



<https://www.bbc.co.uk/tiny-happy-people/eid-activities-young-children/z7ddjsg>

Blogger Safeeya Habaik shares some of her favourite Eid ideas and activities



Decorate your home together

Nothing gets little ones more excited than the anticipation of a celebration. Putting up decorations is a big part of that.

Feeling the different textures and bright colours of the decorations can be great tactile, [sensory play](#) for younger ones. Whilst older children can get involved by creating DIY decorations.



Get crafty with Eid cards

The great thing about making cards is that it's easily adaptable for any age group. It can be a fun family activity but equally can encourage focused time and independent play in older children. And you can always spread the Eid spirit by dropping your homemade cards through a neighbour's letterbox.

Why not try finger painting a night sky or creating a collage mosque with different paper and fabrics? And if you're feeling really creative you could even make gift tags.

Bake and share Eid treats

Depending on your child's age they can either help bake the sweet treats or just have fun decorating them. And if you're short on time, shop-bought treats do the trick just as well.

Wrap them up for friends and family. You could even turn it into a [fun feelings game](#), asking your child how they think someone might feel to receive this gift.

Check out this [BBC Food Eid collection](#) for a whole range of sweet treat inspiration.



Thank you for...

Celebrations of any kind can often be hectic and a little overwhelming for children (and sometimes parents too).

Take a moment during the busy celebrations be mindful and give thanks. Why not start by telling your little ones the thing you are most excited and thankful for this Eid? And then ask them to do the same.

Children are usually great at coming up with their own suggestions.

Singing Eid takbeer as a family

A big part of Eid is singing the Eid takbeer (a song of thanks and praise to God). This is a lovely activity to get the whole family involved with.

Singing and music are [great for your child's development](#).

Even young babies can pick out rhythms in a piece of music and singing together can help with their memory and listening skills.

Giving and sharing

Eid is a great opportunity to encourage children to think of others and [learn to share](#).

Why not explain to your child that there are children that don't have many toys or new clothes. Encourage them to pick out a toy from the shops, or from their own collection, that they would like to give away. Then wrap them up and donate them to your local mosque to be given out on Eid.



Eid day treasure hunt

This is always a family favourite and a nice way to gather the children together for a group activity.

It can be lots of fun outdoors but is equally great indoors (or a bit of both!).

Once you've hidden the treats you can make clues, draw a map, or if you're short on time just point in the direction of the hidden treats and play [the hot and cold game](#). Adapt the clues based on the age of your child.

A treasure hunt is a great way to have fun with your child and encourages lots of conversation.

Eid is a time for giving, but who says it has to be bought gifts?

I'm a firm believer that Eid presents don't have to be expensive. In fact, spending quality one-on-one time with your children is the most precious gift you can give. Here are some alternative gift ideas that won't break the bank:

An experience Why not create your own unique gift token with a list of possible activities for your little one to choose from? These could include camping out in the garden, a picnic outing, or experiencing nature together.

Something homemade Make a craft bundle. It could include coloured paper, stickers, petals, finger paints and socks (to make sock puppets).

Something from nature Pick a pretty Eid bouquet from your garden or a treasure basket full of natural items for your little one to explore. This is great for their sensory development. Chat together about the different textures, smells and colours that you've found.

Make your own sun catcher

An Eid twist on a classic craft. Not only are crafty activities packed with sensory experiences to inspire your child, but they are a fun and relaxed way to spend time together.

You don't need to be super artsy to get creative and don't worry about making a really beautiful sun catcher – just focus on having fun and celebrating the occasion.

You will need:

- Clear vinyl / sticky back plastic or some card (optional)
- Tissue paper
- Scissors
- Pen
- Tape

There are two versions of this craft. One that uses the sticky back plastic and one that uses cardboard.



Version one

Peel back the cover film from the vinyl. Draw a crescent moon or star shape.

Encourage your child to rip up pieces of colourful tissue paper and place them onto the sticky vinyl.

Then stick a second layer of vinyl on top and cut out your decorated shape. Then you're ready to tape it onto a [window for a pretty stained glass effect](#).

