

# Education Inclusion Family Advisor Newsletter

## February 2025

### A Message From Me

Do you need support and someone to listen? Contact me by completing Support Request form. Just scan QR code. I am Jurate Trumpickiene your Education Inclusion Family Advisor

EIFA Support Request Consent Form



<https://forms.office.com/e/kZmC4YbWDi?origin=lprLink>

### Activity Idea – Fizzy Lava Lamp

While we're stuck indoors due to the poor weather, this is a fun science-based activity you can try.

You will need:

-An empty jar, sunflower oil, water, food colouring, bicarbonate of soda & a torch.

Instructions:

1. Add the sunflower oil to the halfway point of the jar.
2. Add some drops of food colouring too.
3. Top up the rest of the jar with water.
4. Switch on your torch & rest it so it is shining through the jar.
5. Put in a spoonful of bicarbonate of soda and quickly screw on the lid.
6. Watch the 'lava' fizz and bubble around inside the jar.
7. Next you can try using different jar & bottle shapes as well as different food colours to create a whole set.



### Parenting Top Tip - Anxiety

Anxiety is an unpleasant feeling of fear, panic or worry. So how can you help your child with managing their anxiety?

**Worry time** – Having specific time set aside to worry can help with clearing thoughts.

**Worry box/monster** – Use a box or toy monster to add any worries to. This is especially helpful if your child is a nighttime worrier.

**Worry balloon** – Blow a balloon up, put all your worries in and let it go.

**Find positives** – If a child worries about something try to think and find the positives.

**Problem solving** – Think about all the solutions to the worry and then break down the steps.

**Feelings diary** - Record or draw things that have worried you during the day and add at the end: "How I managed it" & "What helped me."

If you'd like more information about these ideas, keep an eye out for our Supporting Your Child with Feelings of Worry online workshop we run regularly.



### Another Resource

Have a look at this NHS webpage which looks into understanding anxiety in further detail:

[Anxiety - Every Mind Matters - NHS](#)

**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)



Cambridgeshire  
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