



Supporting parents and caregivers with children birth to five years with early learning and development at home

**Focus for the Week 1:** Staying healthy while we play and learn

## Have fun! **Move** and **play** today!

### PLAN YOUR DAY

#### WHY ROUTINES ARE IMPORTANT



A **daily routine** is important for you and your young child. Routines help children to **feel safe**

and secure, as there is some **certainty in their day**. This is especially during this time when we deal with **COVID-19** and the world may seem a bit upside down for your child (and maybe for you too).

Therefore, it is important that you plan your day – and **your child's day** – with activities and times that are consistent. In this way children will learn what to expect at various times of a day. *They do the same at an ECD centre or playgroup. It also gives children a sense of 'control' over their day.*

Routines also help young children to **learn important life skills** early on, for example brushing teeth, basic hygiene like handwashing, managing their time, responsibility and confidence.

**REMEMBER:** Your child is learning routines with you. They will not know and understand it immediately. **So be patient**, and where needed, a little bit flexible.

With your child is at home, **follow the same basic routine and times every day.**

### For PARENTS

It is important for babies and young children to be **healthy and safe**. Children are better protected from the coronavirus (COVID-19) when they are **at home** because they do not come into contact with as many people.

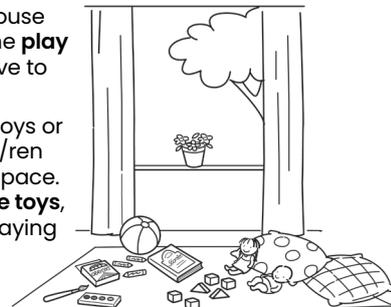
Today's colour is **RED**

Discover with your child all things red in the house.

### CREATE A PLAY SPACE

Find a space in the house that you can make the **play space**. It does not have to be very big.

Choose a **few** of the toys or things that your child/ren can play with in this space. When you **change the toys**, she will think she is playing with "new toys".



## Learning together is **FUN**

Here are some playful activities to do with your young child today (and other days too)

#### Getting active in the morning

Teach or **sing together** the song with all the children: *Head, shoulders, knees and toes*. Do the actions while you are singing.

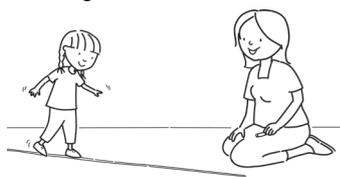
*Singing is an important part of your child's language development.* If any one of your children is unable to do the actions while standing up, let them do the actions, as best as they can, sitting down. Involve the baby in the song. A baby is part of the family and is able to learn from imitating the older children.

#### Younger than 18 months

When changing your baby's nappy **count words** e.g. one leg, two legs; one arm, two arms. **Say the words** and touch the baby's part of the body. As you talk to your baby she begins to learn how to count, what the names of the parts of her body are. *This helps her later in mathematics and languages.*

#### 18 months to 36 months

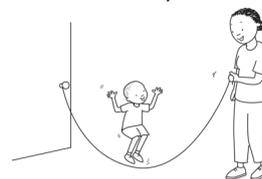
**Draw a line** your finger or a stick in the sand or fold a newspaper so that it makes a **straight line**. Help your child to walk on the straight line. Let her count her steps as she walks on the straight line.



*Counting is very important start for learning mathematics. Walking on a straight line is a wonderful skill for developing the large muscles in her legs and arms as well as make a strong connection between her brain and her feet.*

#### 3 to 5 years

**Jump the rope activity:** Tie one end of a longish rope/wool to a tree or door handle and hold the other end, letting the rope lie on the ground. Your child stands on one side of the rope and **jumps over it with two feet together**. If there are other children, they will take turns. The rope gets lifted a little higher and your child jumps over it. Repeat the activity raising the rope until she finds it difficult to jump over it. Praise your child for effort and lower it slightly to end the activity with success.



If you have a child that cannot jump over the rope, let her hold the other end of the rope with you so that she is involved in the activity. **Children with disabilities** are able to be part of games and should not be sitting outside of the game.

### READING AND STORIES

Reading and storytelling with your child help with the development of his or her **brain** and imagination. It teaches your child about **language** and **emotions**. It also makes the bond between you and your young child stronger.



Read and/or tell stories to them often. Let your child ask questions while you are reading and you should ask them some questions too (appropriate for their age), for example: "What character did you like most?" and "Why?".

Children learn new words and learn how to ask and answer questions, which is very important for developing language. Here is a link to a website (Bookdash) where you will find FREE storybooks for young children. You can download it on your phone now and read to your child:

<https://bookdash.org/books/>

#### HEALTHY HABITS

Enjoy playing outside.

Remember to keep it **PLAYFUL** and **FUN**. That is how young children learn.