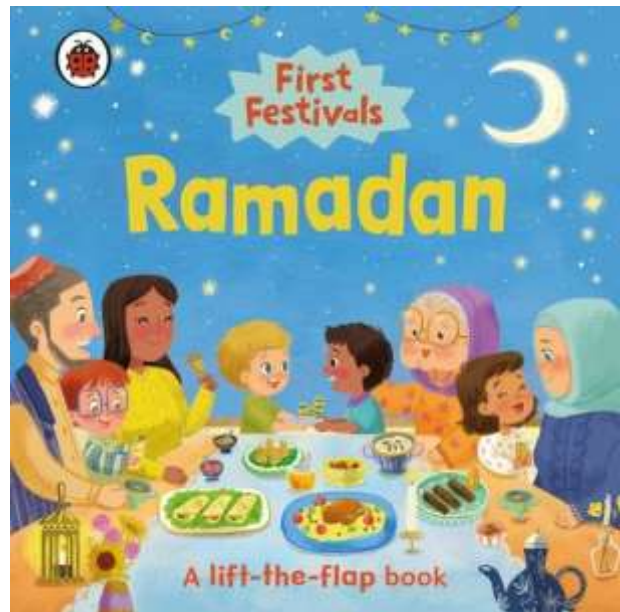
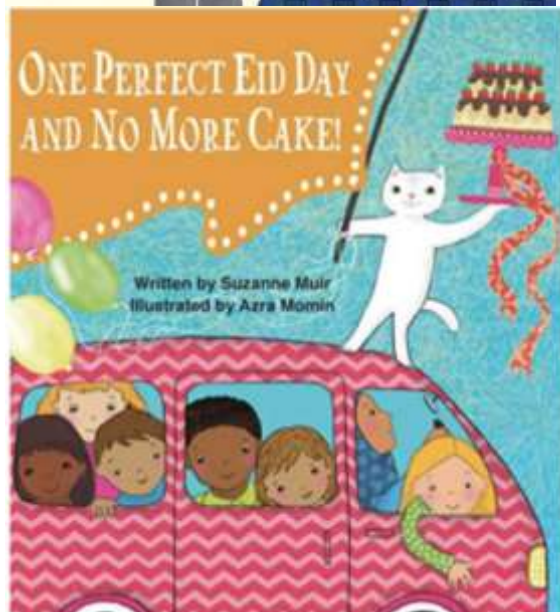
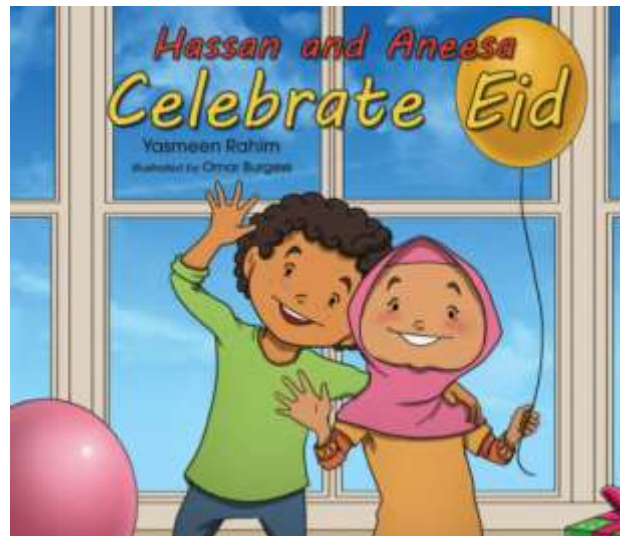
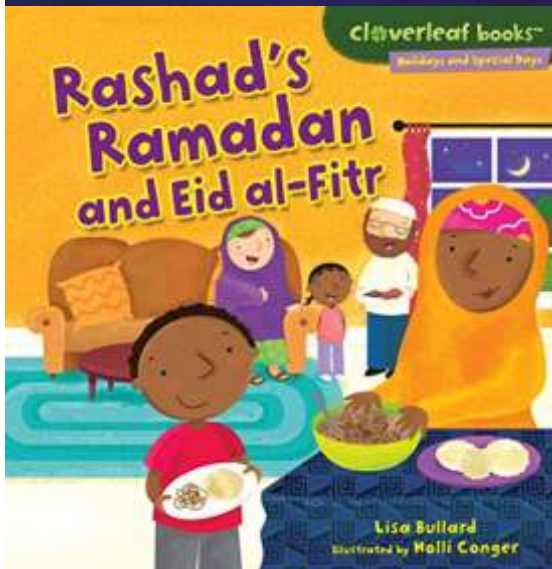
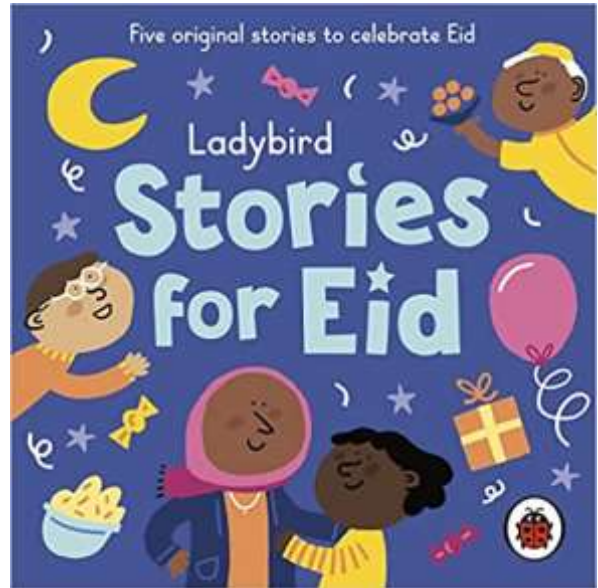
Version two

