

Dear Parents/Carers

There is a useful BBC website that will give you information about child development, activities to do with your child, tips and advice on parenting topics such as mealtimes, screen time and parent wellbeing.

<https://www.bbc.co.uk/tiny-happy-people>

The screenshot shows the BBC Tiny Happy People website. At the top, there is a navigation bar with the BBC logo, a sign-in button, and links for Home, News, Sport, Weather, iPlayer, Sounds, and Bitesize. Below this is a purple header with the text 'TINY HAPPY PEOPLE'. Underneath the header is a secondary navigation bar with links for Home, About, Activities, Tips and advice, Child development, Parenting Life, Professionals, and Cymraeg. The main content area features three large cards: 'Activities' (with a woman and child), 'Advice' (with a man and child), and 'Science' (with a man and child). Each card has a brief description of the content.

Activity inspiration for all ages

Fun activities and things to do with your child to help with their communication skills.



Pregnancy



[0-3 months](#)



3-6 months



6-9 months



9-12 months



12-18 months



18-24 months



2-3 years



3-4 years



4-5 years



Key talking tips for any age

Read more [key talking tips for any age](#)

Tips and Advice

Advice on a whole range of parenting topics. Browse the alphabetical list of topics below - click through for articles and films to help on your parenting journey.



Bilingual

Bilingual

Tips for parents on introducing children to more than one language from an early age.



Language Development

Language Development

All sorts of tips for boosting your little one's language and communication skills.



Mealtimes

Mealtimes

Advice for making the most out of mealtimes, including child-friendly recipes and help with fussy eating.



Parent Wellbeing

Parent wellbeing

All about your mental health as a parent.



Emotional Development

Emotional Development

Tips and advice to help you understand your child's emotional development, behaviour and wellbeing.



Speech, Language & SEND

Speech, language & SEND

A collection of advice and resources for parents of children with special educational needs and disabilities.



Routines

Routines

Tips for building routines with your child, including sleep and feeding advice.



Screen time

Screen time

A collection of tips and advice on how to make the most of screen time with your children.