

# Early Language Newsletter – for parents

September 2024



## Starting Nursery & School National Literacy Trust

These resources from the National Literacy Trust are designed to help children settle into nursery and school: [Starting nursery & reception: wellbeing resources](#) | [NLT](#)

*The resources are free – but you may need to sign up with an email address.*

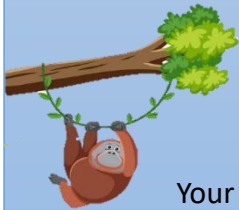
## Tiny Happy People

Tiny Happy People have some great resources around starting nursery and school!

Take a look at their website for some hints and tips to help you support your babies and young children: [BBC Tiny Happy People](#)

## Staying active in the autumn and winter months!

It can be really hard to stay active during the winter months, but it's so important for children's physical and mental health. These simple, fun activities are perfect to try at home: [Try these fun exercises with your children at home](#) | [Words for Life](#)



Why not try 'the animal boogie'

[The Animal Boogie song for children](#) | [Words for Life](#)



Your local Family Hub have an autumn programme of events, groups and information sessions – take a look at their website to find out what's on! [Family hubs - parenting \(southampton.gov.uk\)](#)

Or keep updated via the Family Hub Facebook page: [Family Hub Southampton](#) | [Facebook](#)

## Supporting emotional health and wellbeing – from 0–19+

Free online courses for all parents, carers, grandparents and teens.

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents.

Join over 200 Southampton residents who have registered for free online learning!

[inourplace](#) | [Solihull Approach – Southampton](#) | [inourplace](#)

These courses are only available to Southampton residents, please use the code: TITANIC and your Southampton postcode to register.