

# COMPLEX CARE NEEDS TEAM BULLETIN



## Home learning activities

Our appreciation for schools and teachers, and the ideas and support they offer our children, has never been greater! So, to help you in your new 'teacher' role at home, here are some great ideas for home learning:

### Messy Play

Use wet and dry textures. Food is a great way to have messy play – use cooked spaghetti or mashed potatoes, beans or flour (imagination is endless). See how your child likes (or not) to explore the different textures. Don't limit to feeling with hands, how would they like to try feeling with their feet?

### Feel the weather

Whatever the weather try to get outside. If it's raining use an umbrella and hear the rain bouncing against the surface. If it's sunny enjoy looking at the different shadows the trees may make or reflections on shiny surfaces. If it's windy feel how the wind blows your hair, or maybe watch the washing on the washing line.

### Water play

Most children (and adults) enjoy a splash around in water. Make it interesting by adding different toys in, and cups to pour the water. By altering the temperature of water this offers different sensory experiences. Bubbles too always add another element of fun.

### Cook together

Involve your child in cooking; let them mix, kneed, and feel the ingredients that you are working with. Bonus – you both get to sample the delicious bakes at the end!

### Books, Books, Books

Read together as a family - older siblings may even want to read to younger children. Think outside the box. Make a theme or activity based on the book. For example, if they are "going on a bear hunt", why not hide some favourite teddies around the house and seek them out?

These ideas are not a replacement for your child's planned curriculum, so please stay in touch with education providers who will be able to direct you to any resources.

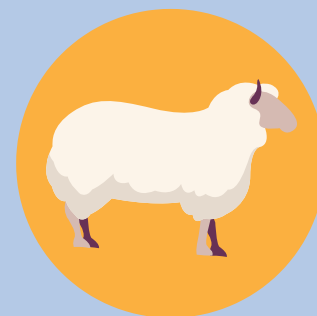
## Team contact

Let the team know how we can support you. Stay in touch to let us know what we are getting right and what we can improve on! We will continue to maintain regular contact with you to help support you through this crisis.

## Virtual escapes

We know that many planned trips and experiences have had to be postponed or cancelled. However in the virtual world you and your child can escape anywhere. Here are some great ideas of places to explore:

- Experience fast pace **roller coaster** from your front room ([youtu.be/9vwA5cEIM8](https://youtu.be/9vwA5cEIM8))
- Missing visits to the **farm**? ([facebook.com/AnimalFarmAdventurePark/videos/617335855483713/](https://facebook.com/AnimalFarmAdventurePark/videos/617335855483713/))
- Explore the **planet** we live on ([google.com/earth/education/](https://google.com/earth/education/))
- Interested in further afield – what about exploring **outer space**? ([nasa.gov/kidsclub/index.html](https://nasa.gov/kidsclub/index.html))



The virtual world is as big as your imagination so as a family get creative and see who can have the most exciting virtual day out!

## Get Creative: Make your own sensory toys

There are loads of ideas to create fun and soothing calm down toys. Here is a lovely one from [lemonlimeadventures.com](https://lemonlimeadventures.com)

### What do you need?

- Recycled Jar / plastic bottle
- Glitter Glue
- Extra Glitter (for extra shine)
- Food Colouring
- Warm Water
- Lego Mini figures

### Instructions

1. Put half a bottle of glitter glue into the jar – let your child pick their favourite colour.
2. Then add warm water, enough to almost fill the jar (save room for shaking and movement in the bottle).
3. Add in a tad bit of food coloring and extra glitter (otherwise you will see the particles of glue separate and it won't look as uniform).
4. Finally, add in one Lego mini figure. Put on the lid and tightly secure it.

*Note: If you have a younger child or one that will open, I suggest hot gluing the lid closed.*



## Keep washing hands

Hand washing continues to be one of the most effective ways to protect against infection. Hands need to be washed regularly and immediately when coming in from outside, before eating and after eating, and after going to the toilet or changing.

Here is WHO guidance on effective handwashing:



## Contact Us

When contacting the Complex Care Needs Team, please use [complexcare@wakefield.gov.uk](mailto:complexcare@wakefield.gov.uk) and remember to copy in your social worker.

If you prefer to receive this bulletin by email, please contact the team via the email.

The Complex Care Needs Team will continue to be working and are contactable on **01924 302124** Monday - Thursday 8.30am – 5.00pm, and Friday 8.30am – 4.30pm. Individual social workers will share their contact details with you.