

# Education Inclusion Family Advisor Newsletter

## December 2024

### A message from me

I hope the next few weeks provide moments of quiet and connection for you all in what can be a very busy festive season. If you would like support at this time, regarding any aspect of family life, please do contact me on the details below. We can provide a listening ear, practical advice on parenting and where to go for financial support. Happy Christmas and New year to you all.

### Activity Idea: Celebrate your child at Christmas

Write down some awesome things that your child has done this year: Important events, achievements, starting a new hobby or club, learning to swim or ride a bike, creating some amazing art or writing a cool story etc  
Tear them up and put the 'tickets' in a jar (which you can decorate with glitter/tinsel)  
Then on Christmas eve, turn the lights off and the fairy lights on and enjoy taking out the 'awesome' tickets and talking through and remembering them together



### Ideas to try - Sensory differences

Christmas can be a tricky time for children who have sensory differences. Whether it's different smells, bright lights, sounds, tastes, these can be hard for children to manage, and they become overwhelmed. Here are some top tips to help them:

1. Plan in advance. Explore opportunities to go to events at a quieter time or see if they offer a SEN specific session.
2. Consider the length, size and venue. How long do you plan to spend there, what's the environment like, how busy will it be, is there a 'quiet space' offered where they can take a break if needed.
3. Wear ear defenders. Encourage your child to use ear defenders, ear plugs or earmuffs to help them manage loud noises. You could also ask if they would like to wear earphones and listen to their favourite music/story.
4. Use regulation tools. Distraction is a great way to help children cope with sensory input that they find distressing. Fidget toys, things that smell nice, fabric they enjoy, a tight hug, can all be helpful. You could build a 'sensory bag' to have at home or take with you when things might get tricky.

Source: [www.futurestepsot.co.uk](http://www.futurestepsot.co.uk)

### Parent Workshops

We are running three online workshops for parents in December:

Supporting your child with feelings of worry, 3<sup>rd</sup> December, 6pm-7:30pm

Sleep, 10<sup>th</sup> December 12-1pm

Support your child with worried feelings, 17<sup>th</sup> December 6pm – 7.30pm

Book here: <https://forms.office.com/e/c8SPp62Fi1>  
More workshops to follow in the new year

**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)