



# Tshwaragano ka Bana

Working together for children

Little hands matter

## Let's play, learn and grow together



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

### Fun with counting

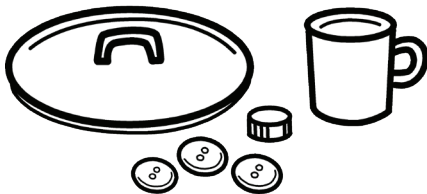
#### RING TIME

Sit in a circle on the floor with your children and other family members. This is also done in ECD programmes and is called 'ring time'. This is the time when everybody can share some news or what they think. Use this time also to talk about everybody's plans for the day. Use 15 minutes every morning to talk to one another. Talk about what is happening in the world in a simple way so that your children can understand. Try to give good news. Talk about what you are going to do during the day. Give them a chance to ask questions.

This helps to build your child's social skills like: talking to others, listening and following instructions. She will learn to value the time that you spend talking to her and letting you listen to her, if you include this in your daily routine.

#### Today's shape is a CIRCLE

Collect a few objects in the house that are round, for example, a pot lid, bottle top, mug, button. Discuss the size and colour, and count the number of things that you have.

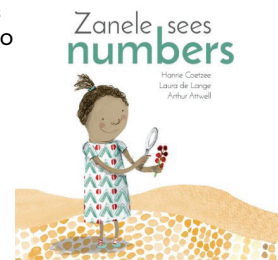


#### BOOK OF THE DAY

Zanele sees numbers is a story about Zanele who can't see the numbers that are everywhere around her.

Download the book for free: <https://bookdash.org/books/zanele-sees-numbers-hanrie-coetzee-laura-de-lange-arthur-attwell/>

SOURCE: Bookdash



### 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

**Sing together:** Stand in a circle, or face each other, and sing the following song while doing the actions in it: "If you're happy and you know it, clap your hands. If you're happy and you know it, clap your hands. If you're happy and you know it, and you really want to show it. If you're happy and you know it, clap your hands". Repeat with other actions such as: 'stamp your feet', 'nod your head' and 'turn around!'

Repeating songs will help to develop your child's brain, because she will learn new words as well as the order of the words. Do the actions while singing the song. Enjoy!



#### For PARENTS

##### GOOD NEWS!

The coronavirus disease (COVID-19) pandemic has upset the lives of children and their families as health systems crash, borders close, and schools and businesses shut down. The President instructed everyone in South Africa to stay in their homes for 5 weeks.

The good news is that there are many countries working together to keep children healthy, learning and protected from sickness and violence, no matter who they are or where they live. Many organisations are working together to promote facts over fear, and to provide trustworthy guidance to parents, caregivers and educators. You can get the latest information at <https://sacoronavirus.co.za/>

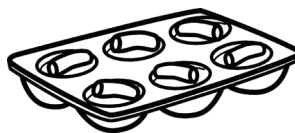
#### Younger than 18 months

When you bathe your baby or change her nappy, let her hear counting words. The words are said at the same time that baby feels that part of the body being touched. For example, "Whose five fingers are these?"; "Whose ten toes are these?" It is important to repeat the words.

This activity lets your child develop her listening skills, as well as prepare her for one-to-one matching, which she will do later. She will become aware of her body parts.

#### 18 months to 36 months

You need an empty egg tray, as well as a few items from the house, that will fit into the hollows of the egg tray. These could be macaroni pieces (about 6) for example. Ask your child to place one macaroni piece into each hollow and to count each time she puts one in. If she cannot count to six, assist her.



#### 3 to 5 years

During the day let your child count while doing daily tasks. She can count out the number of spoons or forks needed for the family for breakfast, "One for Mommy. One for Daddy." and so on. Later on, she will remember how many are needed without going through the list of people.

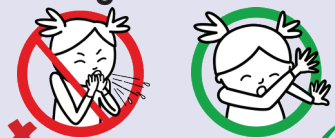
Think of as many situations as possible to involve her in useful counting activities. For example, "How many apples do we need for everyone in the family?"



With this activity your child will learn one-to-one matching, as well as the value of numbers. She will also gain more self-confidence, because she will be

#### HEALTHY HABITS

##### Cough and sneeze



into your elbow please

Praise her while she does this activity.

In addition to developing listening skills and preparing her for one-to-one matching (one macaroni piece per hollow), she is also developing the small muscles in her fingers and linking what she is looking at with what her hand is doing.

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



in partnership with the National Early Childhood Development Alliance (NECDA), the South African Congress for Early Childhood Development and the LEGO Foundation

Content based on the National Curriculum Framework for Children birth to four years