EYFS Parent and Carers – Useful Websites

📚 BookTrust

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

🌱 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