise that although they can see the cars, the drivers do not see them.

[Keeping Children Safe in the Dark | Road Safety Tips for All Ages \(firstaidforlife.org.uk\)](#)

Does your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://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](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)