



**Hello everyone!**

Hope you are all well and keeping safe during these challenging times.

My name is Donna, I'm an Early Years Practitioner and I facilitate our Stay & Play sessions.

I thought it would be a nice to keep in touch with you all by sharing some very simple activities you can all do together at home.

Hope you enjoy learning our Tidy Up song



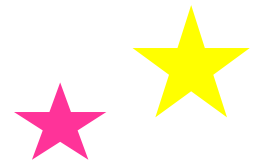
## The Tidy up song

(to the tune  
of Twinkle  
Twinkle Little  
Star)

Twinkle, twinkle little star,  
Time to clean up where you are,  
Put the toys back in their place,  
Keep a smile upon your face,

Twinkle, twinkle little star  
Time to clean up where you are.

For information about what is my child learning from the Tidy Up song see the next page.



## What is my child learning from the Tidy Up song?



It is important in these challenging days that children follow some sort of daily routine. Routines give children a sense of security and stability. Children do best when routines are regular, predictable, and consistent.

### 10 reasons a daily routine is important for your child:

1. **Helps your child get on a schedule** - Consistent routine will help your child and their "body clocks" with many day-to-day basics such as: taking naps and sleeping well at night, because your child and their body know it's time to sleep, they are more easily able to wind down and rest. Eating healthy helps with regulating bowel movements. Healthy play, outdoor time (where possible) encourages relaxed and calm behaviour at "down times" during the day and makes sure your child is tired and ready to sleep.
2. **Family bonding together** - Children, might notice that eating breakfast together as a family, even if only on certain days, is important. They can see that family time together is a special time.
3. **Establishes expectations** - Rather than having a power struggle about picking up toys at the end of the day or at bath time, a child will start to understand when "tidy up time" and "bath time" is.
4. **Creates a calmer household** - Because your child knows what to expect, stress and anxiety reduce.
5. **Gives your child confidence and independence** - With a routine, a child will learn over time when it's time to tidy the toys away, brush their teeth or put on their pyjamas. They will take pride in knowing what they are supposed to do - and doing it by themselves.
6. **Establishes healthy, constructive habits** - From brushing teeth regularly to completing school work routines help establish constructive habits.
7. **Helps you (the parent) remember important things** - Whether remembering to pay the bills every month, or ensuring you keep an important appointment, a routine helps us all stay on track.
8. **Offers your child an opportunity to get excited about what's ahead** - If your child knows what's on the routine, they anticipate and look forward to events - such as going to the park or having playtime after their lunch.
9. **Provides opportunity for special daily activities or one to one time** - When you build something into your day, like story time and reading to your child before bed, you instill special moments or "daily rituals".
10. **Offers stability during times of change or stress** - Routine gives children a sense of the familiar and helps them to copy and adapt to changes in their life, by following the same routine during stressful or challenging times.

SEE OUR TIDY UP SONG OVERLEAF