

SUPPORT AND RESOURCES

For families, during the COV-19 lockdown

Balloon breathing exercise



Sometimes smaller (and bigger) people can have big emotions that they may struggle with. Family friendly breathing exercises can be done with **all ages** and are great at keeping everyone **calm and relaxed** at any time, or after a hard time. Try laying flat on your back with your eyes closed and hands by your side, imagining that you have a balloon. Visualise your balloon and any patterns or colours it has. Take a big deep breath in like you're about to blow up your balloon, then a big breath out like you're filling your balloon. Repeat this 3 times and take turns to share what your balloon looked like, maybe you could draw your balloon.

Food bank/shopping support:

CPMI Church food bank, CR7 8LX—02032520007

Norbury Muslim Centre, SW16 4DT—07466902101 / 07803407284

Please make contact via phone, only leave your home if necessary.

Contact numbers for general support:

Kelvena —07495363006 Melody —07960120100

Safeguarding concerns:

If you or somebody you know is in danger, call 999 immediately. If you cannot speak on the phone, call 999 and then dial 55.

Domestic abuse helpline (24 hour) - 08082000247

If you're concerned about a child or young person - 02087266400

Online resources:

<https://www.unicef.org/coronavirus/covid-19-parenting-tips#5>



Family fun & well-being

At home during Cov-19

North Croydon Children's Centre's



Croydon
Best Start

AT HOME ACTIVIES

Simple ideas for the whole family to enjoy,
supporting development whilst having fun!



Mark making tray

Use any dry powder and a paintbrush or your hands to copy letters, numbers or make your own shapes. Add cars/other small world toys to see the marks they leave in the tray!



Frozen toys

Freeze small toys (children should be supervised while playing with small resources) in cups, bowls or ice cube trays. Once frozen, remove and place into a bowl next to a bowl of lukewarm water. Transfer the ice cubes into the water and work on melting the ice and removing the toys, you could use spoons to help. If your child is older, pretend to be the 'rescuer' or the 'good guy' and create a storyline.



Aquafaba foam

If you eat any canned beans, keep the liquid aside and use a whisk or electric whisk to mix until you have a frothy foam! Add food colouring if you would like to add colour. And explore the texture with your child. Try to do this activity on an old towel, table mat, bin bag or outside to allow your child to explore and make some mess!

TIPS FOR FAMILY WELL-BEING

For families, during the COV-19 lockdown

Routine

As a family, it helps to stick to a routine. This could be a simple routine such as waking up and going to bed at the same time or more structured like a set time for lunch everyday. Routine's help children to have an **idea about** what's **happening next**, encouraging them to **engage** and to **look forward to things**. Routine's also help adults out as they have a plan for their day and may feel a little **more organized**.



Take a break

It's hard to take a break when you're looking after little ones, try and use the time when they're asleep as **your special time!** Do something for **YOU**, this could be reading a book, finishing a cup of tea (*for once*) or watching your favourite show. It's **important** you still **look after yourself** while you're caring for others to make sure **everyone** is well!



Try to enjoy the time

Although it's a hard and **confusing time** at the moment, try to make the most of spending time with your family. Try to not put **too much pressure** on yourself with work and keeping children busy. Enjoy **simple** activities like watching films together and find what works for **your family**. If you are working from home, stay in regular contact with your line manager and share any problems you are facing.

