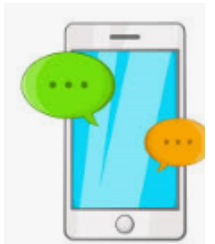




Keep communication open between you & your at home caregiver.



Help your at home caregiver think of activities for your child to do and find out how they're doing, while you're away. Click [here](#) for activity ideas.



Make technology work to suit you. Ring before or after a shift or text a photo if you can't call.

Staying connected with your child during Covid-19



Make calls and texts interactive. Sing songs or rhymes together. Ask your at home caregiver to be the “hands & heart” - Click [here](#) for more ideas.



Encourage your child to **create special messages** or artwork for you while you're away. These can be kept in a special folder for you both to talk about and look back on.



Take a cleanable item belonging to your child in your car and text photos of it. Or **leave something of yours at home to comfort your child** e.g. clothing with your aftershave or perfume.