



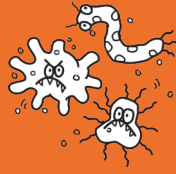
Supporting parents and caregivers with children birth to five years with early learning and development at home

## Learning about **healthy habits** is fun

### For PARENTS

#### 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 pat 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



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!

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

<https://bookdash.datafree.co/books/i-want-to-by-mary-anne-hampton-sam-wilson-pippa-serritslev/>

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.

## 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

**Fun with colours:** Take three socks of **different colours**; red, blue, yellow. Put the socks outside or in a room, a little distance away from each other. Start with your child standing on the yellow sock. Then give them **different instructions** that they need to follow like, for example "Jump to the red sock" or "Crawl to the blue sock".

This activity joins the skills for listening, following instructions and developing large muscles in their legs and arms.

### 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 contained 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.**

### HEALTHY HABITS

Get rid of germs,  
wash your body well!

### 18 months to 36 months

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".*



### 3 to 5 years

At this age your child can be encouraged to **wash her whole body with soap**. Encourage her to squeeze the cloth or sponge. Talk to her about how important it is to wash properly in order to get rid of all the germs and to stay healthy. Let her **play with the containers** in her own way. When you are drying her body, talk to her about the different containers and what happened when they were in the bath, for example, "What happened when you put water into the cup?" "It sank!"

*This conversation with your child will help her to understand simple concepts of volume (how much a container can hold), size (how big a container is) and weight (whether the container floats or sinks), which are simple science experiments. It also develops her language when she responds to your questions.*

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