

**0 - 3
years**

At home with babies & toddlers

**TIP SHEET FOR
PARENTS/GUARDIANS**

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

TUSLA

An Ghnóthasáireacht um
Leasú ag an Teaghlach
Child and Family Agency

Blue skies Initiative
©

Archways
Community Development Organisation

An Roinn Leanaí
Age-Appropriate
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!***

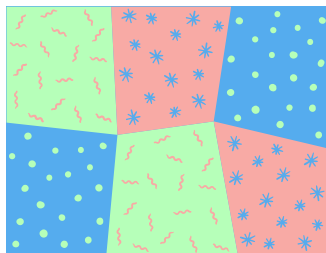
**0 - 3
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MIND Cognitive learning & mental health

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 for both:

- **Talking about what you see/read anywhere and everywhere helps them develop a rich language.**
- **Put your baby on a quilt made of different fabrics or with different patterns. They will be able to see and touch the difference.**





Body

Physical learning & being active

0 - 3
years

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

Examples:



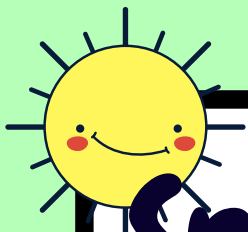
For a baby

- Place baby on their back and dangle a safe toy just out of reach. Encourage them to follow object with their eyes and head or to reach for them.

For a toddler

- Make your home a mini obstacle course.
- Have disco time for dancing and jumping around.





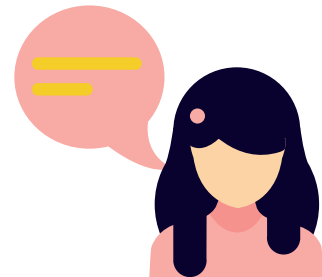
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Spirit

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.


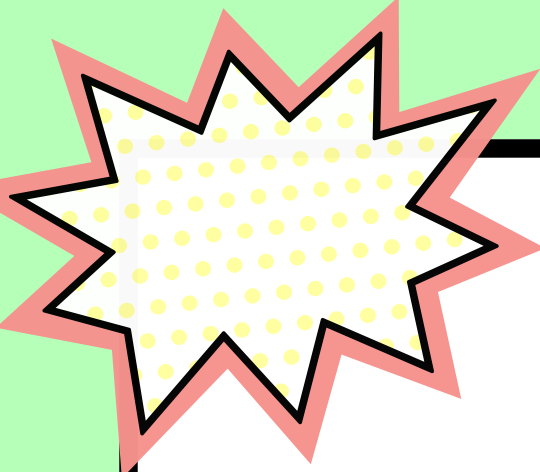
Examples:



- Talk to your baby . Tell them about your day, what you see, what you are doing etc.
- Make your baby laugh. Its so much fun for everyone. Laughter is the best medicine.



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