TOP TIPS TO SUPPORT YOUR CHILD AT HOME

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- Simple, regular routines help to embed security for your child/ren
- Talk about what you are going to do that day or in the future. Surprises are great of course, but in general children like to know what is going to happen next.
- Enjoy your time together, have lots of fun and laugh.
- Selectively use devices. Perhaps limit the time they can use them and encourage book reading and writing skills.
- Use what you have at and near your home to support creative play or activities.
- Let your child join in and help as much with domestic tasks appropriate to their age.
- Create a safe, quiet place for your child to be quiet and focus on reading, puzzles or other work they need to complete.
- Let your children talk through any worries and practice active listening to respond appropriately to support them.
- Keep in touch with family and friends whenever you can as your circle of wider support
- Celebrate your child/rens achievements, this will boost their happiness and self-confidence.