

Top tips for being at home with your child



These are very difficult times and it may well feel overwhelming having your child at home. Be kind to yourself! You can't recreate a school but there are lots of things you do everyday that will support them with their learning and development. Children of this age learn best through play and first hand experiences. Try and follow their interests. Please don't feel you need to be sitting them down and doing worksheets! Your keyworker will be keeping in touch with ideas. Do email them if you have any questions or concerns.

Keep an eye on your Facebook as we will be posting regular ideas and tips on there.



Have a routine:

Think about setting a routine for the day. You could have a morning snack like we do in nursery. After lunch have some quiet time—perhaps do a puzzle, read or have some screen time. Try and do something active in the morning. Set aside some time for free play and opportunities for your child to help you with jobs. If you'd like a visual timetable, let your keyworker know and they can email one to you.



Everyday jobs around the house are great learning opportunities and help to develop children's self help skills.

Try:

Preparing meals—make a sandwich, chop some fruit or vegetables.

Unload the washing machine and hang the washing up

Tidy toys

Practise getting dressed and undressed.

Things to try and do each day...

Sing nursery rhymes and songs

Dance

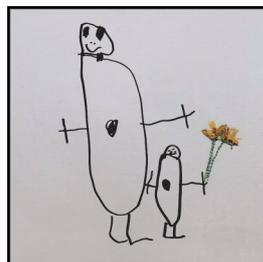
Count

Draw

Read lots of stories

Do a puzzle or play a game

Have a hug!



Do keep in touch with your child's keyworker via tapestry. They would love to see what you're doing at home and they will share their home learning with you too!

