



Healthy Kids at home



Welcome to the first edition of **Healthy Kids at Home**, a newsletter produced by the **Ealing Health Improvement Team** and the **School Partnerships and Enrichment Team** for parents and carers. Each month we will bring together useful suggestions on ways to stay emotionally, physically and mentally healthy as well as ideas and inspiration to help keep your family entertained during these unprecedented times.

How to stay motivated to exercise at home

Ideas to help your family stay active while in lockdown

Physical activity, such as going for a walk or bike ride outside, will boost your immune system, improve your mood and reduce anxiety levels.

Children and young people need to be physically active for at least 60 minutes every day and this can be spread throughout the day. If you have a park nearby, take the kids here after their lessons. Alternatively, your family can stay active indoors by dancing to music or by following along with online workouts and exercise videos covering everything from dance, Zumba, aerobics, boxing, step, yoga, pilates and much more.

Most popular with kids is **Joe Wicks' PE** lessons streamed live every weekday at 9am. **YouTube Kids** has a range of fun dance routines including Zumba, and **Cosmic Kids Yoga** makes yoga fun through stories. Kids can also keep active with **Disney's 10 minute shake-up** games and **Disney Dance-Alongs**. Teenagers and adults can try hundreds of free workout videos on **Fitness Blender** and **PopSugar**, or try yoga, dance, Body Step or Born to Move for free for 60 days with **Les Mills**. Every week you can also join in with weekly **Daily Mile** challenges and get moving outside. Check out their website to get started.

Social skills

Keeping in touch

Social interaction can help create a daily routine, improve social skills and also improve mental wellbeing. It can be difficult for young people to process that they might not see their family members, friends or grandparents as much as they are used to. Fortunately, that doesn't mean they can't keep in touch. You can use video-chat services such as Skype or Facetime to meet up digitally. You can also use these services to cook virtually together or even watch a movie together virtually. For younger children who may not have a mobile, emails are a great option for communicating with grandparents and other remote family members.



Parent Zone have compiled a list of activities that will help you stay in touch with family, friends and grandparents who may be living somewhere else. Parent Zone are also offering all schools and parents free Parent Zone Membership until 19 June to ensure you have the most useful information and advice at your fingertips. Visit parentzone.org.uk to find out more.

Mental health

Relaxation

Relaxation activities like mindfulness, meditation, breathing exercises and yoga can all be helpful for reducing stress and anxiety, and they are quick and easy to do from home. If you or someone in your family is feeling anxious or worried about coronavirus, then we recommend taking a moment to try one of the activities listed below. Taking time to slow down is especially handy while your kids are at home. It can help you and your family to get in the zone at the beginning of the day, refocus after a break or relax into the evening.



Visit the **Calm Zone** for mindfulness activities, breathing exercises and yoga videos for children. You can also find a range of calming activities for kids at **Save the Children**. For guided meditation, download the **Headspace for Kids app** or the **Headspace** app for adults. Adults can also visit **NHS Every Mind Matters** for a 'take time to relax' video and other wellbeing tips.

Child online safety

With children spending more time on the internet during lockdown it's more important than ever for parents and carers that their children safe online. The 'Parent guide' section of the **Parent Zone** website includes information on how to set filters on the internet and how to change safety and privacy settings on social media apps. The website also provides an overview of different apps and information to help your child think critically online. If you need to report an incident, go to the **Parent Info** website for guidance.





Parenting ideas during COVID 19

Helpful tips from the Schools Counselling Partnership and School Partnerships and Enrichment Team

The Covid 19 crisis is presenting challenges for all families as it is a very uncertain and worrying time which can result in conflicts and tensions escalating within the family. There are several sources of support for parents. Below we have highlighted some of these sources as well as practical tips for parents to try at home.

Need some advice?

Family Lives is a national charity providing help and support with all aspects of family life. If you would like impartial, confidential advice then phone Family Lives on 0808 800 2222 or email askus@familylives.org.uk

Want some top tips?

Triple P Online is a positive parenting programme that is free to Ealing residents. Parents can set their own parenting goals and can learn step-by-step whenever they like. For more information, contact the Family Information Service on children@ealing.gov.uk or call 020 8825 5588. For more top tips visit: triplep.net

Is your child behaving younger than usual?

When children feel worried or stressed, they can behave in ways they used to when they were younger. You may have noticed that they are having trouble sleeping or focusing.

Perhaps they have become more clingy and need more reassurance than usual. Or your child may burst into tears or fits of anger more easily.

How can parents help?

