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.

Making Playdough

You need:

- 2 teaspoons food colouring.
- 2 teaspoons of cream of tartar
- ½ cup salt
- 1 cup water
- 1 tablespoon oil
- 4 extra flour.

Until it forms a thick dough.

And stir.

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.

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”.

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.

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.

Learning Together is FUN

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 container to another.

As she reaches out to touch the container 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!

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 put 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.

For PARENTS

Healthy Habits is Fun

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

Books 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!

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