

# Education Inclusion Family Advisor Newsletter

## December 2022

### A Message From Me

There are still some places on our workshops in December.

- **Supporting with feelings of anger** – 6<sup>th</sup> December
- **Sleep** – 13<sup>th</sup> December
- To book, please use the link below to be directed to the booking form:  
<https://forms.office.com/r/qXaZKsEnaC>

Enjoy this festive term , Zoe .

### Parenting Top Tip

As the festive period approaches many parents will find themselves out shopping needing to take child/ren along with them. Shopping can be an enjoyable activity for the whole family however we do recognise at times this can be challenging. Here are some of our top tips for going shopping with your children:

- ❖ At first, keep shopping trips short and frequent.
- ❖ Try not to disrupt your child's usual sleeping/ eating routines.
- ❖ Remind your child of the rules for shopping.
- ❖ Talk about rewards and consequences.
- ❖ Keep your child busy while you are shopping.
- ❖ Praise and reward your child for following rules.
- ❖ Act as soon as unwanted behaviour occurs.
- ❖ Give clear instructions of what you want your child to do.
- ❖ Back up your instructions with quiet time.
- ❖ Continue the shopping trip
- ❖ Review the shopping trip with your child.

### Activity Idea

This can be a great activity for all ages. You can use coloured card or paper and also decorate with glitter and sequins. These look great for a window decoration.



### Festive books for children



**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cams.org.uk](http://www.pinpoint-cams.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)