

Stay Home. Stay Positive.



10 Top Tips

to support parents and carers
of babies and young children
(suitable from birth – 4) at home



Thank you for looking after everyone by staying at home. By following advice to stay at home during the COVID 19 outbreak you're helping to reduce your family's risk and you're also helping to protect the NHS and save lives.

The following are ten tips to encourage your young child's development during this time:

1. Simple, regular routines

These will help you and your child feel more secure. Routines will help structure your day from start to finish. You will need to plan ahead for the next day and week but keep it simple and doable – getting up time, meals, bathtime, exercise and going to bed.

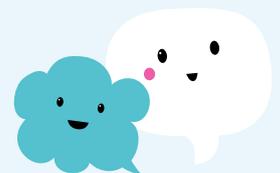


2. Talk about what you are going to do

Talk about and explain to your child what you are going to do throughout the day. Help them take turns in conversation. Tune into what they already know and build on their daily routine. Be a running "commentator", keep your language simple. Draw pictures, show pictures or use objects to show what you are going to do if your child needs more help to understand. If you have them, use photos of friends and/or family to talk about people that are important to you in different households.

3. Enjoy your time together

Have fun, we learn best when we are enjoying what we do. If you or your child are not enjoying something, stop, change your plan. Try to make sure you do something fun for you and your child every day, more than once if you can.



4. Selectively use devices

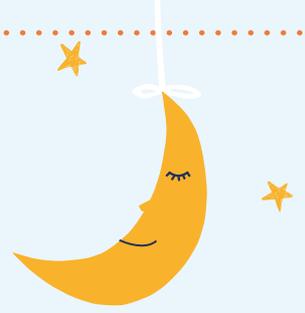
Use the TV and/or other devices, but choose when you are going to watch and what you are going to do. CBeebies and S4C's Cyw have some fun programmes. Use your phone/other devices to record what you have done – kicked a ball, learnt a new song or a new word. Turn off the TV when you are not watching it so there is not a constant stream of information.

5. Use what you have at and near your home

You don't need to buy extra things. Walk in your garden or near home, point to flowers, birds and trees, buildings and everyday objects; name them. Play walking, running, finding games. Do a treasure hunt for everyday objects in your home/garden. Teach your child a new song or nursery rhyme. Play catch, or rolling a ball backwards and forwards. Use mirrors in the bathroom to encourage copying and taking turns – making silly faces. Children like to repeat familiar activities. You are your child's first and lasting teacher – you can help them learn and grow so much. They can also teach you - look at how they learn best.

6. Let your child join in and help as much as they can with household tasks

Cleaning, cooking, fixing. If they can't help, they can watch you and you can tell them what you are doing. If you have older children, they may be able to help by talking with and/or entertaining younger siblings.



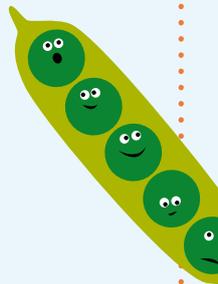
7. Create a safe, quiet place for your child to be quiet

A cocoon. Create the same for yourself – put your phone in the drawer and check at set intervals only (not too often). Acknowledge your worries, ask for help/advice if you need it and let your child ask for help. Practise relaxing and deep breathing.



8. Let your child talk and ask about COVID 19

If your child understands a little about COVID 19, please tell them the facts very simply. Show them how to wash their hands and get them to practise washing their hands. Find a song they like to sing whilst washing their hands or use a timer for 20 seconds. You can also teach them other hygiene and self-help skills such as dressing, undressing, cleaning teeth and using the toilet if you're both ready. Make it as much fun as possible.



9. Keep in touch with your family and friends

This could be on a daily basis or a few times a week. Choose a regular time and way of communicating (FaceTime/Skype/WhatsApp). If you are using the telephone, if you can, point to pictures of the person speaking at the other end. Decide how long these sessions will be. Start by saying "Hello" and finish by saying "Goodbye". Tell or show your family one thing your child has done well or learned. Decide what you will share/do, sing a song or do a dance. If you need a longer chat for yourself ring later when your child is asleep, if you are not too tired!



10. Celebrate achievements

At the end of each day, think of one particularly positive thing that you and your child have achieved and enjoyed that day. Tell them, talk about it and record it in some way, celebrate it.



Finally, plan for when we come out of lockdown and what you and your child might like to do then!

For more information and advice on parenting, visit:

- 🌐 gov.wales/parenting-give-it-time
- 📘 [parentsinwales](https://www.parents-in-wales.org/)
- 📱 [parenting.wales](https://www.parenting.wales/)

Keep in touch with your Health Visitor. They are here to help you and your family. Watch Yvonne explaining how they can help: <https://bit.ly/2z04XUG>

SOURCES:

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