

**5 - 8  
years**

# **At home with children**

**TIP SHEET FOR  
PARENTS/GUARDIANS**

The **A**rea **B**ased **C**hildhood Programme

**TUSLA**

An Ghnóthasáireacht um  
Leasúil agus an Toghchán  
Child and Family Agency

**Blue skies** Initiative  
©

**Archways**  
Child and Family Agency

An Roinn Leanaí  
Agas Gnóthasáireacht  
Department of  
Children and Youth Affairs

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**IN RESPONSE TO THE CURRENT  
SITUATION  
WE AT BLUE SKIES INITIATIVE HAVE  
PUT TOGETHER A SERIES OF TIP  
SHEETS FOR PARENTS.**

**THESE ARE SIMPLE EASY WAYS THAT  
YOU CAN CONTINUE YOUR CHILD'S  
DEVELOPMENT.**

***You are doing a  
great job!***

5 – 8  
years

# MIND

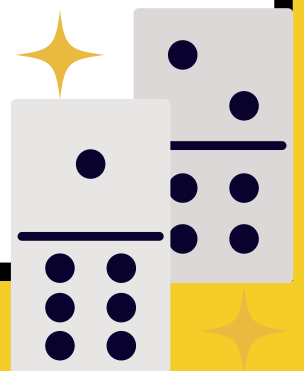
## Cognitive learning & mental health

As a parent there are easy ways that you can encourage your child's cognitive development by incorporating simple activities into their everyday routine.

### Examples of Activities



- Sing songs with your child and encourage them to sing along with you.
- Playing simple table games that rely on chance rather than on skills such as cards or dominoes, helps your child to develop an understanding of rules.





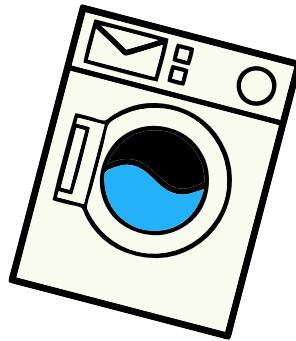
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# Body

Physical learning & being active

## Fine motor skills

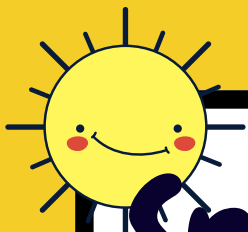
As a parent you can encourage your child's physical development by incorporating simple activities into their everyday routine.



## Examples:

- At home helping to hang out the washing, clothes pegs are a fantastic material for building finger strength.
- Tactile play with good old favourite materials like play-dough is a great way for kids to experiment and build fine motor skills.





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# Spirit

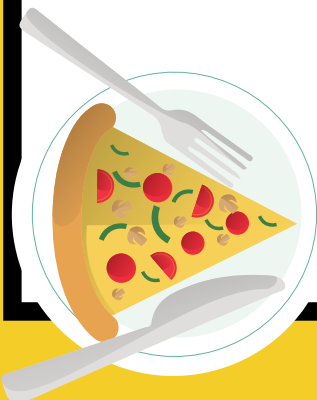
social, emotional & general feel good things

As a parent you can encourage your child's social and emotional development by incorporating simple activities into their everyday routine.


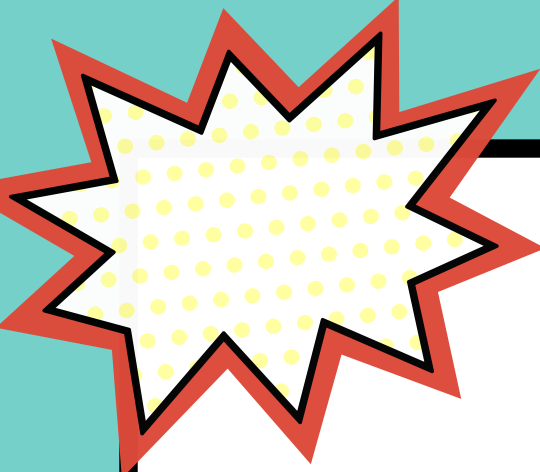


## Examples:

- Love your child and show your affection for them. Hug, cuddle, read, and talk with them.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.



Positivity  
is infectious



**Restorative practices is a big part of what we do in Blue Skies, at its essence it is about building and maintaining relationships**

**We have found it to be so useful personally as well as professionally.**

**Here is a simple restorative tip.**

**Calm is your super power**



**Celebrate all of the little wins**

You can find us here!



**SUPER**