

Home Learning Advice for Parents



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

First Level: Nurtured

Keeping in touch with friends and family

There are lots of ways to keep in touch with friends and family from texting, phone calls, and video calling. These can be set up for groups as well to be able to keep in touch with friends or wider family easily. Sending cards or letters to friends and family could be a nice way of letting them know that you are thinking of them and making them yourself can also be a fun way of spending an afternoon.

Random acts of kindness

Small acts of kindness can make a big difference. They can make you feel good as well as helping others. While things feel uncertain at the moment, small acts of kindness are something you can have control over. The Red Cross have resources to support this including a daily acts of kindness calendar and suggestions of activities: [CLICK HERE](#)

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. Noting down the things that have made you laugh in a journal or on a little note in a jar is a lovely way to remind ourselves of the fun that has gone on.

Homemade Hearts Movement

This started with some hospitals asking people to make fabric hearts. They gave the person staying in hospital and a family member a fabric heart to help them feel connected while they can't see each other. You could try doing something similar and sending one to a friend or family member to let them know you are thinking of them even though you can't see them.

A Good Night's Sleep

Lots of things can make it difficult to sleep, including a change in routine or feeling worried. Here is a video that tells you a little bit more about sleep and why we need it: [CLICK HERE](#)

Part of getting ready for a good nights sleep includes having time to relax before going to bed. This could be having a bath, reading or something else you find calming. Relaxation activities might also help. The 'Smiling Mind' App has lots of different guided relaxation activities including ones to help sleep for different age ranges.



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