

Wirral Children's Centres

Virtual Home Help

Online video sessions - 6th to 10th April

Video sessions will be available on the My Child Can Facebook page at: facebook.com/mychildcan

Sessions may be subject to change.

	Mon	Tue	Wed	Thu	Fri
Mornings 10 AM	Big Dish, Little Dish	Support for Weaning (0-19 team)	Speech and Language Activity	Story Through Massage	Silly Socks Matching Activity
Afternoons 2 PM	Story Time	Messy Play	Supporting Mental Health Messages (0-19 team)	Bubble Making	Safe Sleep Support (0-19 team)

Activities for you to try at home:

Get Creative

Windows across the country are being filled with homemade rainbow pictures as a way of encouraging positivity. If you haven't already, why not give it a go with the kids. Create some rainbow masterpieces with pens, paints or pencils and stick them on your windows. To make it even more creative get those singing voices at the ready and sing along to 'I can sing a rainbow'. **Warning this song will be stuck in your head all day!*

Cyber Story Time

Make story time a bit different, whilst we all self-isolate. Set up a video call with friends and family, at a time that suits and take turns each day to tell a short story to the little ones. This is a great way to keep the kids and yourself in contact with those you're missing.

Ready, Steady Cook

Spending more time in doors is a great chance to get your little ones to practice their culinary skills. Who know you may have a future MasterChef winner on your hands! From cakes to fruit kebabs, let them help you as you prepare snacks or dinner.

Sporting Stars

It's important for both parents and children to keep exercising even while in doors. Schedule into your daily routine some time for an exercise session. Create your own mini sport relay or take a look at Joe Wicks' (The body coach) YouTube channel. Joe is helping the nation keep active by running his own online PE classes each day for kids. Visit his YouTube Channel: youtube.com/thebodycoachtv

Support and information:

We know the current situation is a very difficult time for everyone. Please remember that, all though our doors are closed, we're still here for you just in other ways. You can reach out to us through My Child Can Facebook or phone one of the following centres:

- Bromborough Children's Centre (covering Wirral South and Wirral West) - 0151 666 3246
- Seacombe Children's Centre (Wallasey) - 0151 666 3506
- Brassey Gardens (Birkenhead)- 0151 666 3323.

You can keep up to date with the latest changes to council services in response to the Coronavirus visit: wirral.gov.uk/coronavirus.

Remember stay at home, stay safe.

My
Child
Can...

 **WIRRAL**