

**8 – 11
years**

At home with children

**TIP SHEET FOR
PARENTS/GUARDIANS**

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

TUSLA

An Ghairiúinéireacht um
Leasúil agus an Teaghlach
Child and Family Agency

Blue skies Initiative
©

Archways
Child and Family Agency

An Roinn Leanaí
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!***



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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



- Sleep helps the brain recharge– when possible (on weekends at home) let them sleep as long as they need to.
- At home get them to help prepare the shopping list.
- Try doing a 'Mindfull Minute' its simple, sitting silent & still facing, away from distractions and each other for one minute.





Body

Physical learning & being active

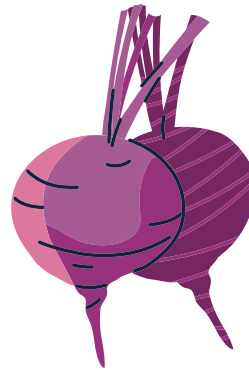
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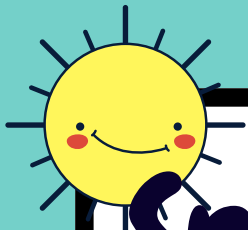
Fine Motor Skills

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

Examples:

- Peel vegetables.
- Dress themselves, if they are right handed get them to use their left hand.
- Chop up food for dinner/lunch





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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.


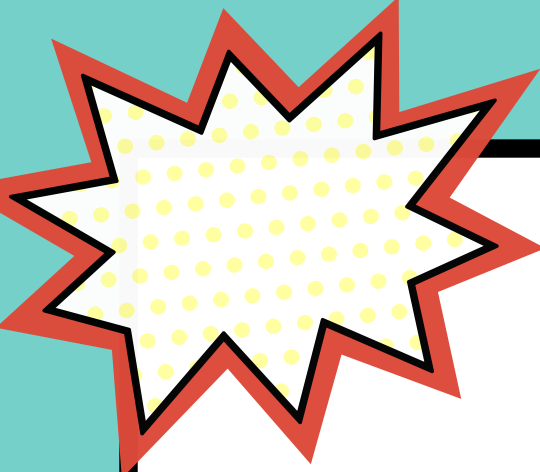
Examples:



- Before bed ask your child to tell you one good thing that happened them today.
- Be silly, dance laugh, sing together.
- Give more responsibility at home eg. Feed the family pet everyday, go buy the newspaper from the shop etc.



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