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Thank you for supporting *BBC Tiny Happy People*

In this document you'll find a suggested week-by-week plan with links and captions for posting about Tiny Happy People on your Facebook page. We've given you 3 options to choose from each week.

You'll also find an attached spreadsheet with all the resources that can be found on our website with a description of the content and the web page. Please feel free to share any of the links which might be more appropriate for your Facebook group.

Don't forget to add us on [Instagram](#) @bbctinyhappypeople
- we have more than 17,000 followers!

Do you have any comments or suggestion about the resources?
We'd love to hear from you. Please email us tinyhappy.people@bbc.co.uk

Lastly, please read the BBC Terms of Use guide before sharing any Tiny Happy People resources, you'll find it on the last page of this document.

Week one

1. Teddy bears picnic

<https://www.bbc.co.uk/tiny-happy-people/teddy-bear-picnic/zhcd8xs>

Caption suggestion:

Toddlers love inviting their teddies to a picnic or tea party.

Putting on a teddy bear's picnic is a fantastic way to practice role-play and develop your toddler's communication. It's also fun to include siblings or other family members, which will help broaden your toddler's social skills.

No social distancing needed for these Teddy bears!



2. Coronavirus: Advice on how to talk to your children about it

<https://www.bbc.co.uk/tiny-happy-people/how-to-talk-child-about-coronavirus/zntjihv>

Caption suggestion:

As a parent, you get used to answering your children's difficult questions. And as the coronavirus outbreak starts to affect day-to-day life, there may be even more than usual.

Check out Tiny Happy People's articles on how to deal with the questions and worries your child may have about their sudden change of routine.

3. Heads, shoulders, knees and toes

<https://www.bbc.co.uk/tiny-happy-people/heads-shoulders-knees-toes/zbxht39>

Caption suggestion:

Head, Shoulders, Knees and Toes is a classic nursery rhyme - for a reason! Repetition and doing the actions will help your little one understand the words.

You could try singing it with a doll too! Check out BBC Tiny Happy People's video below for some inspiration



Week two



1. Talking bananas

<https://www.bbc.co.uk/tiny-happy-people/talking-bananas/zjjj382>

Caption suggestion:

Struggling to think of activities to do with your little one whilst stuck at home?

Well, If you've got a banana, you've got a fun phone for you and your baby to play with. Even better, it also doubles up as a tasty snack to share.

Let's go bananas!

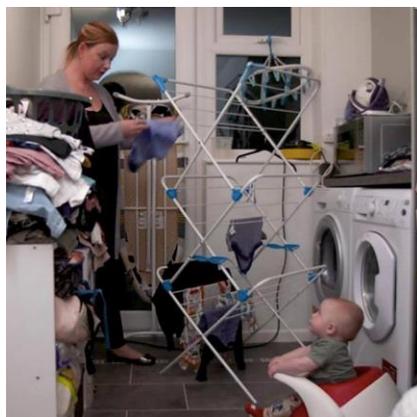
2. Lockdown wellbeing

<https://www.bbc.co.uk/tiny-happy-people/7-ways-to-stay-happy-and-calm-at-home/zhqjjhv>

Caption suggestion:

Whether you're cut off from people you love, worried about a vulnerable relative or parenting a newborn and home-schooling your older child at the same time: everyone is facing their own challenges at the moment.

At a time we all feel slightly powerless, why don't we try to focus on the things you can take ownership of! Have a read of BBC Tiny Happy People's article on how to stay happy and calm at home during this difficult time.



3. A song to sing when you're hanging the washing

<https://www.bbc.co.uk/tiny-happy-people/hang-it-on-the-line/zhd6rj6>

Caption suggestion:

Chores like hanging out the washing can be boring! But you can liven them up and turn them into opportunities to bond with your baby.

Try singing Hang It On the Line, or making up your own silly versions of well-known songs.

For inspiration, have a watch of the BBC Tiny Happy People video to see Alison and Austin give it a go!