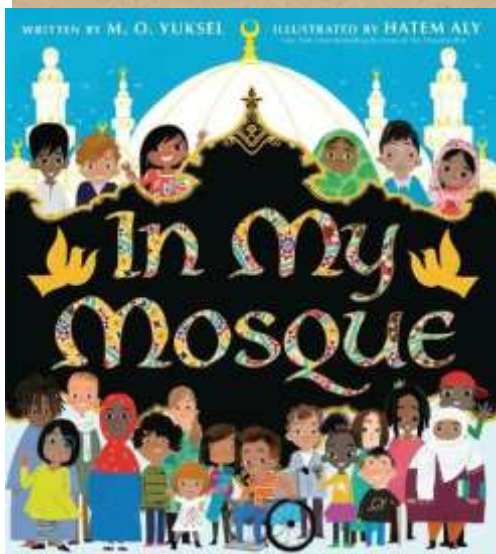
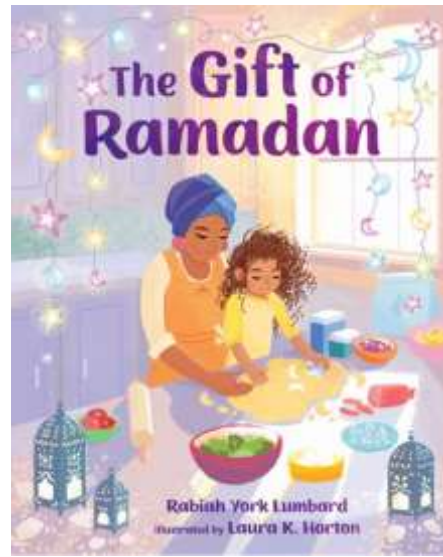
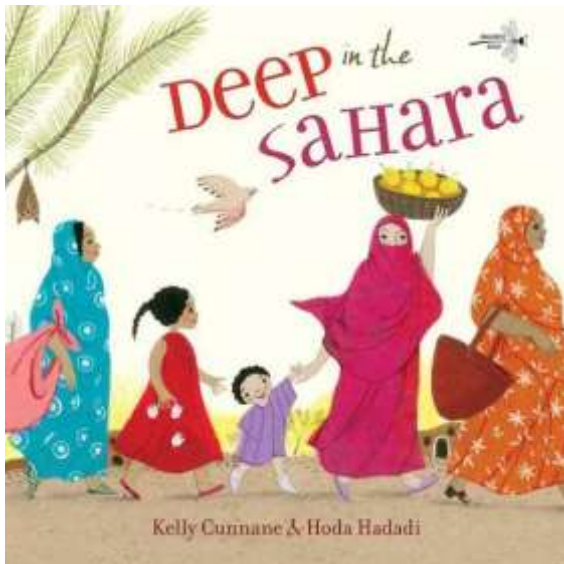
Cut out the outline of your chosen shape in the card. You will also need to cut out the middle, leaving only a border.

