



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

Have fun! Learn about positions

For PARENTS

WASH TABLES AND TOYS

The Coronavirus (COVID-19) **stays on hard surfaces** for quite some time! Our **hands touch** many surfaces and objects every day. This is how germs and viruses get from these surfaces and objects to our hands – then when we touch our **eyes, nose or mouth**, these germs and viruses enter our bodies.

Make sure that you **wash** your table, the toys, door handles every day with soap and water. Involve the children in the cleaning of the tables and chairs and help them to understand how important it is to keep all the surfaces clean.

GAMES ARE IMPORTANT FOR CHILDREN

When children play games, they learn so many different skills like:

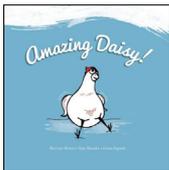
- taking turns and sharing;
- solving problems;
- learning new words;
- how to play with others;
- how to count;
- making their big muscles and small muscles strong;
- how to balance;
- and many more



Today's colour is GREEN

Find everything in the house that is green. 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



The **Amazing Daisy** is a book about a little chicken called Daisy, who wishes she could fly. All the other

chickens laugh at her daily flying practice. But one day something amazing happens.

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

<https://bookdash.org/books/amazing-daisy-by-nozizwe-herero-siya-masuku-and-leona-ingram/>

SOURCE: Bookdash



HEALTHY HABITS

Read to your child every day.

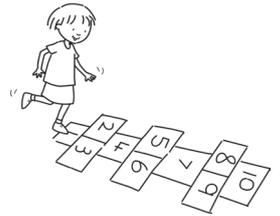
Learning together is FUN

Here are some playful activities to do with your young child today (and other days too)

Getting active in the morning

Hopscotch: Hopscotch: Make a hopscotch grid with numbers from 1 to 5. For the younger children jump from one number to the next on both feet. Older children can try to jump on one foot. Babies can watch and enjoy the game being played. If there is a child with a disability, he or she can be involved in an appropriate manner.

For children it feels good to move and this is a fun and playful way to develop new skills. When playing hopscotch children learn to control different body parts and how to balance; they learn hand-eye coordination and spatial awareness (how far apart things are); they learn social skills, for example to take turns; and this game involves numbers and counting skills that are important for mathematics.



Younger than 18 months

While baby is sitting safely, let her **take objects** out of a tin/ basket and then put some back.

This allows your baby to use all her senses; hearing, smell, touch, seeing and tasting to link with the things around her.

BATH TIME

The end of the day can become quite hectic when you are trying to make sure that everything is done. You have been with the children all day long and all you want is some peace and quiet. Play some soothing music or sing some songs together so that you can settle your child before she gets ready to go to bed.



18 months to 36 months

Your child follows instructions, for example **stand next** to the table, stand in front of or behind the door. She **talks about** where she is standing.

It is very important that you child understands space, position and size as it is the foundation for future learning in Mathematics and Language.

3 to 5 years

Let an older child put objects into the **positions**, for example put a red block **next to you**; put a yellow block **behind you**; put the red block **on top** of the blue block; put the yellow block **in front** of the green one. She explains where the objects are, for example where is the red block? Next to me, in front of me, behind me.

This helps your child to understand space, colours, numbers which are the foundation of Mathematics.



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