



# Family Connections

## Toddler Age Newsletter 4<sup>th</sup> May 2020

Here are some ideas and tips for this week. If anyone needs support please get in touch.

### Play...

Remember children learn through play. Why not try...

- **MAKING DINNER'**  
Get the pots, pan and wooden spoons out. Add some dry pasta and let your child mix, stir, fill and empty. Your child will enjoy making noise with the spoons on the pot and role playing being an adult.'



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### Respond...

*When we respond to another person our whole brain and nervous system switches on so that we can connect with them.*

- *The experience of no response or negative response unsettles the child's nervous system and leads to feeling of anxiety. Loving attention settles the child's nervous system so they can be in a balanced state.*
- **REMEMBER TO ALLOW 10 SECONDS for your child to respond to your command.**

### Cuddle...

*Physical connection is vital for building the bond between parent and child. Positive physical touch releases Oxytocin the feel good hormone.*

*Why not try...*

- To play "This Little Piggy" on their little toes.

#### This Little Piggy

This little piggy went to market,  
This little piggy stayed at home,  
This little piggy had roast beef,  
This little piggy had none.  
And this little piggy went...  
"Wee wee wee"  
all the way home!



### Relax...

*Some calming ideas include...*

- *Help your child calm down after their day by running them a nice bath. Give them a few empty bottles to play with. They will enjoy learning about filling and emptying and floating and sinking.*



*(Always supervise your child in the bath)*

### Talk...

*To promote early language skills ...*

- *Sit with your child and enjoy a book. You don't have to read all the words. Enjoy looking at the pictures together; pointing to the picture you are talking about will help to improve your child's communication skills. Ask your child can they see various items in the book and encourage them to point to the correct picture.*

