

0 - 2
years

PLAY & LEARN

ACTIVITIES AND LINKS TO KEEP
YOUR LITTLE ONES HAVING FUN
WHILE THEY ARE AT HOME.



Ensuring the health, safety and wellbeing of children and staff is our priority. Should your child not be able to attend Fit Kidz due to illness or infectious disease, these Play & Learn suggestions may come in handy. Thank you for your support and understanding during this evolving COVID-19 crisis. Please be assured that Fit Kidz is taking every possible measure to help slow the spread of this virus. We would like to wish all of our Fit Kidz families a very Happy Easter. – Kind Regards, Fit Kidz Learning Centres

QUICK SET UP ACTIVITIES

Always supervise young children

TREASURE BASKET

This is a fail-safe solution for all ages. Just pop on your favourite Spotify or Pandora playlist, a silly scarf or hat (optional) and boogie around the room. Movement helps relieve physical tension and let's face it, they're burning up energy, which can only be a good thing!

PAINTING WITH CARS AND TRUCKS

Babies are experts at getting mucky. They love it; they revel in it. Pop to a charity shop and buy some cheap plastic cars. Then use baby-safe paint and a huge sheet of paper and let them create some patterns with the wheels. Possibly one of our activities for babies to be followed by bath time!

DANCE IN THE KITCHEN

Your baby just loves to be close to you, and dancing will release the endorphins you need to stave off the sluggishness of pulling a milky-all-nighter. Pop on your favourite tunes, and get bouncing around the kitchen. You'll both soon feel better.

HAVE A GARDEN OR LOUNGE PICNIC

Babies love to explore. Sometimes they may even be a high chair refuser. Now the nicer weather is here, lay out a rug in the garden and present finger food in reach.



SENSORY EXPLORATION TABLE/ HOOP

This could be set up either outdoors or indoors (depending on resources) and provide children with an open opportunity to explore items of various textures, scents and sounds. Why not try: cotton wool; spray bottles with water (or water scented with lemon juice/ lemon peel/ orange peel/ peppermint); dry leaves; pinecones; sandpaper; silk or satin fabric or ribbons; scarves; shakers; upturned pot or ice cream container/ saucepan lid/ cake pans with wooden spoon; baking tray with sand and measuring cups; funnel; sieve. For a younger bub during all important 'tummy time' you could create a hoop with assorted new touchy feely objects threaded onto it.

LEARN BABY SIGN LANGUAGE

Imagine being able to communicate with your baby before they can speak while helping their brain & language development? Yes, babies can learn sign language this young. Why not give it a try together?

http://www.australianbabyhands.com/downloads/ABH_SignChart.pdf



PERI-NATAL AND POST-NATAL DEPRESSION & ANXIETY
It is understandable that expecting and new parents are feeling especially vulnerable at this time. Despite increased pressure across their services PANDA remains committed to supporting the mental health of expecting and new parents, including those worried about the coronavirus, via their National Helpline and through their expert and accessible information and resources: <https://www.panda.org.au/>

ACTIVE BABIES SMART KIDS FREE ONLINE VIDEO SERIES
This video series is the essential guide for all parents. Join in the fun activities, dance and sing with your baby as you learn the how and why of tummy time, baby exercises, baby massage, speech development, baby balance and more.
<http://activebabiesmartkids.com.au/>

STARTING BLOCKS – YOUR CHILD’S DEVELOPMENT
Learning begins from the minute your child is born. In fact, they learn more during their first five years than at any other time in life. That’s why it’s important your child has opportunities to learn and develop every day. Remember, all children develop at different rates. Read about the developmental milestones for your child’s age group here: <https://www.startingblocks.gov.au/your-childs-development/>

STARTING BLOCKS – COVID- 19
A great section of the Starting Blocks website is a dedicated Covid-19 tab which provides lots of helpful information to families including how to talk to your child about Covid-19
<https://www.startingblocks.gov.au/covid-19/>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



NO MESS PAINTING
You can offer mess-free painting activities for babies and toddlers by placing dollops of paint on a piece of cardboard inside a snap lock bag (make sure it is fully sealed). Children can then create patterns through the snap lock bag and mix colours together.



BABY MASSAGE
Your baby can sense what you’re feeling by the way they are touched, so only massage baby if you’re feeling calm and relaxed. Start with a small amount of oil and place your hands gently on baby’s tummy. Massage from the neck and work down through the body using firm, gentle, smooth and rhythmic strokes, glide over the skin, maintaining contact at all times. Watch your baby’s reaction and stop when you sense they’ve had enough.

<https://www.tresillian.org.au/advice-tips/bath-massage/top-tips-videos/>



FINGER PUPPET PLAY
Babies and toddlers need lots of communication before language development can really take off. A fun way to do this is pop on some finger puppets and read a story or sing a song together.



PLAY PEEK-A-BOO
There comes a stage when playing peek-a-boo is absolutely guaranteed to bring out the beaming gummy grins and giggles. Babies don’t have the same concept that you’re still there (even though you’re hidden) as older children, so are surprised and delighted time and again by this simple game.

EASTER ACTIVITIES



FINGER PAINTING ON EGG SHAPED PAPER

Cut out a few large egg shapes from paper and provide your toddler with small containers of paint to dip their fingers into and paint with. If children have an aversion to getting messy, you could offer cotton tips, or Easter themed cookie cutter shapes in each colour paint.



NATURAL EASTER SENSORY BOTTLE

Encourage your toddler to help you collect flowers and other natural items from your garden and push inside a plastic bottle. The more brightly coloured the contents the better! Fill the bottle with water, and securely fasten the lid. You could add some glitter too if you have this on hand, and will be fascinating for babies and toddlers to look at, tip upside down and roll.



CREATE AN EASTER BASKET FOR YOUR EGG HUNT

Do you have an empty egg carton at home? Why not transform your humble egg carton into a fun Easter egg basket your child can use for their egg hunt this weekend. Cut off the lid and attach a ribbon or cardboard handle. Encourage your child to paint or decorate their basket!



AFTER ILLNESS RETURN TO FIT KIDZ REQUIREMENTS

At Fit Kidz, we follow the recommended guidelines from *Staying Healthy in Childcare* and our own Centre Policies (Sick Children & Medication Policy; Infectious Diseases Policy ; Immunisation & Disease Prevention Policy) and depending on your child’s illness, your Centre Director may require a Doctor’s Certificate and/or a certain exclusion period to be observed. Please call (02) 9627 0777 or email info@fitkidz.com.au if you have any questions.