**Whole family approach to healthy development**

50 Things doesn’t just improve health outcomes for the youngest, but for the whole family!

The offer is all about parent/carer-led play, involving a holistic approach to development which emphasises the importance of shared movement and activity.

Parents show children how to hop, skip, jump, dance, plant healthy food. 50 Things facilitates parents taking part in their children’s healthy development.

**Early health intervention**

“We know that 50 Things To Do Before You're Five is so important because we can see the impact of acting early in children's lives, in terms of protecting children, in terms of removing risk factors so children have better outcomes. So children grow up to be well educated, healthy individuals with all of life's potential open to them. “ - MMW

“What we need is something that will protect our children and young people and allow them to maximise their physical health, their mental health, their educational attainment and their social mobility. **The beautiful thing about 50 Things To Do Before You're Five, is that it provides activities that are based on scientific evidence that we know can protect children and young people - that can vaccinate them against the problems that they will otherwise face”. - MMW**

**Emotional development**

50 Things is based on the premise that experiential play helps to develop resilience, and the skills needed to develop self regulation, and emotional self-regulation. Exploring different challenges helps children develop emotionally. This prepares them for school, independence, but also for life and helps look after their health as children. The emotional impact of a year of lockdown on children deserves attention from LAs.

**Cognitive Development**

The 50 Things activities help children, through repetition and incremental challenge, develop their confidence in relation to problem solving, their understanding of how the world around them works, and interconnectedness, cause and effect.

**Physical Development - Fine and Gross Motor Skills**

Dr Amanda Waterman

<https://www.50thingstodo.org/blog/nick-preston-1>

<https://medicinehealth.leeds.ac.uk/psychology/staff/867/dr-amanda-waterman>

<https://caer.org.uk/cognitive-health/>

Fine motor skills - Mini Artists, making connections, fantastic paper folder

Gross motor skills - Boing! Dance! Hop, skip, jump

**Obesity**

The problem: Childhood Obesity - throw in some childhood obesity stats

The solution: 50 Things To Do Before You’re Five - healthy development, encouraging movement from the outset

**Speech, language and communication**

Victoria Wadsworth <https://www.50thingstodo.org/blog/communicating-through-play>

Key words in the app

‘Serve and return’

Non-verbal communication - ‘talking signs’

**Supporting healthy development at home**

Information about healthy active living, healthy diet, a clear guide to fun activities that support early development, ideas that build early literacy, oracy and creativity, an Events section that informs families about accessible events that can enhance the breadth of experiences for very young children.

Reduced uptake of two-year-old places, parents more comfortable having children at home

Helping to support healthy development in a remote way, when children aren’t entering childcare settings as much, families who might be more estranged from services for whatever reason, can be reached, and feel safe, through the anonymity and remoteness of this service.

**A valuable resource for professionals who support infant health**

Give health visitors, GPs, and many more an accessible framework for families that supports the health agenda of wellbeing, ensuring young children are getting the developmental support they need at home. Your LA can assist those professionals who work to improve a family environment through this resource they can share with families, which is written in plain language and they can have confidence will be understood and useful.

**Babies born in lockdown (First 1001 days)**

Support parents who have had babies during lockdown with a remotely accessible, at-home resource to ensure the baby is getting all they need.

Babies born in lockdown - helping compensate for loss of opportunities to develop social skills, stimulation through interesting and diverse activities

Babies born during the global pandemic mean that a lot of time is spent indoors at home with the family. Whilst this presents opportunities for family bonding with parents and older siblings, some babies may have had fewer chances to develop social skills and stimulation through interesting and diverse activities.

A joint survey conducted by Best Beginnings, Home-Start UK, and Parent-Infant Foundation found that out of more than 5,000 parents and carers,

Almost 7 in 10 (68%) parents felt the changes brought about by COVID-19 were affecting their unborn baby, baby, or young child

**Holidays and healthy food programme**

Concerns have been raised about children on school holidays - there has been a sign of loss of activity. Support families and schools by investing in a great resource to support healthy development while children aren’t at school, for schools and nurseries to encourage use of at home.

**Low cost healthy development solutions**

You don’t necessarily need to buy tennis rackets, sports kits, bikes, to have a healthy active childhood. 50 Things shows that families can embrace activities together using only things that are already in the home - through dancing, through jumping, through building with household items - so whatever your circumstances are, you can get playful together.