Firstly, you may want to ask less of your child and take away any extra pressures. When they are getting emotional it is them saying "I need your help". You can help by empathising with how challenging things are for them and then help them with what they are finding difficult. Hugs, playing and creating things together, spending time outside if you can, moving and dancing together may help your child.

Fun outdoor activities for kids during lockdown



More outdoor ideas



We know not all families have access to a garden so we are highlighting activities that can be done on a balcony, indoors or at a local park and that cost very little. We hope they help to make the lockdown more enjoyable.

Scouts celebrate the indoors!

While the scouts are usually known for their love of the great outdoors, they've pulled together some indoor activity ideas to keep kids entertained while schools are closed. Find out how to make a whirly bird or tiny tube trees and much more! See the **Scouts** website for more details.

Become a Planet Protector.

From bee-friendly wildflower seeds to an activity handbook and poster, this special pack is bursting full of resources to help your child become a Planet Protector. Perfect for 5 to 11-year-olds and donate £5 or more to receive the pack. Go to the **Friends of the Earth** website to access this special pack.

RSPB wild challenge is your chance to help wildlife and explore nature through wild activities such as making an apple bird feeder that you could hang from your balcony, to an indoor nature scavenger hunt.

Making a garden from scraps.

Common vegetables and herbs that you can re-grow from scraps include potatoes, onions, garlic, leeks, celery, carrots, beets, leafy greens, basil and mint. Many of them simply require a glass of water and a sunny position. To find out more, go to the **Rural Sprout** website.

We'd love to hear your ideas.

Please email your activity ideas to Sarah from the School Partnerships and Enrichment team: sthompson@ealing.gov.uk



Tree Explorer Activity Pack

Keep connected with nature with fun activities like tree rubbing, calculating the age of a tree and learning some tree-mendous facts! The pack is free to download from the **Forestry England** website.

30 Days Wild

This June, join thousands of people taking part in the Wildlife Trust's annual nature challenge - 30 Days Wild! Sign up and get a free, downloadable pack of goodies to help you plan your wild month, plus lots of ideas to inspire you to stay wild all throughout June (and beyond!). Visit the **Wildlife Trust's** website for details

Beezee Bodies Resources

Packed full of ideas to keep children busy from indoor scavenger hunts, to boredom buster ideas and much more. Search **Beezee** bodies healthy resources for families.

Woodland Trust activities

Ten nature activities you can enjoy together at home or when you go outdoors including minibeast hunt, the loo-roll bird feeder or try your hand at making a ladybird potato stamp. Visit the **Woodland Trust** website to get started.

Evening entertainment

Fun ideas for your evening

Evenings indoors don't need to be boring and to support with lockdown, a wealth of entertainment has been created and made available to access for free. A great place to start is exploring the wide range of audiobooks, digital magazines, books and films available for free from your local library or using the **RBdigital** app. Alternatively try a free month of audiobooks with **Audible**, listen to podcasts for free with **Castbox**, or download the **Duolingo** app for free to learn a new language. Virtually explore hundreds of museums and art galleries all around the world for free or search online for free live musicals, concerts, comedy and theatre. Alternatively, explore the world from home via the **Earth Cam** website, where you can watch live footage of everything from zoos to volcanoes. Discover how to DJ for free with the **djay** app or learn to play the guitar for three months for free with **Fender**.



For more ideas and inspiration to keep your family entertained at home, check out the 'Healthy Kids At Home' tab on our website at: egfl.org.uk/elp-services/health-improvement-schools



★ Watch free films!

With cinemas closed and children at home, your child may be in need of some quality films to watch. **INTO** have a wide range of films available for free. For more free film and TV, **Now TV** and **Disney+** has a free seven-day trial. **Amazon Prime** has a 30 day free trial and **BBC iPlayer** is free with a TV licence.



★ Get cooking!

Now is a great time to get kids involved in cooking. The **Change4Life** website has a wide range of breakfast, lunch and dinner recipes that are easy, healthy and tasty. We love the Baked Tomatoes on Toast recipe for lunch which only takes 5 minutes to make. **Jamie Oliver** has great recipes for kids on his website and we love his five ingredient recipes.



★ Recyclable crafts

Arts and crafts are a great way to entertain kids in the evenings. Get inspiration from **Pinterest** or explore the wide variety of craft ideas for kids available on websites such as **Red Ted Art** and **Mr Printables**. We love the recyclable crafts that make use of items in your recycling bin such as using toilet rolls to make superheroes and your milk cartons to make a bird feeder.

Contact us! Let us know your ideas and feedback by emailing Nicole at healthimprovement@ealing.gov.uk.
Contributors: Produced by the Ealing Health Improvement and School Partnerships and Enrichment teams.