

Education Inclusion Family Advisor Newsletter July 2025

A Bit From Me

Hi everyone. Wow it is certainly a hot one as we move into the final few weeks of term! This is the final newsletter from me this academic year, but fear not! The support does not stop over the summer holidays. In fact, our team has created a series of online workshops and drop-ins for you to access over the holidays, if things are getting a little too much and you would like some advice around all things parenting, please do sign up! Otherwise, I hope you all have a fabulous summer break, and I look forward to seeing you all in September.

Parenting Top Tip

Steps to take when responding to **Sibling Rivalry**.

1. **Ignore** – If there is bickering or if it's the very start of a disagreement.
2. **Listen & give feedback** – If there are raised voices and tempers, reflect each child's point of view, and express confidence in your children's problem-solving abilities.
3. **Warn if things are escalating** – let the children know the boundaries and the family rules.
4. **Intervene** – if there is violence, pushing or name calling separate the children and give a cooling down period for everyone.

Activity Ideas

- **Play Hopscotch** – this encourages your child to take turns, listen to instructions and cooperate with others. You will need chalk, a stone and a pavement to draw your hopscotch board.
- **Create a mini garden** – collect petals, leaves and twigs and lay them on a paper plate or in a small box to create a mini garden. This encourages your child to use their imagination and explore nature.
- **Scavenger hunt** – find different kinds of leaves, rocks, flowers or insects, and encourage your child to go outdoors and be active, whilst promoting observational skills and problem solving.
- **Dance / Yoga** – pop on your favourite tunes and show your groovy moves. This can support a child's coordination and balance, whilst also encouraging mindfulness and emotional regulation.

Another Resource

[Cambridgeshire Holiday Activities and Food \(HAF\) Programme | Cambridgeshire County Council](#)

Several restaurants and cafes offer "kids eat free" or discounted deals during the summer school holidays in 2025. This information can be found online or in-store at your local eateries.

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

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