

Hello everyone,

I hope you're all well. I know it's not easy being at home all day, especially when you have children to try and keep busy. The Health and Well-being of you and your family are crucial during this difficult time, and you are doing an amazing job in keeping yourself and your family safe.

There are lots of useful links with ideas, activities and most of all support for you and your children and we will continue to share them with you; some are listed below. It's great to see some of your pictures and videos on Twitter so please keep posting them. The LCC team are missing you all very much so we're sending you a virtual, socially distant hug with this email. Stay safe.

Sticky Kids is a music & movement resource for under 5's, providing free workouts for your wee ones. Click on the link here <https://stickykids.podbean.com/> You can follow them on Twitter [@stickykids](#) and we'd love you to see your wee one singing and dancing so please share your photos or videos on our Twitter page [@LarkfieldCC](#)

Some of you may already know about the Best Start Grants, which includes a Pregnancy & Baby Payment, Early Learning Payment, and School Age Payment (made around the time a child normally starts Primary 1). Click on this link for further information <https://www.mygov.scot/best-start-grant-best-start-foods/> Please note for the School Age Payment, for children born between 1 March 2015 and 29 February 2016, you cannot apply before 01 June 2020.

If you are looking for ideas how to help young children learn at home through play, check out <https://bumps2bairns.com/> Their I'm forever blowing bubbles and Plop Bucket games are fantastic!

With all of the Bookbug Sessions on hold for now, Scottish Book Trust will be publishing an online Bookbug Session every week. Click on the link for more info and you can find most of the songs and rhymes on their Bookbug app too <https://www.scottishbooktrust.com/articles/online-bookbug-session-bookbugs-big-giggle>

Being a parent can be hard work and at times. Keeping your cool can be difficult, but there are things you can do to stay in control. Parent Club Scotland have a whole range of topics to help you and your baby, toddler, or child, on things such as behaviour, feeding and sleeping. Click on the link for more info <https://www.parentclub.scot/>

There is a National helpline set up to provide essential assistance to those who don't have a network of support but who are at high risk of contracting COVID19. Helpline number is 0800 111 4000 or click on the link for more info

<https://www.gov.scot/news/support-for-those-at-high-covid-19-risk/>

If you're struggling with your mental health at the moment, if you're feeling anxious or depressed, Breathing Space are available on 0800 838587. There are also several useful pieces of information on the NHSinform.scot website (see link below), including advice on looking after your mental well-being, an anxiety self-help guide, and coping with money worries <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>