Learning about **healthy habits is fun**

### ABOUT GERMS

Even young children can understand the basic concept of germs. **Germs are tiny “bugs” that live on all things** and sometimes these bugs can make you sick. When you’re sick, you won’t have so much fun. Explain to your older children that these germs are called bacteria or viruses. The Coronavirus (COVID-19) is so small that you can’t see it when you look at your hands, the top of the table or anything that you touch. That is why it is important to wash our hands regularly with soap and clean water to get rid of the germs.

### MAKE PLAYDOUGH

Children like playdough. They like the way it **feels** in their hands and that they can squeeze it, poke it, squash it, pick it up and put it down. Your child can **make anything** with the playdough.

Playing with playdough is an action and he or she is learning that his or her actions have results. It also helps to develop his or her large and small muscles as well as hand and eye coordination.

**Playing with playdough is also a fun way to release stress.**

See on the left side of the page a ‘recipe’ to make playdough.

### Healthy habits is fun

Today’s colour is **ORANGE**. Find everything in the house that is orange. Your child can point out the object or bring it to you. If they don’t know the name of the object, help them.

### BOOK OF THE DAY

**I want to!** This cute little baby knows exactly what she wants. She wants to eat, she wants to play, and she wants to read a book with Mama!


**SOURCE:** Bookdash

### Making playdough

**You need:**

- 1 cup plain flour
- 1 tablespoon oil
- 1 cup water
- ½ cup salt
- 2 teaspoons of cream of tartar
- 2 teaspoons food colouring.

Do this:

1. Mix all the liquids together and stir.
2. Mix all the dry ingredients in a bowl.
3. Make a well (hole) in the middle of the dry ingredients and add the liquid. Stir slowly until it forms a thick dough.
4. If it is too sticky use a little extra flour.

**HEALTHY HABITS**

Get rid of germs, wash your body well!

**Younger than 18 months**

- Collect various items such a yoghurt container or something similar, a plastic lid from cleaning products and a squirt bottle that you can put in the bath. Make sure that the items are **clean and safe**. Let your baby **play with these items in the bath**. Let her listen to sounds when water is poured from one container to another.
- **As she reaches out** to touch the containers or the pouring water her small muscles and sense of touch will be stimulated as she feels the water pouring on her hands, legs, arms and back. **She learns playfully about sounds, textures and senses.**

**OLDER CHILDREN**

- Older children need to start to learn about important routines to **keep themselves clean**.
- Let your child sit in the bath and pour water into a few different containers. Let her wet her hair with water from these containers. **Ask her to indicate which container will hold the most water or the least water, or which containers can float or sink.**

**Understanding volume** (how much a container can hold) and if something can float or sink is the start of understanding simple mathematical and scientific concepts, while she also learns new words. In this way bathing becomes a simple “science experiment”.

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