

# Education Inclusion Family Advisor Newsletter

## March 2025



### A message from me

Welcome to our March newsletter. The team and I are really pleased to have met so many of you on our online workshops. A reminder that these take place most Tuesday (and some Thursday) lunchtimes online. Our next workshop is Digital and online safety, on Thursday 13<sup>th</sup> March at 12pm. You can book a place here: [Microsoft Virtual Events Powered by Teams](#) In the meantime, I hope you are all enjoying the beautiful sunshine that we certainly deserve!

### World Book Day

Thursday 6<sup>th</sup> March is [World Book Day](#), loved by parents and children, (sometimes loathed by parents when a costume search is involved!) it is a great opportunity to get involved in reading with your child, and encouraging them to read widely and often. This year's theme is 'Read your way' and many of our Cambridgeshire's schools are running competitions and joining in with the fun online, to encourage children to read in their own way.

Don't forget, World Book day always comes with your £1 book token which you can either spend on the book especially produced for WBD (click the link to see what is available this year), or of course you can use your token towards another book that you've had your eye on for a while.

There are some fantastic activities on the website below, including a free audio book!

[Families - World Book Day](#)



**Does** your child have, or potentially have, an additional need or disability? **Pinpoint** (<https://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)

### Parenting tips and advice:

#### Low demand parenting

Low-demand parenting can help create a less stressful or a less anxiety-inducing environment for children. This type of home environment can be especially critical for neurodivergent children who do not respond well to demands. It's based on trust, flexibility, and collaboration, and involves adapting the environment to the child's needs, but it may also be helpful for other families seeking to minimize stress and anxiety.

Here are some principles of low-demand parenting:

**Consider Your Language** to reduce the perception of demands. Phrases like "I wonder whether..." and "Let's see if..." also incorporate an element of choice.

**Limit Demands:** Use declarative statements and be mindful of your language to reduce implicit demands, for example: "There are a lot of toys out and I'm worried about breaking them or one of us hurting ourselves".

**Prioritise connections** and emotional safety over traditional parenting techniques that focus on setting boundaries and consequences.

### 50 Things to Do Before You're 11 ¾

[50 things to do before you're 11¾ | Kids | National Trust](#)

The National Trust's drive to ensure that all children under the age of 11 ¾ have experienced nature in all its joyous forms has culminated in a unique list of exciting things to try before this age. If you are stuck for something to try over the weekend, why not look at the list above for some great ideas!



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