

Spending Time Well with Your Child Over Half-Term and Holiday Periods

Although many normal family and carer activities such as meeting with friends and going to public places will not be possible for your children and young people during this time, we hope that we may assist you to have quality time with your child, through making happy memories, enjoying conversation and playing, by suggesting a range of resources.

The CLANG framework of 5 Ways to Wellbeing will be helpful to keep in mind every day. Find more on <https://www.gov.gg/CHttpHandler.ashx?id=92561&p=0>



Connect

Family Days Tried and Tested – a gateway to a range of activities throughout the age ranges.
https://www.familydaystriedandtested.com/?fbclid=IwAR0VJnfGrmRXE4cOHNcKixd3dW_Swb06nfU2_Eh4JlxstcUFRJwZpw9h2iQ

CBBC – online games related to CBBC shows.
<https://www.bbc.co.uk/cbbc/games>

Learning and Exploring Through Play - Huge bank of activity ideas - arts, crafts, printables, sensory play.
www.learningandexploringthroughplay.com

Keep Learning

ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn.
<https://clickschooling.com/>

Day by day projects to promote thinking, reading and learning at home.

<https://classroommagazines.scholastic.com/support/learnathome.html>

BBC Bitesize – online learning resources for children by age and topic. From April this will be updates to support greater home learning.

<https://www.bbc.co.uk/bitesize>

Be Active

<https://healthimprovement.gg/services/be-active/be-active-home>

Take Notice

Red Ted Art

www.redtedart.com

Hello Wonderful – activities for younger children (Pre-school to Infants)

<https://www.hellowonderful.co>

Twinkl – home learning support hub – can find resources by age and topic.

<https://www.twinkl.co.uk>

Give (some brief ideas)

- *Text or call friends or family members and include your child
- *Send pictures of what your child has created to those you know who are isolated
- *Check that your neighbours are able to get food and supplies and have your child help with listing and packing these (keeping within PH guidelines)
- *Support charities, locally or worldwide, which provide care for children and make your child aware of this

This guidance is provided to help you to thoroughly enjoy the half-term break with your child and later holiday periods, by taking much needed time away from formal 'school work' lessons.

Further guidance will be provided by your child's school by which to assist you in supporting your child with lessons, throughout the time of the present school closures.

Here is some further advice given by the British Psychological Society:

Expect Stress – This is an uncertain and unpredictable situation, stress and anxiety are normal.

Reassure children – Children can sometimes believe they are responsible for things that are beyond their control. Reassure them that it is the adult's job to make sure things are ok and to keep them safe.

Play – Play is fundamental to the wellbeing and development of children of all ages. It is also a great way to reduce stress in adults.

Help children to stay connected to their friends – Friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day when at school and so not being in contact with them for some time might be upsetting. Is it possible for them to talk to each other on the phone? Or to establish a group using an appropriate online platform such as Skype or WhatsApp?

Reduce access to rolling news – Reduce the time that children spend hearing, reading or watching the news – at present it might be overwhelming for adults and children. Try to protect children from distressing media coverage.

Supervise children with screens – It is likely that children and young people will be using screens more often during the lock-down period eg phones, consoles, tablets etc. Make sure they are supervised and ensure appropriate content filters are active. Try to ensure that they have a balanced range of activities each day. Involve them in the discussions so that they feel part of the plan.

We make every effort to recommend websites that have content that is appropriate for general audiences. However, we assume that parents will preview the sites for suitable content, and then review the sites together with their children.

