



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

Healthy food is fun and it helps us learn

For PARENTS

HEALTHY EATING FOR THE FAMILY

A healthy diet with lots of fruit and vegetables and enough protein (for example fish, meat, milk, eggs and beans) and grains (bread, rice, pap and oats) can help you build up your immune system. The immune system helps to protect you against diseases caused by, among other things, viruses like the Coronavirus (Covid-19). The immune system is the cells in your body that work together to fight and destroy viruses.



CONCEPT DEVELOPMENT

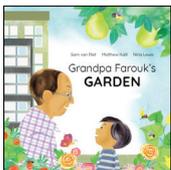
Young children start to **actively observe** their world and learn from it from the moment of birth. Children's understanding that objects differ in size, colour, shape, weight, smell and texture, introduces them to the discovery of similarities and differences (comparing). In this way they discover from an early age that things around them look, smell, feel and weigh different.

These concepts form **important foundations** (the knowledge and skills of the child) that will support the understanding of more complex concepts in language, mathematics and other areas later.

Today's colour is PINK

Find everything in the house that is pink. 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



Grandpa Farouk's Garden

tells the story of Grandpa's garden and how Amir helps Grandpa in the Garden. But, then something happens to the garden.

Download this book (its for free) on your smart phone:

<https://bookdash.datafree.co/books/grandpa-farouks-garden-by-sam-van-riet-matthew-kalil-and-nina-lewis/>

SOURCE: Bookdash



HEALTHY HABITS

Always wash and dry the fruit and vegetables before you eat them. Always wash your hands too.



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

Paper balls are fun. Put a few bowls outside and crush up some balls of newspaper. Let the child try to throw the 'paper balls' into the bowls. At first let her stand close to the bowls, and slowly increase the distance between her and the bowl as her skills improve. Praise and encourage her for every attempt.

Tossing the newspaper balls into the bowls is always fun and teaches her direction, distance and improves hand-eye coordination. This is also good as it exercises your child's arm and leg muscles.



Younger than 18 months

For babies on solid foods, cut a vegetable (like a carrot) and a fruit (apple or banana) up into bite-sized pieces. **Let your baby play** with the food, touch it, and lick it. Maybe she will even taste it.

This helps her to experience different textures and colours, which is very helpful later on when she is counting or describing what is happening around her.

18 months to 36 months

Cut the top of the **carrot** off and plant it outside, or in a pot to keep inside with your child. She can **watch the carrot top grow** over the next few weeks (remember to water it every few days). Often discuss with your child how the carrot grows (and if it does not grow, why not?). See below activities that you can do with each age group.

For 18 to 36 months

Young children like to dig in the soil, pour water and **get messy**. Children enjoy gardening (outside, or in a pot inside the house) and *it helps with the development of their small muscles that are important for writing and cutting.*

3 to 5 years

3 to 5 years

Explain to your child **what is needed for the carrot to grow**. Let your child draw in her own way how the carrot grows over the next few weeks. This is also an opportunity to **ask her to help you** prepare a salad for lunch. Make her responsible for putting the pieces of cut-up vegetables in the bowl after you have cut them up. Let her count the pieces of vegetables and name the different colours and textures.

All this helps in letting your child learn more words, which is very important for language development.



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