



Education Inclusion Family Advisor



Newsletter March 2026

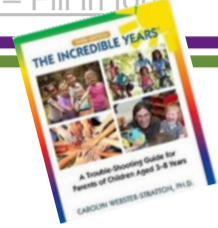


A Bit About Me

Hi, my name is Michelle West, 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 discuss any of these topics, please complete our service consent form via this link: [EIFA support request consent form -Michelle West – Fill in form](#)

Top Tips

Parenting top tip What to do when children argue



Children often argue because they haven't yet learned emotional regulation skills. Helping them practise calm-down techniques during non-stressful times makes it more likely they'll use them during conflicts. **Examples to teach:** taking a deep breath; stepping away from the argument briefly, using a "calm voice", saying what they need instead of blaming. If appropriate think about allowing for some negotiation and choice. For example: 'Would you like to do your homework before or after tea?' 'You can tidy up by yourself or I can help you.' 'Would you like to have your screentime in the morning or the afternoon?' Children do get told what to do quite a lot, and some (especially those who are strong willed) like to feel that they have some control and offering choices helps with that.

(Incredible Years programme-click the book for more)



Activity

We have had a lot of rain lately! Adults often see it as an inconvenience don't they, but looked at through a child's eyes it can be fun. So next time it's raining why not put your waterproofs on and head outdoors. Here's an idea that might appeal to your little ones.

Start a raindrop orchestra



Take some different objects outside to see what sounds the rain makes when it falls on them. Try different-sized saucepans or raid your recycling for foil containers and empty tin cans. Can you hear heavy drumming, a soft pitter-patter or pretty tinkling sounds? Try to create as many different sounds as possible and make some raindrop music.

Check out some more ideas here: [50 things to do before you're 11¾ | Kids | National Trust](#)

Pinpoint Cambridgeshire is hosting its Annual Conference 2026 on Tuesday 10 March at The Burgess Hall, St Ives (9:30am–2:15pm).

The free event is open to parent carers, parents, guardians and relatives of children and young people with SEND or additional needs (diagnosed or not), as well as professionals supporting SEND families.

Created by parent carers, for parent carers, the conference offers a calm, inclusive and flexible programme, with short workshops on topics including sleep, autism, sensory needs, benefits, education, trauma-informed practice and employment. A Marketplace of local services will be open for most of the day, alongside sensory workshops running throughout. The event is designed to help families feel supported, informed and less alone. **Free booking:** www.pinpoint-cambs.org.uk/events

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 on  michelle.west@cambridgeshire.gov.uk