Week three

1. Indoor treasure hunt

<https://www.bbc.co.uk/tiny-happy-people/indoor-treasure-hunt/zv73vk7>

Caption suggestion:

We're all stuck inside at the moment so why not make the most of it and give an indoor treasure hunt a go! It's a fantastic way of having fun with your child and encourages lots of conversation. It's also a great way to make toys seem new and exciting.

Take turns at hiding a toy and then try using words like 'warmer' or 'colder' to describe where the hidden object is.

Watch the Tiny Happy People video for inspiration and for more activities to do with your little one.



2. Coronavirus: Using video calls to stay in touch and bond

<https://www.bbc.co.uk/tiny-happy-people/video-calls-bonding-time/zryn6v4>

Caption suggestion:

Social-distancing is tough! Being separated from close friends, grandparents and other relatives can feel very difficult.

Try using video calls and stay connected with your little ones and the important people in your life.

Check out this BBC Tiny Happy People article for tips on how to successfully video chat!

3. You're standing up so tall

<https://www.bbc.co.uk/tiny-happy-people/youre-standing-up-so-tall/zjnvy9q>

Caption suggestion:

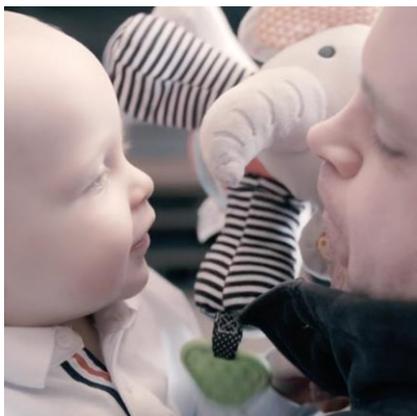
Give a classic nursery rhyme your own twist by changing the words!

This mum uses the tune from 'The Grand Old Duke of York' and gives it her own spin. Why not try it out with your little one?

Need some help coming up with ideas? Check out BBC Tiny Happy People's video below for some tips.



Week four



1. Toy hide and seek

<https://www.bbc.co.uk/tiny-happy-people/toy-hide-and-peek/zb9947h>

Caption suggestion:

Try hiding a toy and looking for it together in a fun game of hide and seek!

This activity helps with your baby's interactions and communication skills, it's also a good way to make old toys seem super exciting (especially helpful when we're all stuck at home!)

Watch Tiny Happy People's video below for some inspiration.

2. Let's dance

<https://www.bbc.co.uk/tiny-happy-people/lets-dance/zh33mfr>

Caption suggestion:

Is your baby a smooth mover?

Babies love moving to a beat, so put on some tunes and get bouncing, swaying and bopping with them.

Listening to music and getting used to rhythm helps to develop the parts of the brain babies use for language learning. And the closeness you both feel as you dance is great for bonding.

Check out Tiny Happy People's video below for some inspiration!



3. Ways to enjoy the outdoors (even if it's from your balcony or window)

https://www.bbc.co.uk/tiny-happy-people/18-ways-to-enjoy-outdoors/zb9wjhv?dm_t=0,0,0,0,0

Caption suggestion:

We can all get a bit restless indoors during lockdown, but there are some creative ways to make the most of you and your little one's time.

Are you ready to bring the outside into your house?

Check out BBC Tiny Happy People's 18 activities for you and your little one to try!

Embedded Codes

Please find the embedded links below for each of the suggested videos, please do not use these links if you are posting to Facebook.

Teddy Bear's Picnic: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p082hqty/player"></iframe>

Head, Shoulders, Knees and Toes: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p082bcdm/player"></iframe>

Talking bananas: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p07kgdbc/player"></iframe>

A song to sing when your hanging out the washing: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p06qcrw9/player"></iframe>

Indoor Treasure Hunt: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p083n3xm/player"></iframe>

You're standing up so tall: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p082cxgm/player"></iframe>

Toy hide and seek: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p085429t/player"></iframe>

Let's dance: <iframe width="400" height="500" frameborder="0" src="https://www.bbc.co.uk/programmes/p0716q46/player"></iframe>

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