Do this again, so that you have two versions of this shape.

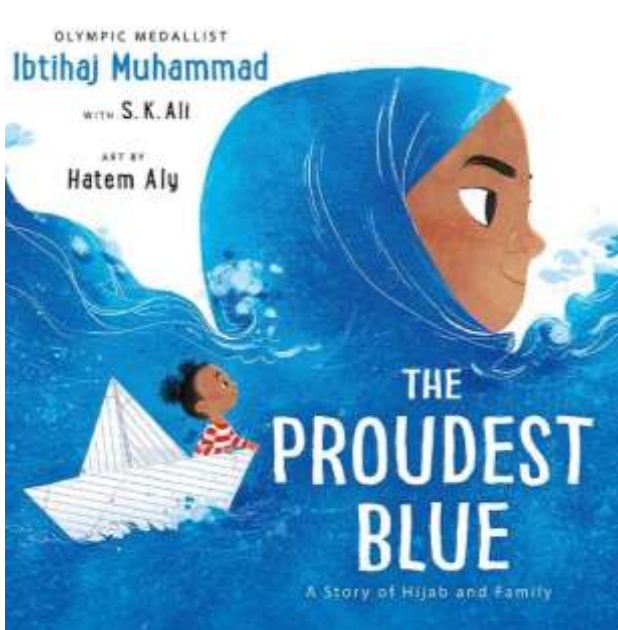
Ask your child to choose their favourite colour of tissue paper and lay a sheet of it in between the two cardboard outlines. Cut the tissue paper to size, so you can only see it inside the cardboard border. You can stick this together however you want, using either glue, tape or staples.

SHARING BOOKS SONGS & RHYMES





Listen and read along to Olympic swimmer, Ibtihaj Muhammed, as she reads her book [The Proudest Blue](#)



https://www.youtube.com/watch?v=cfmc_llybcU

Ramadan is a very important time in the Islamic calendar, and Muslims all over the world have been taking part.

Watch the CBBC Newsround videos to learn about Ramadhan and Eid

Ramadan: What is Ramadan?

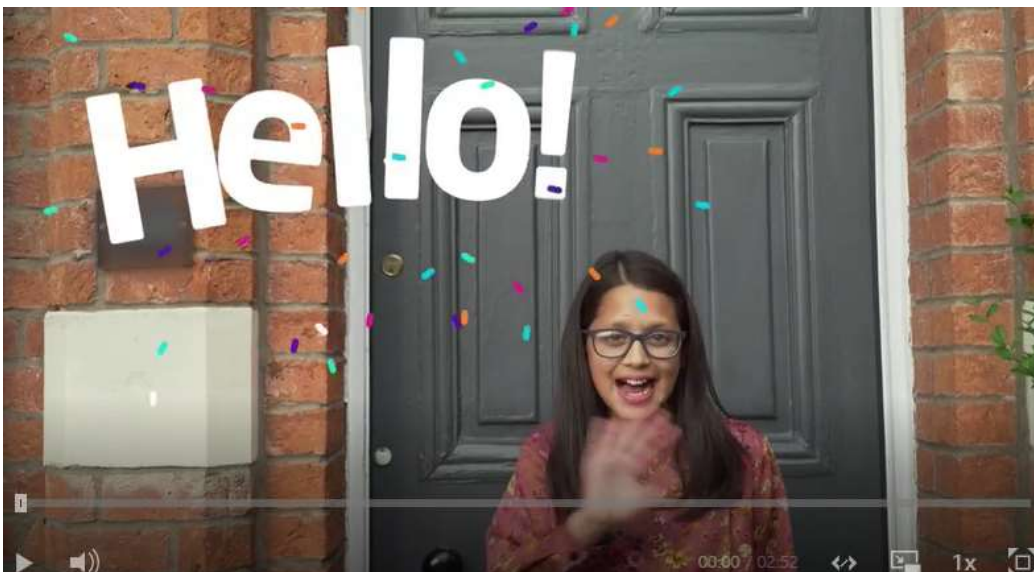
Read on to find out more about what Muslims traditionally do during this month, and why it is so important to them.



