



**Learning Together** is a home learning programme bringing Waltham Forest's under five's family community together.

Are you worried about keeping your children entertained during the time you may be spending at home or are you just looking for fun ideas to support your young child's learning and development?

If you are practicing social distancing or having to self isolate, your children are probably a bit confused. They will be listening to everything that is going on around them, and most likely picking up on any tension or anxiety.

Over the coming weeks, you may start to see a change in your child's behaviour. Whether it's anxiety, anger or just a protest because they can't do the things they would normally be doing. This is normal and expected under these circumstances.

What your children needs right now is to feel comforted and loved. Take this time to enjoy spending some quality time together. We want to help support you and your children to make a difficult situation just a little bit easier.

The **Waltham Forest Early Years Team** have created a fun home learning programme called **Learning Together**. Each week there will be:

- ♦ **Top Tips Tuesday** fun activities to do together on an activities card.
- ♦ **Thumbs Up Thursday** an opportunity to comment and show your involvement. 👍
- ♦ **Share day Saturday** a chance to celebrate your **Learning Together** activities.

**We will be launching tomorrow!** To get involved in the **Learning Together Community** make sure you and your under five family community are following the **Chit Chat Pitter Pat** [Facebook page](#) and [Instagram page](#)

**Our mission is to create a Learning Together Community support network in Waltham Forest for us to support you and for you to support and inspire each other! We are really looking forward to working together with the under five's family community.**

**Let's see your thumbs up on Thursday! 👍**

# Learning Together

#smilingtogether2020

Our first mission is to spread happiness, positivity and smiles across Waltham Forest as a community. Here's how we can do this together....

1. Together create a picture with a smiley face or lots of smiley faces. Make it as colourful and happy as you can!
2. Take a photo of your smiley face picture and post it online and on the Chit Chat Pitter Pat pages with **#smilingtogether2020**
3. Put your picture up in your window for everyone to see!



Let's see your smiles! 



chitchatpitterpatLBWF



chit\_chat\_pitter\_pat



In addition, the London Borough of Waltham Forest fund local **Children and Family Centre Services** who offer a range of services and support to families with children under five.

## **HENRY Best Start Service**

Infant Feeding helpline 0208 496 5222

Healthy family and oral health practitioners and speech and language therapists call 0208 496 5223 or contact via email [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

Website: <https://www.henry.org.uk/walthamforest>

Facebook: <https://www.facebook.com/WFHENRYHealth/>

## **NELFT**

You can speak to a Health visitor or school nurse to discuss health well, being and child development issues by contacting our Clinical Duty team by calling 0300 300 1970 or email [0-19universal-duty-wf@nhs.net](mailto:0-19universal-duty-wf@nhs.net).

Website: <https://www.nelft.nhs.uk/services-wf-0-19-universal-childrens/>

## **The Lloyd Park Children's Charity**

Family Support e-mail [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)

Baby Bank e-mail [babybank@tlpcc.org.uk](mailto:babybank@tlpcc.org.uk)

Website: <https://www.tlpcc.org.uk/>

Facebook: <https://www.facebook.com/lloydparkcc/>

## **Early Help Support**

Early Help support will continue call 020 8496 2310 (Mon-Thurs 9am-5.15pm, Fri 9am-5pm) or 020 8496 3000 out of hours). You can also email

[MASHrequests@walthamforest.gov.uk](mailto:MASHrequests@walthamforest.gov.uk)

Website: [Waltham Forest Directory Early Help](#)

## **Citizen Advice**

For the full range of Citizens Advice services please call 0208 509 6444 and leave a voice mail. An adviser will call you back the same day.

Website: <https://www.citizensadvice.org.uk/local/waltham-forest/>

