



Sharing



Movement



Imagination



Empathy



Learning

# “Happy parent, happy child and happy learner”

- Be a positive role model for your baby or child as you are their first and lifelong educator
- Enjoy quality moments by spending time together
- Visit play groups, support groups, local children's centre, coffee mornings or join a parent's forum to meet other parents, share experiences and get advice.
- Look after yourself, there is a lot of support available to help you.
- Have fun trying out some of the suggested activities



You can download the DVD and an electronic copy of this handbook at [www.wandsworth.gov.uk/smile](http://www.wandsworth.gov.uk/smile)

# Sharing

‘using or enjoying something with others’



- Enjoy sharing a special time together.
- Read together, talk about the characters and comment on the story.
- Make meal times fun, sit down and enjoy eating together as a family.
- Teach your child some “sharing” words  
‘Let's share this piece of fruit’  
‘Here's a slice of cake for you and one for me’  
‘Can you see we are taking turns, we are sharing.’
- Take time to praise your child for sharing.

# Movement

**'any bodily activity that enhances or maintains physical fitness and overall health'**



- Enjoy being physically active with your child.
- Make family time a regular part of your day or week.
- Give your child space to move naturally and freely by going to the park.
- Place a favourite toy a little distance from your baby to encourage movement.
- Sing songs together and make up actions for the words.
- Play a CD and create a dance with your child.
- Take a ball outside, play games and teach your child some new skills.
- Put on some music and make household chores such as folding laundry, washing the car or cleaning fun by doing the with your child .

# Imagination

**'using your mind creatively to solve problems and produce new ideas'**



- Enjoy and encourage 'pretend' and 'messy' play with your young child.
- Create a box of safe household objects and allow your baby to explore the different shapes, textures and smells.
- Make puppets from paper bags, socks or action figures and use them to act out a favourite story.
- Go for a walk and talk to your child about the different things you are seeing, hearing and experiencing.
- Collect photographs, dressing up items and soft toys and use them to create stories and fantasy worlds.
- Record your child talking, singing or telling a story.

# Learning

**‘acquiring new knowledge, behaviours, skills and understanding for self improvement’**



- Encourage your baby to be curious and teach them to explore their environment.
- Play peek-a-boo or hide and seek games with your baby or young child.
- Cut out different shapes from coloured paper and have fun mixing them up and sorting them with your child.
- Find interesting news stories or photos from newspapers or magazines and talk to your child about them.
- Take time to check your child's homework and praise their hard work.
- Join a local parents' group and take part in a new activity or learn a new skill.

# Empathy

‘understanding and sensitively relating to the feelings of others’



- Holding and cuddling your baby or child helps you both develop a sense of closeness.
- Give your baby or child plenty of love, time and attention.
- Encourage your child to express themselves by talking to them and helping them to understand their thoughts and feelings.
- Take your baby or child to a local playgroup or children's centre where they can learn to play with other children.
- Talk to your baby or child and teach them to care about other people's thoughts and feelings.

# Useful websites for parents

## Sharing

[www.family.go.com](http://www.family.go.com)

[www.direct.gov.uk/en/parents](http://www.direct.gov.uk/en/parents)

[www.surestart.gov.uk](http://www.surestart.gov.uk)

[www.parentsforinclusion.org](http://www.parentsforinclusion.org)

[www.familyinformationservices.org.uk](http://www.familyinformationservices.org.uk)

## Movement

[www.kidsexercise.co.uk](http://www.kidsexercise.co.uk)

[www.movingandlearning.com](http://www.movingandlearning.com)

[www.hobomama.com/2009/08/rainy-day-movement-ideas-for-toddlers.html](http://www.hobomama.com/2009/08/rainy-day-movement-ideas-for-toddlers.html)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

## Imagination

[www.wandsworth.gov.uk/libraries](http://www.wandsworth.gov.uk/libraries)

[www.wandsworth.gov.uk/whatson](http://www.wandsworth.gov.uk/whatson)

[www.playservices](http://www.playservices)

[@wandsworth.gov.uk](mailto:@wandsworth.gov.uk)

[www.perform.org.uk](http://www.perform.org.uk)

## Learning

[www.forestschools.com](http://www.forestschools.com)

[www.wandsworth.gov.uk/fis](http://www.wandsworth.gov.uk/fis)

[www.booktrust.org](http://www.booktrust.org)

## Empathy

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

[www.fathersdirect.com](http://www.fathersdirect.com)

[www.apni.org](http://www.apni.org)

[www.parentsatwork.org.uk](http://www.parentsatwork.org.uk)



**SureStart**