<https://www.bbc.co.uk/newsround/23286976>

What is Eid?

What is the difference between Eid al-Fitr and Eid al-Adha?



<https://www.bbc.co.uk/newsround/41124480>



Your Two Year Old and Early Learning

<https://www.youtube.com/watch?v=cVWg0SkcfMlg>



Find out more information

https://www.royalgreenwich.gov.uk/info/200283/nurseries_and_early_learning/1137/free_early_learning



When can your child access free early learning?

	3-4yr	2yr	9-23 mths
Now	All 15hrs ----- 30hrs if eligible	15hrs if eligible	None
Apr '24	All 15hrs ----- 30hrs if eligible	15hrs if eligible	None
Sep '24	All 15hrs ----- 30hrs if eligible	15hrs if eligible	15hrs if eligible
Sep '25	All 15hrs ----- 30hrs if eligible	30hrs if eligible	30hrs if eligible

*Young children can get free childcare for 38 weeks a year. royalgreenwich.gov.uk/earlylearning



HELP PAYING FOR YOUR CHILDCARE



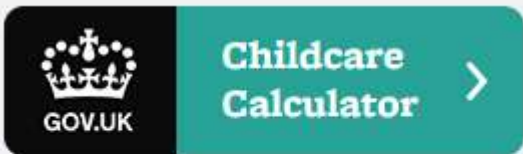
An online application is quick and easy

You get an immediate response on whether you are eligible for a place



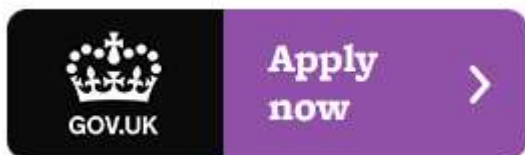
Access the online portal

<https://tinyurl.com/Together-for-Twos>



Get an **estimate** of how much help you can get with Tax-Free Childcare and other offers.

