

This page provides a list of resources that you may find useful as you assist your child with learning during the period of school closures due to Covid-19 (coronavirus) and will be updated over time. The Department is not responsible for the content of the resources linked on this page and a listing here does not necessarily constitute endorsement by the Department.

### **Resources to help parents**

As well as this page listing online resources for children, there are a number of organisations which are happy to provide help, advice and support.

#### **Parenting NI**

[\(external link opens in a new window / tab\)](#)

- Parenting NI is the leading charity for parenting support in Northern Ireland

#### **Parenting NI Support line and web chat**

[\(external link opens in a new window / tab\)](#)

#### **Parentkind NI**

[\(external link opens in a new window / tab\)](#)

/ Parentkind

[\(external link opens in a new window / tab\)](#)

- Established in 1956, Parentkind (formerly PTA UK) is a charity that aims to advance education by encouraging the fullest cooperation between home and school, education authorities, central government and all other interested parties and bodies.

**Parentkind NI** has also produced a [video](#)

[\(external link opens in a new window / tab\)](#)

that parents may find useful.

#### **Surestart**

[\(external link opens in a new window / tab\)](#)

also provide resources that may be useful in terms of help and support.

#### **Familyworks NI**

[\(external link opens in a new window / tab\)](#)

can assist you as a parent or carer if you or a young person needs help and advice.

Supporting children and young people's mental health and well-being

[Advice is available to help adults with caring responsibilities](#)

[\(external link opens in a new window / tab\)](#)

look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>  
(external link opens in a new window / tab)

In addition [advice and information is also available](#)  
(external link opens in a new window / tab)

on how to look after your own mental health and wellbeing during the coronavirus (COVID-19) outbreak.

A [Family Support Hubs newsletter](#)

(external link opens in a new window / tab)

has been produced which may help with advice and guidance for you at this time.

[Simple advice has been published](#)

(external link opens in a new window / tab)

to help key worker parents with concerns that their children may have at this time.

[Guidance has also been provided](#)

(external link opens in a new window / tab)

which helps children to understand what it means to have a parent who is a key worker.

Information is also available from [CAMHS](#)

(external link opens in a new window / tab)

that you may find useful in respect of the mental health of children and young people.

### **How to assist your child at home For children aged 0-4**

As a parent, you are already your child's first and main educator, and are well equipped to support them at this time. If your child usually attends pre-school, you will already be aware that their education there is play based. Your child's pre-school education provider may have already provided you with resources and support to assist with your child's learning. You do not need to set separate time or plan complicated activities dedicated to learning, as learning opportunities can be incorporated into everyday life and play.

You know your child best. Avoid forcing them into lengthy planned activities if they naturally respond better to a mix of shorter activities. This can help avoid them getting bored or frustrated and keep them active, interested and learning through things they enjoy.

## **Benefits of routine**

Do not worry about trying to keep to the full routine that your child had in pre-school or with their childcare provider. But children may 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

The links below will take you to a range of different websites that will provide information for you that may be useful to you.

Reading to your baby

(external link opens in a new window / tab)

What to read to your baby

(external link opens in a new window / tab)

Hungry Little Minds

(external link opens in a new window / tab)

BBC Tiny Happy People

(external link opens in a new window / tab)

Download Tiny Happy People Digital Pack

(external link opens in a new window / tab)

BBC Afternoon Club

(external link opens in a new window / tab)

Parentkind learning resources: <https://www.parentkind.org.uk/News--Blog>

(external link opens in a new window / tab)

Early Years: Comet: <https://www.parentkind.org.uk/uploads/files/1/Blog/Pen%20Images/Comets.pdf>

(external link opens in a new window / tab)

Early Years and Primary: Our Hands:

<https://www.parentkind.org.uk/uploads/files/1/Blog/Pen%20Images/Our%20Hands.pdf>

(external link opens in a new window / tab)

Early Years and Primary: Zoo animals:

<https://www.parentkind.org.uk/uploads/files/1/Blog/Pen%20Images/Zoo%20Animals.pdf>

(external link opens in a new window / tab)

The Twinkl website provides further information and resources that may be of help to you if you [have children aged 0 to 5](#)

(external link opens in a new window / tab)

Stranmillis PGCE Early Years students [have produced a list of resources that you may find helpful](#)

[\(external link opens in a new window / tab\)](#)

The West Belfast Partnership have produced a series of videos featuring Harper the dog that you may find useful:

[Playing in the Garden](#)

[\(external link opens in a new window / tab\)](#)

[Helping at Home](#)

[\(external link opens in a new window / tab\)](#)

[Washing your hands](#)

[\(external link opens in a new window / tab\)](#)

[Having Fun Indoors](#)

[\(external link opens in a new window / tab\)](#)

### **Play Matters**

Play is a natural and universal drive in childhood. It is an essential element and contributory factor to supporting children's physical and emotional well-being, growth, learning and development.

Play can support children's creativity and cultural awareness. Play can be structured, non-structured, formal and non-formal. Through play children explore the world around them and learn to take responsibility for their own choices.

[Information is available from Playboard](#)

[\(external link opens in a new window / tab\)](#)

which may assist you at this time.

### **Using digital devices sensibly**

Your child's school may set them work that can be done on a digital device such as a laptop, desktop, tablet or smartphone.

Set age-appropriate parental controls on any devices your child is using and supervise their use of websites and apps. See [advice on keeping them safe online](#)

[\(external link opens in a new window / tab\)](#)

and talk to your child about online safety.

The Consumer Council resources / activities:

- [Activities for those aged 4-10\(external link opens in a new window / tab\)](#)
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### **Reducing screen time**

Digital devices are not the only way to learn. Manage screen time with a timer and break up screen time by getting your child to:

- use books and other printed materials that their school has provided or that you have at home.
- write by hand – try asking them to complete work by hand, write a diary, a summary of things they have learned or done each day or 'to do' lists.
- be active and get away from the screen regularly – see a selection of [physical activity resources\(external link opens in a new window / tab\)](#) for primary school children.
- stop using digital devices at least an hour before bed.

### **Special Educational Needs**

If you are a parent or carer for a child or children with special educational needs then you may find the resources that are [available online at the Education Authority](#)

[\(external link opens in a new window / tab\)](#)

website to be of use to you.

The team at RISE (NI) have also produced online resources that may be of use to you.

[\(external link opens in a new window / tab\)](#)

There are also resources on [CCEA Home Learning](#)

[\(external link opens in a new window / tab\)](#)

that may be of use to you.

Middletown Autism are also providing resources that can assist you

[\(external link opens in a new window / tab\)](#)

that may be of use to

### **Resources in other languages**

The Education Authority have made resources available in a range of different languages. Links to these are available on their website

<https://www.education-ni.gov.uk/articles/support-parents-and-pupils>