

EYFS Parent and Carers – Useful Websites

Bookstart

Sharing books, stories, and rhymes with your child from an early age can help create a lifelong love of reading. Bookstart offers a range of reading support and fun activities.

 [BookTrust | Getting children reading](#)

Start Well Stockport

A local resource supporting parents and carers from pregnancy to age 5. Access advice from Health Visitors, Early Years Workers, Midwives, and Start Well Coordinators.

 [Start Well Stockport](#)

Words for Life

Fun, free activities to support language, literacy, and communication skills at home.

 [Visit Words for Life](#)

Numberblocks (BBC)

Sing along and learn about numbers with these fun and educational episodes.

 [Watch Numberblocks](#)


NRich Early Years Maths

A variety of engaging maths activities to enjoy at home with young children.

 [Visit NRich](#)

National Trust – 50 Things to Do Before You're 11¾

Get outside and explore! Discover nature-based and seasonal activities for children.

 [Explore the 50 Things](#)

Change4Life (NHS)

Practical advice on healthy eating, physical activity, and family wellbeing.

 [Visit Change4Life](#)

British Red Cross – First Aid for a Choking Child

Learn essential first aid techniques for helping a child who is choking.


 [Learn First Aid](#)

The Supervised Toothbrushing Toolkit

Tips and resources to help establish a healthy toothbrushing routine at home.

 [Toothbrushing Toolkit](#)

Other Useful Websites

 [New information to support parents and carers of little ones under 5 | Greater Manchester Integrated Care Partnership](#)

Family Hubs – Stockport Council

Find your nearest Family Hub and access local services for families.

 [Family Hubs - Stockport Council](#)

Healthy Start – Help to Buy Food and Milk

 [Get help to buy food and milk \(Healthy Start\)](#)

Sleep Seminar – Stockport Council

Advice and support on healthy sleep habits for young children.

 [Sleep seminar for parents and carers - Stockport Council](#)