<https://www.gov.uk/childcare-calculator>



<https://www.gov.uk/apply-for-tax-free-childcare>

<https://www.gov.uk/apply-30-hours-free-childcare>



<https://www.childcarechoices.gov.uk/>

Keeping Babies Safe

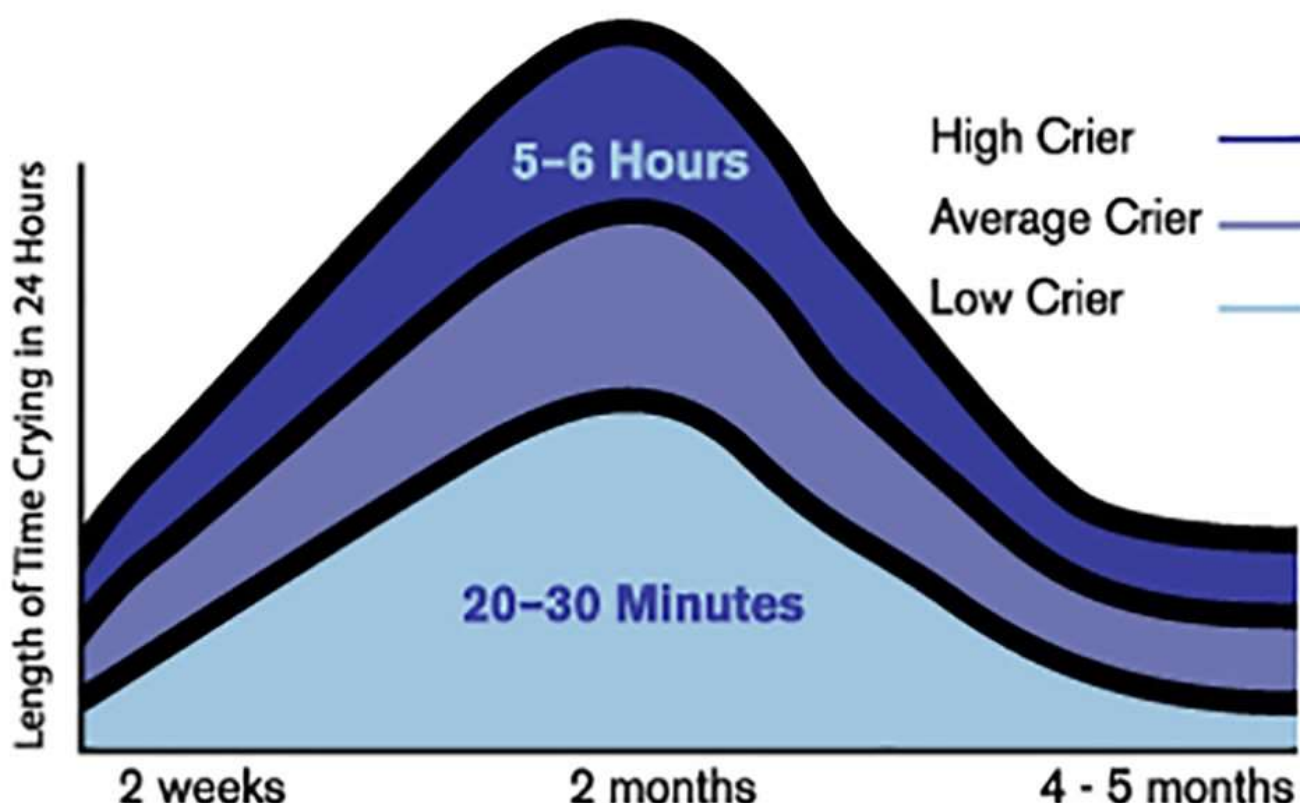


[Keeping Babies Safe - Greenwich Safeguarding Children Partnership](#)

For parents and carers - information, advice and access to further support in relation to coping with a crying baby and ensuring your baby is safe whilst sleeping. If you have any immediate concerns about your baby or your own mental or emotional wellbeing please contact your GP, Health Visitor or attend A&E in an emergency

Coping with Crying

Curves of Early Infant Crying 2 Weeks to 4 - 5 Months



Babies cry for lots of reasons because their brains have not developed the circuits that allow self-control or understanding. Crying is a baby's way of telling you something and it is meant to be upsetting for you to hear.

This is nature's way of making sure you pay attention. A crying baby can mean different things such as they are hungry, uncomfortable, tired but, babies sometimes cry for no reason at all. It can be incredibly upsetting and stressful for a parent or carer when a baby continuously cries after they have tried

everything to settle the baby and it has not worked. It is important to remember that a baby will not hurt themselves by crying and the crying will eventually stop. At around 5 months of age, a baby's cry becomes more purposeful which means the baby is more likely to be crying for a reason.

Coping with crying can be upsetting and frustrating especially when combined with other emotions that you may be feeling and a possible lack of sleep you may be experiencing - all things associated with having a new baby. It is normal to find this difficult and it is a good idea to seek support of a professional, family member, friend or another parent or carer. Talking about your experiences and seeking support for yourself and your baby is a positive thing to do and in no way means you have failed at being a new parent or carer.

The [ICON website](#) has further information and advice on coping with crying. Remember:

