



Learning Together

Being together top tips...

- ♦ You can help me create a picture with smiley faces. Let's put them up in our window and post these online for others to see. How many can we spot when we go out for a walk? [#spreadingmilesacrossWF](#)
- ♦ You can show me how to do some basic skills to help develop my growing independence. Let's try getting dressed, putting on socks, tying up shoelaces, making my bed and anything else.
- ♦ We can play the 'helping game'. Using the timer on your phone, how quickly can I help you do the housework. Let's unload the washing machine, mop the floor, chop fruit and vegetables, fold or hang clothes. Let's do it again are we faster or slower this time?

Being together is about how you can help your child become an independent, social and happy individual.

What I like to do...

- ♦ Being with you, chatting, cuddling, playing, laughing, singing and listening to stories.
- ♦ Trying to do things by myself.
- ♦ Allowing me time to be active and time to be quiet and calm.

How you can help me...

- ♦ Giving me your full attention with eye contact, smiles, listening and explaining things to me.
- ♦ Keeping routines to help me feel safe and secure and helps me cope with uncertainty.
- ♦ When you give me a big smile, a cuddle, thumbs up or praise when I do something right. It makes me want to do it again.

Did you know?

- ♦ Children watch and copy how you behave.
- ♦ Behaviour is a communication. Giving children space and time to explain what has happened supports them to resolve problems when they get older.
- ♦ Playing with your child helps them to learn to share and take turns with others.



Waltham Forest



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