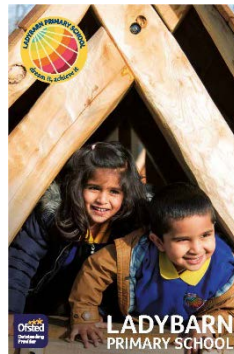
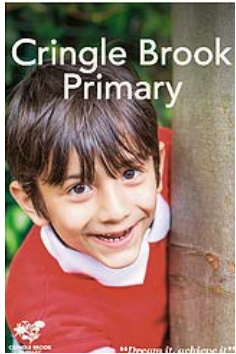


School Prospectuses – click on the image to access the prospectus



Information about healthy eating – lots of great tips and recipes for family meals.

WebMD

<https://www.webmd.com/children/kids-healthy-eating-habits#1>

change 4 life

Ideas for indoor and outdoor exercise activities

<https://www.nhs.uk/change4life>

Getting started with potty training

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=cad20060-c174-4566-afcd-25f0087614a4>

Toilet training

<https://www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips/>

An Excellent website where you can find advice and activities on talking and reading with your child.



<https://small-talk.org.uk/>

How to help your child to learn early maths skills.



<https://www.bbc.co.uk/cbeebies/grownups/help-your-child-with-maths>

NHS

Healthy sleep routines

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

How much sleep should my child be getting?

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

Advice on Temper tantrums

<https://www.nhs.uk/conditions/pregnancy-and-baby/temper-tantrums/>

This website has some useful tips on understanding and dealing with tantrums, setting boundaries and managing aggressive behaviour.

<https://www.familylives.org.uk/advice/early-years-development/behaviour/understanding-and-dealing-with-tantrums/>



NHS

Stop using dummies and bottles

<https://www.hct.nhs.uk/media/1885/bottles-and-dummies.pdf>