

# Is your 3 or 4 year old child self-isolating?

Helping your child continue their learning at home.



## Don't expect too much of yourself or your child.

You can help your child to learn through the little things you do with them, for example:

- everyday conversations
- make-believe play
- games with numbers or letters
- involving them in the things you are doing, such as household chores, and talking with them about it
- reading together

You do not need to set a separate time or plan complicated activities dedicated to learning. These activities can be incorporated into everyday life and play.

Find ideas for new things you can try at:



**Hungry Little Minds**

[hungrylittleminds.campaign.gov.uk](http://hungrylittleminds.campaign.gov.uk)

**Tiny Happy People**

[bbc.co.uk/tiny-happy-people](http://bbc.co.uk/tiny-happy-people)

## Keep a routine

Children will feel more comfortable with a predictable routine, so try to make sure they:

- get up and go to bed at the same time each day
- have regular meal times
- turn off any electronic devices, including the TV, at least an hour before bedtime
- Keep moving

Young children should be active for at least 3 hours a day in total. It is also good to try and get some fresh air every day in the garden if you can.

While inside, there are plenty of things you can do to keep children active, such as:

- playing hide-and-seek
- seeing who can do the most star jumps
- making an obstacle course
- playing music and having a dance-off

The following link provides lots of information on keeping your child healthy and starting school

<https://healthforunder5s.co.uk/preschool/>

Read our **'Ready for school' leaflet** and watch our **'Talking about starting school' video**

for more information on school readiness

If you are worried about your child's learning and development talk to a health professional or your child's nursery/pre-school/childminder.

[www.leicestershire.gov.uk/school-readiness](http://www.leicestershire.gov.uk/school-readiness)