

ACKNOWLEDGEMENT



Be Kind, Be Curious, Be Connected...

**For further advice and support,
please feel free to contact us.**

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Make Yourself Smile...

Look through photos you have taken that make you smile with happy memories of the last few months. Perhaps print some off and put them in frames or on the fridge. Talk about these memories with your child/children.

Listen First, Talk Second...

Allow your child to express themselves and try not to interrupt. Words from you are not always necessary. Just try being there and attentively listening – this can often be enough.

Create Family Memories



Create your very own family **time capsule** to remember this moment in history. Talk about and agree what should go in it. Gather the items and put them in a box to be stored somewhere safe. What will you include?

A toilet roll? A list of TV shows/films you have watched? Handprints of the family?



PARENTS/CARERS

Same Storm, Different Boat

Always remember that we are all on different journeys through this situation. Every family and individual has different experiences of the pandemic. Don't put yourself under pressure to be doing the same as everybody else. Everyone is different! Set yourself realistic goals based on your own situation. **Be kind to yourself** 😊