**Cardiovascular and respiratory health**

The idea for 50 Things was developed in Bradford, where the issues of childhood cardiovascular and respiratory health problems are of real concern to childhood health experts.

50 Things To Do Before You're Five is based on our outstanding practice at St Edmund's Nursery School in Bradford, where we have worked in respectful partnership with parents for over 20 years. 50 Things provides a rich menu of low and no-cost activities for families, giving them great suggestions for how to have fun and learn at the same time.

With content inspired by parents' ideas, then developed by experts, the 50 Things activities have been designed to support child development from birth to five. In particular, we're trying to improve young children's early language and literacy, motor skills and resilience. As a result, children thrive cognitively, physically and emotionally and will be more ready for primary school. 50 Things also promotes better infant health, helping to develop health habits that will last a lifetime.

50 Things is designed to be a place-based solution which provides a local offer for families of young children. It helps Local Authorities fulfill their obligations as a champion for children, including supporting schools' new statutory duty to support remote and home learning during the Covid pandemic.

Just over two years since it was launched in Bradford and at the Houses of Parliament with the support of all our local MPs, 50 Things has connected with the families of 36,000 young Bradford-area children, growing rapidly so that 11 other Local Authorities are now part of the 50 Things family. Supported by a local 50 Things app, website, a social media campaign and by printed materials, 50 Things can help Local Authorities reach out to communities, so that families are supported more effectively in making good use of the home learning environment.

**How will Local Authorities Promote Healthy Development During Early Childhood?**

For local authorities who are looking to improve language and communication, learning, wellbeing and social mobility outcomes in their area, supporting the healthy development of our youngest children has been of particular recent focus. 50 Things is designed as an innovative tool for local authorities to provide accessible and clear ideas for play and learning to anyone who cares for young children, helping them on their path to happy and healthy development. Hear experts in the fields of early health and development talk about how a local 50 Things offer can help provide foundations for speech and communication, fine and gross motor skills, and cognitive development.

1. Early health intervention
2. Cognitive Development
3. Physical Development - Fine and Gross Motor Skills
4. Speech, language and communication
5. A valuable resource for professionals who support infant health
6. SEND in Early Childhood (Chris Barton has written in their early doc about this)

**Early health intervention - Aisha**

Acting early in children’s lives has a great impact - it protects them, it removes risk factors so they can have better outcomes, and so they grow up to be well educated, healthy individuals with all of life's potential open to them. 50 Things To Do Before You’re Five is a tool designed to support a local authority’s efforts in early health intervention.

“We know that 50 Things To Do Before You're Five is so important because we can see the impact of acting early in children's lives, in terms of protecting children, in terms of removing risk factors so children have better outcomes. So children grow up to be well educated, healthy individuals with all of life's potential open to them. “ - MMW

“What we need is something that will protect our children and young people and allow them to maximise their physical health, their mental health, their educational attainment and their social mobility. The beautiful thing about 50 Things To Do Before You're Five, is that it provides activities that are based on scientific evidence that we know can protect children and young people - that can vaccinate them against the problems that they will otherwise face”. - Mark Mon Williams

**Cognitive Development - Aisha**

The simple activities that parents and caregivers do with young children every day shape their cognitive development. Playing with each other, and with objects found within the home and within nature, can form the building blocks to raising children who can think, question, experiment and figure things out for themselves.

The 50 Things activities help children, through repetition and incremental challenge, develop their confidence in relation to problem solving, their understanding of how the world around them works, and interconnectedness, cause and effect. Each activity is framed in a way that is easy to understand and fun for both the carer and the child, but that still opens the door to development of new important foundational skills.

**Physical Development - Fine and Gross Motor Skills- Aisha**

How can local authorities help young children develop their fine and gross motor skills? By harnessing the power of parents and carers, equipping them with easily digestible inspiration for fun activities which help develop important physical capabilities.

The 50 Things resources help parents understand how children from birth right up until five can develop their motor skills, with babies learning how to grab and bash, and toddlers and older children learning how to hold and maneuver. Supporting children to their next stage of physical development not only helps them in their body but also impacts their minds too. Different activities get little fingers and hands moving, laying the foundations for writing - making mini art works, playing with zips, string or buckles, or folding paper! And developing gross motor skills too by jumping, dancing, hopping - the play is open ended, useful and safe.

