

Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of countywide online workshops. We welcome any parent/carer with a child/ren in primary schools.

Virtual workshops:

What to do when kids push your buttons – 24th of September 2024, 12 – 1.15pm

During the workshop we will be exploring strategies for parents to remain calm during challenging situations, understand what happens when children get angry and how to help the children develop self-regulation of emotions.

Sibling Rivalry – Tuesday 1st of October 2024, 12 – 1.15pm

During the workshop we will be exploring the range of feelings that exist between siblings and the needs a child has from its parents and carers in relation to his/her siblings. We will spend time covering strategies and think about techniques that will work with all ages but also share those that might be targeted at certain age groups.

Supporting your child with feelings of worry – Tuesday 8th of October 2024, 12 – 1.30pm

A workshop that explores the definition of anxiety, its purpose and how it may affect children including advice around supporting children to understand how they are feeling and some strategies that may help them to manage these feelings.

Supporting your child with feelings of anger – Tuesday 15th of October 2024, 12-1.30pm

A workshop that explores angry feelings including what is happening in our brain when we feel angry, how to explain this to children and some useful strategies to use when we have this difficult feeling.

Sleep – 22nd of October 2024, 12 - 1pm

A workshop that explores some common sleep difficulties, looks at sleep hygiene, bedtime routines and suggests some strategies that may help support your child to get a good night sleep.

To book a place, please click on the link below or scan the QR code:

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



For more information speak to your school office or contact us directly on:
 earlyintervention@cambridgeshire.gov.uk

Education Inclusion Family Advisor County Wide Face to Face workshops

Face-to-face workshops (in Huntingdon Youth Centre, Sallowbush Rd, Huntingdon PE29 7AF):

Arguing better - Tuesday 8th of October 2024, 10am – 11.30am (for parents in a relationship, to help manage their stress and communicate with one another in ways that are helpful to their relationship and their children).

Getting it right for the children - Tuesday 22nd of October 2024, 1pm – 2.30pm (for separated parents experiencing high levels of conflict, to help parents to develop positive communication skills and to support parents to co-operate and work out solutions together without putting their child in the middle of the conflict)

For further information about both the 'Arguing Better' and 'Getting it right for the children' workshops, please contact us on the email below.

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