

General suggestions from Chiltern Therapist team

These are general ideas for our school children and may not apply to all, you know your child best.

Above all use this time to focus on connections within the family and feelings of safety for you and the children.

Give the children your time and attention when possible.

Put some limits on social media for everyone

Work towards sleeping at night and being awake in the day.

Work on staying calm and being calm together

Look for laughter, but monitor levels of excitement, change to a calmer activity if getting over excited, it can easily lead to upset.

Have a routine and a plan, but this doesn't need to be rigid.

Consider having a visual timetable so everyone knows the plan (some children will definitely need this)

Actively play with your child and make things a game when possible but try to structure activities so you stay in charge.

Try a range of different activities in the day and rotate them but don't expect long periods of engagement if it isn't usual for your child.

Encourage playing together or alongside others calmly

Activities to try:

Hands "in" play: sand, mud, water, glue, paint, etc

Physical activities: jumping, banging, climbing, swinging, bouncing, crawling, trikes, bikes, scooters.

Doing practical tasks together: cooking, cleaning, hoovering, gardening,

Learning Independence skills: dressing self, washing self, undressing, washing hands, putting on own shoes, putting coats on and off, brushing own hair.

Listening games

Taking turns

Talking, commenting,

Noise making together

Watching and looking

Smelling and tasting

Remember Every activity and game are learning and communication opportunities, do not feel guilty it doesn't not look like formal learning.