**Speech, language and communication-Patricia**

Starting from birth, language and communication are key skills that children acquire. Having competent language skills is a great foundation for early years’ development and can encourage them to problem solve, express their feelings, understand the world around, to read and write and many more. Understanding how children communicate and being able to support their speech and language from an early age can benefit them in school and their adulthood. 50 Things serves a channel for which parents, carers and early years’ education providers can use give children a wide breadth of vocabulary knowledge. The app specifically caters to this by introducing ‘key words’ for each age group in every activity. ‘Talking Signs’ is an example of non-verbal communication activity in the 50 Things app. For young children, it can be frustrating not being able to express their feelings using words, introducing other methods of communication can help them explain their thoughts.

**A valuable resource for professionals who support infant health- Patricia**

For health visitors, GPs and many more, accessible resources that support early years’ health and wellbeing can be a valuable source of support for families in ensuring that their children receive the developmental foundation they need. Your LA can assist those professionals who work to improve a family environment through this resource that they can share with families, which is written in plain language and they can have confidence will be understood and be useful.

50 Things has been designed with input from Early Years Practitioners to ensure all activities support children’s healthy development. Our Local Authority partners, Wakefield and Calderdale, have both included 50 Things as part of their health and wellbeing agenda.

**SEND in Early Childhood (Chris Barton has written in her early doc about this)- Patricia**

Creating valuable experiences for all children through play and interaction is one 50 Things’ goal. It’s even more important that this can be facilitated for children with SEND to make sure that they receive all the opportunities they need to reach their full potential. 50 Things have been designed with the consultation of a SEND school in Bradford ensuring that the activities are suitable.

Cambridgeshire has included 50 Things as part of their SEND pr

**Ideas for email topics**

Aisha

1. Wellbeing, happiness, children’s mental health - finding ways to bring joy into locked-down family life, resilience

Young children’s happiness and wellbeing often takes a backseat to discussions about educational catch-up and school readiness when it comes to the consequences of lockdown upon our youngest lives. Especially for very young children, quality time spent with those closest to them - those who are most likely to be in their support bubble - forms the key building blocks of happiness and wellbeing. Sadly though, increased quality time has not been an outcome for all children.

Pressures on parents as home educators

*“During lockdown – but not before lockdown – disadvantaged parents (lower income, education, occupational status and/or living in a deprived neighbourhood) were less likely to engage in enriching activities.”* (<https://www.brookes.ac.uk/about-brookes/news/uk-lockdown-linked-to-widening-disadvantage-gap-for-babies-and-toddlers/>)

50 Things is all about helping parents to harness the natural joy and wonder that comes from their children, regardless of what resources are available. The majority of the 50 Things can be done by a parent and child with no extra resources at all, whether this is exploring the loud and quiet voices together, or observing their reflections. Each activity is made to be exciting for the child, and is on the child’s level, focusing on the activities that children love to do - exploring and familiarising themselves with their world, feeling, holding and building with objects, and developing vocabulary by speaking with their favourite adults. With guidance from their 50 Things resource, parents can tune in even more to ways to inspire their young child's happiness and enjoyment, inspiring a greater sense of wellbeing and excitement about the world over time.

1. Health and Activity - Obesity, Respiratory, Cardiovascular - how 50 Things helps early health in relation to problems brought about by lockdown and covid - Link to oxford brookes research (more screen use in less advantaged children)
	1. There’s tech access at home and funding for this, however the evidence states that screen time isn’t beneficial for early years

The unseen impact of Covid lockdown on the already major problems of childhood obesity, cardiovascular and respiratory health, and even ocular health, is only just beginning to be revealed.

Seventy-five per-cent of parents reported that during lockdown their children spent more time than usual watching TV or playing with a tablet. Children from disadvantaged backgrounds were particularly likely to have high daily screen use. There is a clear need for a response to covid lockdown which combines the safety and simplicity of remote digital access to resources, without the drawbacks of increased screen time and inactivity for children.

50 Things was developed with a deep understanding of the benefits of whole-family activity. 50 Thing was born in Bradford, a city with some of the highest rates of childhood illness in the UK. 50 Things resources have a huge focus on the importance of getting children moving, in the outdoors from the very start. Encouraging dancing, hopping, skipping and jumping. None of the 50 Things activities depend on the use of screens. Instead, the resources encourage parents to take the ideas, put away the phone and physically get stuck in. By bringing the app to a Local Authority, parents are equipped with a fantastic resource to make sure that children are healthy, happy and occupied without depending on screen use.

