

# Home Learning Advice for Parents

**NORTH LANARKSHIRE**

The following are some ideas to support nurturing whilst staying at home. Your child's school website or glow page will have many more.

## Early Level: **Nurtured**

### Keeping in touch with friends and family

There are lots of ways to keep in touch with friends and family from phone calls to video calling. Sending cards or letters to friends and family could be a nice way of letting friends or family know that you are thinking of them and making them yourself can also be a fun way of spending an afternoon.

### Thank you Key Workers

Drawing, painting or colouring rainbow pictures and putting them in your window is a nice way to spread happiness at the moment. You can also see how many you can spot on your daily walk. People are also coming out to clap every week to show their thanks to key workers. Joining in with this can help you feel connected to others in your street. Making 'thank you' cards pictures or posters to carers, nurses, bin people, shop workers, post people – the list goes on – can be a lovely way to give you a boost by making other people smile.

### Giggle Journal or Jar

Laughter is the best medicine – especially during uncertain times like these. Laughter (even faking a smile) has been found to release 'happy hormones', like serotonin, in our brain. Helping younger children note down or take pictures of the things that have made them laugh in a journal, on a little note in a jar or in a photo album on your phone, is a lovely way to remind ourselves of the fun that has gone on.



### Using the Five to Thrive approach

This is a really easy and powerful way to help young children feel nurtured and loved.

**Talk** – Simply chatting away with young ones is not only essential for their language development and social skills, but also helps them to feel loved. Asking questions or providing a running commentary of what you are doing or what's going on around them is great stimulation.

**Play** - Follow your child's lead - if you join in their game, you are telling them that their ideas and decisions are important. Playing pretending games are not only great fun, but help to develop children's imagination and language [CLICK HERE](#)

**Relax** - Try to end exciting play or activity sessions with a wind-down time in which you and your child can enjoy a few moments of calm. Sing or hum if you or your child are getting stressed - singing is better than shouting! [CLICK HERE](#) for some lovely ideas for singing activities.

**Cuddle** - Using different kinds of touch like massage, tickling, hair brushing and finger games (like 'Round & Round the garden') are all good for helping children feel clam and loved

**Respond** - Copy the sounds or facial expressions your child makes and see how they react. Games like follow-the-leader are great for this!

**LEARN HERE**

