

## **General tips for staying at home**



*Try to keep a predictable routine each day. For example, get your child up at the same time each morning, having mealtimes at the same time, doing some exercise (this includes your child's physiotherapy routines) at the same time each day.*

*Keeping to your child's usual bed time and getting up time is important as this will help prevent sleeping difficulties.*



*Show your child what is going to happen next, using objects that are associated with the activity. For example, if you are about to have lunch show your child their cup/plate/spoon/apron etc. If it's time for personal care, show them their pad/wipes.*



*Allow regular opportunities for your child to move about and/or to help them to do this. You could do this by;*

- *Sitting your child on your lap (younger/smaller children) and bouncing them in time to some music on the radio*
- *Patting your child's legs/arms in time to music*
- *Encouraging your child to copy your movements in time to the music*
- *Take a look at the videos and listen to the audio files where you will find some songs that will be familiar to your children.*

*Movement helps children to regulate their emotions, it is also a great way for families to play together and have fun.*



*Looking after yourself during this time is vitally important. Remember, you need to be feeling strong so that you can take care of your children. If you are feeling lonely, stressed or in need of help, here are some suggestions*

- *Call a friend or relative and ask for support*
- *Try to build in some time to yourself for example, practice some mindful breathing*  
<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

- *Email school on [admin@stephenhawking.towerhamlets.sch.uk](mailto:admin@stephenhawking.towerhamlets.sch.uk) with questions you may have. We will get back to you as soon as possible*
- *If you are feeling unwell, please contact NHS 111*