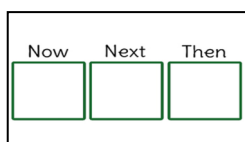


Supporting your Child at Home

General Advice

This can be a challenging time for both parents and children. It is important to look after your mental health and wellbeing. Establish a routine and provide opportunities for breaks. Playing games can be an excellent way to learn new letters or words. Focus on the positives and enjoy this opportunity to be together.

Visual Timetable



Using a visual timetable can help reduce anxiety and provide some structure. Access the website below for symbols or use post-it notes, a white board or pen and paper.

Website: www.widgitonline.com/offer

Reading and sharing books

Label things around the home

Play word bingo

Share favourite stories



Download audiobooks:

<https://stories.audible.com/start-listen>

The **Oxford Owls** website (www.oxfordowls.co.uk) has over 100 free e-books for parents to read with their children, all levels and abilities.

Fine Motor Skill Activities

All these activities help develop fine motor skills and hand-eye co-ordination in preparation for handwriting:

Baking and cooking, playdough, slime, building blocks, Lego, large scale painting, pouring (e.g. water from one cup to another, rice from one container to another) etc.

Making Books



Make simple, home-made books with either photos or pictures cut from magazines. Write simple, repetitive phrases on each page: e.g. Look at the... I like...

App: **Story Creator – Easy Story Book Maker for Kids**

Fun activities to do together at home

Baking and cooking

Gardening and growing things

Bath time any time of the day—
play with bubbles!

Turn taking games: snap, charades, bingo

Help with cleaning: make dusting fun!



Sensory Activities

Sensory activities provide fun and engaging opportunities for learning. It helps your child develop a multitude of skills in enjoyable ways. Visit this website for activity ideas: www.learning4kids.net/list-of-sensory-play-ideas/

To have a go at creating your own online sensory room go to: www.sensoryworld.org

Links to websites with further advice:

Find out what's available for children, young people with Special Educational Needs and Disabilities, and their families and how they can access services and activities: <http://greenwichcommunitydirectory.org.uk/kb5/greenwich/directory/home.page>

Government guidance on how to support children's emotional wellbeing: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and>