

How to support your child's wellbeing during lockdown.



Stay in routine

Whilst an occasional fun filled pyjama day is great- keeping to routine is supports children during times of change.

Outdoor exercise

Whilst following government restrictions do try to take some exercise outdoors daily. Walking or exploring the garden or nearby park will give children a fresh view.



Stay in touch

We are lucky enough to live in a world when we are able to contact family and friends when we cannot be together. Although we hope this lockdown will only last four weeks- do keep in touch, why not send some letters/pictures to those you cannot visit.

Engage with your child in doing what they enjoy.

This is a fantastic time to connect as a family and carry out activities you enjoy and pursue interests. We tend to be at our most positive when highly involved together. Why not try something new?



If you are worried about either your own or your child's mental health or wellbeing, do speak to someone- your GP or the NHS website will be able to advise. The intention is that the nurseries will remain open- please do ask myself or Julie to give you a call if you feel you need any support.