

Education Inclusion Family Advisor Newsletter July 2025

A Bit About Me

Hi, my name is Naomi Shepherd and I'm your school's link EIFA. As an EIFA I offer advice and strategies to parents and carers with a Primary School aged child that may be experiencing some challenges such as routines, sleep, sibling rivalry, challenging behaviour, worries or self-esteem. If you'd like a chance to chat about any of these topics, just contact me on the details below.

Parenting Top Tip

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

1. **Ignore** – Use this 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

Contact me directly at

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