1. Skills, language and learning - ensuring families still have the tools to help their children learn and develop during the pandemic

Many parents are facing lockdown alone. Now more than ever, they need additional support, tools and knowledge and understanding of how to support proper development in their children, in this scary new reality where previous support structures are no longer accessible. Recent research from babylab at Oxford Brookes University has found that families who do not have access to books and greenspace are the ones who are suffering most from lockdown regulations (<https://www.brookes.ac.uk/about-brookes/news/uk-lockdown-linked-to-widening-disadvantage-gap-for-babies-and-toddlers/>). In addition, the previous places where mums and mums could go and get support to ensure that their child was gaining the skills and learning that they would need to reach normal developmental milestones are experiencing closures and families need extra support and shared knowledge to fill this gap.

50 Things was created and developed at a nursery school by early childhood educators who wanted to remotely help parents equip children with the skills, language and learning they need to thrive in life. The ‘50 Things’ encourage playful exchange between adult and child, whether through making noises or learning new words, enabling learning to happen at the same time. When a Local Authority buys 50 Things, they provide the young locked-down families in their district with a powerful resource to reach the milestones of early learning, advising and guiding parents and carers through the first 5 years of their child's life, giving parents confidence in being able to have fun, and promote learning at the same time.

1. Community - 50 Things as a family-facing directory of local outdoor spaces, a way to help children and families engage with remote services of museums, galleries, libraries etc

Inspiring a sense of community has been made infinitely harder by social distancing measures, meaning that regular events which would bring local people together cannot take place in the same way. However, there are still many parents in your local area looking to be informed about online events and resources, and libraries, museums and gallery services, as well as community run groups, are moving their services online in a bid to continue to connect with their local area.

When you bring 50 Things to your Local Authority, your local community will be what populates the app. Families will be able to see pictures of outdoor things to do and see nearby, local water features and parks, as well as signposting free and low-cost online events put on by local service providers for families. It helps provide a sense of unity with other families in their area experiencing the same hardships brought on by lockdown. As such, it acts as a registry of community resources, tailored towards young families.

CB; developing community integration and a greater sense of civil society

Patricia

1. School readiness - helping children get ready for school at home in the context of lower numbers of uptake of nursery provision

Being ready for school during a global pandemic proposes many challenges. Early language development is already a major problem, especially the word gap facing many disadvantaged homes. This is only heightened by the effects of the pandemic as children lose opportunities to learn in school.

50 Things To Do Before You’re Five aligns itself with the Department of Education’s (DfE) preschool literacy priorities. Activities such as #10 Sharing Books and # 6 Rhyme Time have been designed to encourage early language acquisition. Other activities that involve learning a variety of vocabulary are also included. Parent and 50 Things Enthusiast, Carrie Priestly says,

 *It fits in so naturally with the Early Years curriculum that I work in. Although I was worried about Ollie not having as many of those early experiences that I’ve been able to share with Amber, actually having the 50 Things resource to hand has probably increased it.* (How Your Local Authority Can Improve The Lives Of Your Under 5’s Webinar)

Having access to the 50 Things mobile app or card pack can give parents and carers a tool to support their children’s development. Carefully constructed, the 50 Things initiative can provide parents with an understanding of what they are teaching their children from the perspective of Early Years practitioners.

1. Babies born in lockdown - helping compensate for loss of opportunities to develop social skills, stimulation through interesting and diverse activities

Babies born during the global pandemic mean that a lot of time is spent indoors at home with the family. Whilst this presents opportunities for family bonding with parents and older siblings, some babies may have had fewer chances to develop social skills and stimulation through interesting and diverse activities.

A joint [survey](https://www.bestbeginnings.org.uk/news/the-babies-in-lockdown-report) conducted by Best Beginnings, Home-Start UK, and Parent-Infant Foundation found that out of more than 5,000 parents and carers,

*Almost 7 in 10 (68%) parents felt the changes brought about by COVID-19 were affecting their unborn baby, baby, or young child*

The first two years of a child's life are very important as they learn so much in this short space of time. Lockdown restrictions prevent many parents from taking their babies to visit family and children which limits social interaction with people outside the immediate family. It’s no surprise that parents will feel overwhelmed as they try to make sure that their baby receives everything they need.

50 Things To Do Before You’re Five has been designed by parents and Early Years educational experts and have provided information for how to support infants at that crucial stage of their development. With 50 diverse activities containing information for babies, toddlers, and preschoolers, we aim to support children’s development from the very beginning.

