



Let's play, learn and grow together



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

Let's play and learn about space

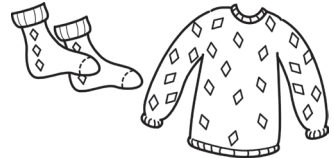
ABOUT SPACE

Young children, even babies, show that they can decide what is **near** and what is **far**.

When they crawl or walk around they develop a sense of space and distance. Understanding space helps them to understand position and direction, which are concepts that help them later in Mathematics. They will know where they are in 'their space' and how to move from one place to another. They learn what the fastest route is to what they want! As they grow older, they will learn to use words to describe position, location, and direction.

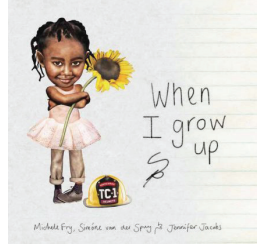
Today's shape is the DIAMOND

Look for **diamond** shapes on socks, jerseys, cloth. Talk to her about the difference between a **diamond** shape and a square. Both the square and the diamond have four (4) sides, but two opposite corners of the square are squeezed closer to make the diamond shape.



BOOK OF THE DAY

When I Grow Up is a story about a little girl who doesn't know what she wants to be when she grows up. Can you help her choose?



Download the book for free at <https://bookdash.datafree.co/books/i-grow-simone-van-der-spuy-michele-fry-jennifer-jacobs/>

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

Obstacle course: Make an obstacle course using the furniture in a room. Don't make it too difficult and keep safety in mind. You will give your child directions on how to go through the obstacles to the end of the course. For example, give clear directions such as, 'Go over the cushion... next go around the lamp... now go onto the couch...' and so on (keep your child's age into account). If you have a child living with disability, adjust the obstacles so that she can participate too.



This is a fun physical activity that helps with the development of your child's coordination, listening skills, problem-solving skills, awareness of space and confidence. **Do this again sometime during the day!** Enjoy!

NEW



ECDMobi is a **FREE** application (App) that provides parents with ideas to support their

children's learning through play according to their age. It is fun, playful and based on the Department of Basic Education's *National Curriculum Framework for Children birth to four years*

You can find it in the **Google Play** (search for ECDMobi) or the **DBE's Cloud** at: <https://dbecloud.org>
Registering on **ECDMobi** is **FREE**.

For PARENTS

FINDING INFORMATION ON COVID-19

Most children have already heard about the coronavirus, or seen people wearing face masks. Talk about it. Not talking can actually *make your child worry more*. Talk to her and give her some facts. Try to answer her questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything. Use this as a time to look for the answers together.

Get correct information from: sacononavirus.co.za or **WhatsApp** line at **0600-123456**.

Younger than 18 months

Your baby becomes aware of her body when you bath and dry her, when you allow her to kick her legs and wave her arms freely after being wrapped up in a blanket, when she lies on her tummy and then on her back, when you move her arms and legs gently, when she reaches for her toys and when she is being bounced gently on your knee.



These experiences lay the foundation for understanding height and length which she needs in Mathematics.

18 months to 36 months

Let your child sing the popular song: **Head, shoulders, knees and toes**. While doing that she must point to the part of the body that she's singing about. This is a simple activity that



allows her to develop the large muscles in her arms and legs, as well as to explore space, while you talk to her about the parts of her body. You can talk about the position of her hands, for example, 'Your hands are above your head.'

3 to 5 years

Children must put objects into various positions according to instructions, such as: 'Put the block in front of you... next to you... behind you (position in space)... put the red block on the blue block... put the yellow block in front of the green one (spatial relationships).' You can also ask him to explain where one of the shapes is: 'Where is the red block?' Child, 'On top of the blue block.' or 'In front of me.'

Understanding where they are in relation to other objects are skills that architects and engineers use when they design buildings!



Elbow bump

Wave

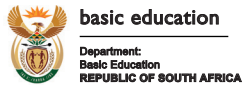
HEALTHY HABITS

Teach your child non-contact ways to greet without using your hands

Namaste

Foot shake

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



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

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