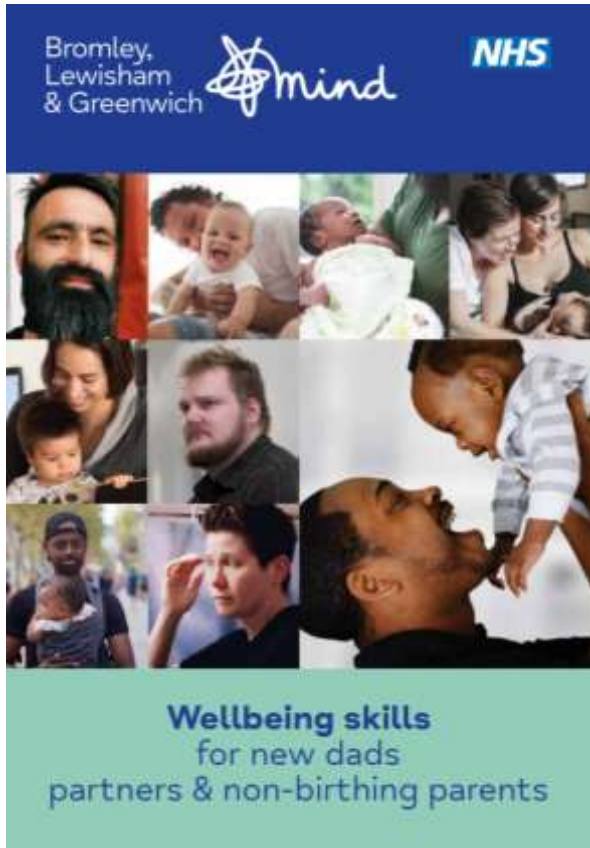
- I – Infant crying is normal**
- C – Comforting methods can help**
- O – It's OK to walk away**
- N – Never, ever shake a baby**

There are a range of videos to support parents and carers here: <https://iconcope.org/parentsadvice/>



‘Better Mental Health for New Dads, Partners and Non-birthing Parents’ and ‘Wellbeing Skills for New Parents’ offer top tips on the best ways to care for yourself and your partner both mentally and physically during the life-changing process of becoming a parent.

Written by Neville Walters, who runs the Being Dad groups, the booklets cover a host of helpful topics, including: listening skills; coping with negative thoughts; balancing work and family life; and what to do if you’re no longer with your partner, plus links to further information and supportive organisations.



Having difficult conversations with your partner	4
How to listen	5
How to calm yourself	6
Conversation starters	7
How to cope with negative thoughts	8
Building a sustainable routine	9
Working on your relationship with your partner	10
Developing your patience	11
Pregnancy	4
Birth	8
Newborn 0-3 Months	12
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Older baby 1-2 Years	24
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Download free booklet here <https://blgmind.org.uk/wp-content/uploads/2022/10/Partners-Packs-PDF-1.pdf>

Safer Sleep

Following the advice and guidance for safe sleeping can reduce your baby's risk of sudden infant death syndrome (SIDS) which is commonly known as cot death.

Your Health Visitor, GP or Midwife can advise you on safe sleep including the correct positioning of your baby, room temperature, coverings such as blankets and co-sleeping.

Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times. You may not intend to sleep on the sofa with your baby –it is important to make a plan to prevent this from happening:

[GSCP Sofa Sleeping Awareness Advice 18 Feb 2021](#)



[The Lullaby Trust](#) raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families. For more information, read [The Lullaby Trust's Safer Sleep Guide for Parents/Carers](#).

The Lullaby Trust has developed [Safer Sleep in Winter](#) information and advice for parents and carers.

Useful Links

There is a lot of information available for parents and this can sometimes feel overwhelming. We have provided a few useful links below in addition to those mentioned above, which will take you to helpful and practice advice, information as well as give you access to contact details for support.

- The DadPad app is an easy-to-use, freely downloadable resource for new dads and dads-to-be. [Read more here](#).
- Cry-sis started as a small group of parents, who were experiencing problems with their crying and sleepless babies and set up a support group. They discovered how important support is and how reassuring it can be to talk to someone. Today that support group is the only UK charity offering help and support to parents with babies who cry excessively or have sleeping problems. [The Cry-sis website](#) has lots of helpful information and advice for mums, dads and carers. **Cry-sis have a helpline which is open 7 days a week between 9am and 10pm: 08451 228 669**
- [The NHS Baby Buddy app](#) guides you through your pregnancy and the first 6 months following your baby's birth. It is designed to help you look after your baby's mental and physical health, as well as your own, and give your baby the best start in life.
- [The NSPCC Baby Parenting Tips webpage](#) has information and advice from getting babies to sleep, to managing stress. The page has tips and advice to help you through the early years.