



After the announcement from the Prime Minister on 23rd March, stricter measures have been put in place to try and avoid the spreading of the Coronavirus.

The Prime Minister's statement yesterday outlined unprecedented measures that:

- ordered people only to leave their homes under a list of very limited purposes including shopping and one exercise trip a day
- ordered the immediate closure of shops selling non-essential goods
- ban public meetings of more than two people

Further information from the government can be found here <https://www.gov.uk/coronavirus>. Petersfield Town Council have also set up a website giving local advice and information, which can be found here <https://www.petersfield-tc.gov.uk/covid-19-response/>.

This means Home-Start Butser staff and volunteers are currently unable to continue with face to face contact with families. However, we are still contactable by telephone (01730 233755) and email (office@homestart-butser.org.uk) for advice and support.

Useful contacts:

If you have to self-isolate or need help during these challenging times please call/text/email and you will be connected to a local volunteer that can help:

Clanfield – 07392021915

Petersfield – 07392021920

If you are worried about how you'll cope during the crisis, or if you have a relative who is vulnerable, please contact Community First on support@cfirst.org.uk.

Petersfield Foodbank: If you are in urgent need of food please contact us and we will make a referral to the Foodbank, you will be offered food bags and vouchers for the market. If you can't collect due to isolation or transport issues, we can help.

If you are struggling to source nappies, **Petersfield Area Nappy Library** are offering a small reusable nappy kit for the price of a pack of single use nappies. Follow this link to their post on their Facebook page <https://www.facebook.com/116773109690234/posts/221010922599785/>



Mindfulness

The current closure of schools has left many children feeling unsettled and anxious whether it be about their future education, not seeing their friends for an undefined time period or a lack of structure. Mindfulness is a meditation practice that begins with paying attention to breathing in order to focus on the here and now and has been found to help children become less anxious and more focused. Adding a little mindfulness into your child's day can help add a little well needed structure and some calm. There are lots of mindfulness tips and websites on the internet, to help you get started here is an easy breathing activity to try with your child.

BorrowBox ebooks

Being on lockdown means lots more time to pursue those long-forgotten hobbies or dusting off those books on the shelf that you have been meaning to read! If you were a library lover and are now mourning the closure of your local branch, don't worry the library service has a digital library called BorrowBox where you can borrow up to five items at a time. Further details can be found using the following link:



<https://www.hants.gov.uk/librariesandarchives/library/whatyoucanborrow/ebooksaudiobooks>

Activities at home

Not only is Playdough lots of fun, but it can also help to improve fine motor skills as well as working a child's creativity and imagination! Try out this recipe to make your own homemade playdough.

2 cups boiling water
1 tablespoon vegetable oil
1 cup salt
2 tablespoons cream of tartar
Food colouring
3 cups flour

In a large bowl mix all the dry ingredients
Separately mix water, and food colouring
Then add together, stirring well
Turn out and knead for a few minutes
Add extra flour if needed
Keep in airtight container
Enjoy!



This 30-day Lego challenge is something that the whole family could get involved in or could give you a little breathing space if you are trying to work at home.

30 Day LEGO Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.
Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.	Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.
Day 11 Prince Charming hires you to build a castle for him & Cinderella.	Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.
Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.	Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.
Day 25 Design and build your dream bedroom.	Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile.	 What was your favorite day?

Follow this link <https://www.bbc.co.uk/tiny-happy-people/activities/zjh8hbk> to 'Tiny Happy People' on the BBC website, which has a huge range of ideas for activities at home for ages 0-5 years. Here is one of their activities for 3-4 year olds:

Enjoy a colour-themed day with your little one.

Once you've decided on a colour together, choose clothes and foods that are this colour and encourage your child to notice things that are the colour of the day. It's a fun way to learn colours and to build their vocabulary. You can play with items that are the colour you've chosen, plan your meals that day around the colour you've chosen and spot the colour of the day both inside the home and in the garden!

Captain Fantastic Children's Entertainer is hosting live interactive classes. Please follow this link <https://captain-fantastic.co.uk/live-video/>. These include sessions for toddlers, as well as subjects such as Science, History, Fitness and Well-being.

School closures



Many parents are now experiencing the joy of home-schooling their children! Lots of schools have sent schoolwork for children to complete during the closures which some parents may find overwhelming. Remember, do not put too much pressure on yourself or your children. You are their parents and not their teachers. Whilst it is important to continue your child's education as much as possible, yours and your children's mental health is just as important and spending time with your children reading, playing, cooking and nurturing yourselves is just as important.

There are lots of free resources to help during this time. Here are just a few of the awesome resources available out there.

- <https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-parents>
- <https://www.phonicsplay.co.uk/#>
- <https://www.bbc.co.uk/bitesize>
- <https://stories.audible.com/start-listen>
- https://schoolshistory.org.uk/topics/?fbclid=IwAR3uLsyTf76ev194VeKZA00FAARqoLe8r0pX5eAVrBpHT_sfMjsclJpo2a0
- https://www.themathsfactor.com/?fbclid=IwAR1QI_m_f4FWWt8gr44GQmCBrcVnRocdmzXczeozdlzV9BXGW7OEPKRcJcQ
- https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR0XUVrZRIA5dcp0_oLgnpOpYyn8DZ_5qpHA_fzcWj2q9w-e36stazZU3Y&app=desktop
- <https://www.britishscienceweek.org/plan-your-activities/activity-packs/>

You can also visit <https://www.facebook.com/groups/244787829885058/> for the Covid-19 Homeschooling Help Facebook group, which has lots and lots of ideas and links.

Also, remember to have fun!



Keeping your mind and body healthy

During the Coronavirus lockdown many people may be finding the situation stressful and they may be feeling anxious.

The charity Mind and the Mental Health Foundation have some useful advice on their websites:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>