1. The impacts of the pandemic to the families already experiencing socio-economic disadvantage

Families around the country will have experienced the negative effects of the pandemic in many ways. Those who are already experiencing socio-economic disadvantage are significantly affected more than others. This can have a negative impact on children’s development as their education takes a hit from school closures.

A study done by Oxford University and Oxford Brookes University found that “babies and toddlers from disadvantaged backgrounds have been missing out on activities to support their development, compared to children of highly educated, well-paid parents” (<https://www.brookes.ac.uk/about-brookes/news/uk-lockdown-linked-to-widening-disadvantage-gap-for-babies-and-toddlers/>).

Closures of outdoor playgrounds and local libraries meant that disadvantaged children have limited access to activities that support their cognitive, physical, and mental development.

A universal offer to all families, 50 Things To Do Before You’re Five includes 50 free/low-cost activities that support children’s development from a very early age to promote school readiness.

**1-2 sentences recommendation**

50 Things To Do Before You're Five is an Early Years Foundation Stage initiative; providing a rich menu of low and no-cost activities for families, and giving them great suggestions for how to have fun and learn at the same time. The 50 Things approach leads to a number of health and wellbeing outcomes, including improvements to early language and literacy, motor skills and resilience - and our place-based offer to Local Authorities helps them to fulfill their obligation as a champion for children, including supporting schools' new statutory duty to support remote and home learning during the Covid pandemic.

**Provide early years education - be happy and healthy and learn while having fun**

50 Things To Do Before You’re Five helps families give their children a positive start in their educational journey. Learning doesn’t just start when school does; a child’s learning journey begins as soon as they are born. Each activity has been carefully researched and tested by early years educators - people who know exactly what support is needed to help children reach important early education milestones. Learning through play, experiential learning, language and communication, and self regulation are all things which are intrinsic within 50 Things approach.

Hallmarks of early education can be found within the 50 Things activities. Sharing books and rhymes with children contributes to early literacy, making connections between zips, buckles, and train tracks helps with shape and space as well as fine motor skills, and building forts and dens helps build resilience. 50 Things recognises that joy, excitement, concentration and wonder are the fundamental building blocks to a child's learning journey. This holistic approach is synthesized into easy-to-access activities that anyone can adapt to their own child's needs, meaning children can get a head start while having fun and staying healthy.

**Engage parents and foster whole family approaches to Under 5s development**

50 Things engages the whole family by encouraging them to interact and share in learning.

All of the activities need grown-up input as an essential - encouraging sharing cultural traditions and deepening relationships, either shouting, singing and dancing together, or precious quiet story time. 50 Things helps grown-ups see the world through their children’s eyes - how children understand the adult world, and how adults can continue to make this a fun and exciting place for them to learn and grow.

50 Things To Do Before You’re Five is a family facing initiative, promoting the importance of early relationships with family and carers. Families are the most important teachers that young children will have, and the more they are engaged and included, the better outcomes are for all children.

The research is clear that parental engagement in early years education is consistently associated with children’s subsequent academic success ([Education Endowment Foundation](https://educationendowmentfoundation.org.uk/evidence-summaries/early-years-toolkit/parental-engagement/)). However, the purpose and benefit of whole family involvement goes so much further than this key outcome. Engaging children in conversation about topics that interest them is the best way to give them key linguistic skills (Sperry et. al, 2018) <https://doi.org/10.1111/cdev.13072>. From the adults end, successfully engaging with young children is a fulfilling and inspiring experience.

**Combat social disadvantage in your authority**

30% of children in the UK are living in poverty.

(<https://cpag.org.uk/child-poverty/child-poverty-facts-and-figures#footnote1_31rygh6>).

The importance of low-cost ways for families to maximise opportunities for their children to learn, grow, be healthy and have fun, cannot be underestimated. The 50 Things To Before You’re Five project explores free and cheap ways for parents to spend time with their children. Furthermore. parents will access 50 Things for free, ensuring it is available to everyone.

Local Authorities can target districts of high socio-economic disadvantage, to ensure that the parents who need inspiration most are aware of this tool and are able to access it.

50 Things activities have been designed with knowledge and understanding of the different barriers families are facing, by educators who have years of experience working alongside families experiencing socio-economic disadvantage. 40 of the 50 activities have no associated cost at all, and almost all of the activities are adaptable to both inside and outside the house, so if children don’t have a safe bit of green space to play nearby, they’re still able to have fun and learn inside. The initiative assumes nothing about who might be utilising it - only focusing on the fact that children can be inspired to reach important milestones without having to spend money.

50 Things can make a positive impact in your local area - join us today!

**Help different cultures engage with their community and environment**

50 Things aims to engage with as many children and families as possible and has been developed in Bradford, where there is a diverse range of ethnic communities. It was always a key principle that the activities and presentation of activities would reflect the diverse cultures that the project supports / addresses.

50 Things ensures that the project is accessible to all cultures, including those who have limited understanding of English. Images are used heavily to support the activities, which also benefit from online translation; while the focus of activities is culturally sensitive.

While making the project relevant to everyone, 50 Things brings the community closer together, through expanding families’ knowledge of the community and encouraging them to explore what is around them / their local environment.

**Reaching out to the different ethnic communities in Bradford, we have recruited a team of people, known as Enthusiasts, to promote and work with families around the district. Some Enthusiasts also speak community languages which gives us the opportunity to extend the reach of the 50 Things initiative. St. Edmund’s Nursery School, where 50 Things started, also works with European migrants and have used 50 Things as a way to engage Roma and Syrian families to settle into the district. [Extra for blog]**

**Support Public Health initiatives**

With a range of outdoor and indoor physical activities, 50 Things has been designed to support the cognitive, physical and emotional development of young children. As well as this, 50 Things’ mission continues to support public health initiatives such as tackling obesity, diabetes, coronary and respiratory diseases. Our Stakeholder Group (made up of Public Health, Family Learning and Health Improvement experts) regularly reviews and discusses the 50 Things activities in light of how they can greater impact on improving public health.

With this input, parents and their young children can continue to benefit from accessible physical activities that have been carefully thought-out.

We have included a significant amount of activities and links to additional resources motivating parents and children to play and explore outdoor activities.

**#27 Little People Park Keeper and #34 Woodland Wandering are two of many activities that are popular on the app. Bradford Health Visitors (prior to Covid-19) distributed ring binders and advised parents on how they can utilise 50 Things to get their young children active. Our Local Authority partners have also been supporting public health initiatives in their areas. For example, Calderdale distributed 50 Things posters to GP Practices, Children’s Centres and the maternity, antenatal/postnatal and paediatrics wards at their local hospital.**

**Prepare under 5s for future learning and school readiness**

50 Things meets the Department of Education’s (DfE) preschool literacy priorities. Research shows that parents and carers who continuously support their children’s early language, communication and literacy developments show significant attainment in their primary and secondary phases.

50 Things has been designed to promote and support early language and communication development. Designed by early years experts and practitioners, the 50 activities contain opportunities for young children to practise their language and communication skills with their parents or carers. For example, No. 39 Talking Signs highlights the importance of gestures and signing to help babies and other pre-verbal children communicate.

Self-regulation is also very important in children’s social and emotional development and has been linked with early learning such as pre-reading skills, early mathematics and problem solving. These are all essential skills that children need to give them a head start in school and 50 Things encourages young children to develop and enhance these skills in a range of activities.

**Calderdale Council is also using 50 Things as an essential part of their Wellbeing Strategy for Calderdale 2018-2024.**

**Support family wellbeing and under 5s development in lockdown**

During the global pandemic, families and children have had to quickly adapt their lifestyles. This has meant that home learning has been an essential part of children’s lives as nurseries and schools close.

50 Things To Do Before You’re Five has supported families during lockdown:

“During the first lockdown I was delighted to hear from families who used the 50 Things app to inspire ideas for their young children’s play. One parent told me that not having to think of activities every day helped her to get through lockdown more easily. The work we undertook on the ‘Lockdown, Stay Safe, Stay at Home’ tab of the Bradford 50 Things website supports families with older siblings to extend the activities to include all their children, within Covid restrictions that are in place.”

**Local Authorities quickly realised their statutory duty of providing home learning alternatives during the lockdown. As a result, Sheffield City Council had a quick four week turnaround for their launch during the height of Coronavirus and in the short space of time had almost 500 downloads of the app and 4,000 posters delivered to families. Similarly, Wakefield launched in July 2020 and has now reached 1,200 app downloads. 50 Things became a tool that parents and carers can use to keep learning and having fun with their children during lockdown.**