

# PLAY & LEARN

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

*Thank You*

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. – Kind Regards, Fit Kidz Learning Centres

## QUICK SET UP ACTIVITIES

*Always supervise young children*

### BABY SAFE PLAYDOUGH RECIPE

1/2 cup of Infant Cereal  
1/2 cup of cornflour  
1/4 cup of Apple Puree  
1 tablespoon of softened coconut oil  
2 tablespoons of boiling water

Add the infant cereal and cornflour to a mixing bowl and whisk well. Add the apple puree, softened coconut oil, and boiling water to the dry mixture and stir well. Use your hands to bring the mixture together in a ball. Dump the dough out onto a work surface and knead well. That's it – now play and enjoy! For a bit of added colour, just add a couple of drops of food colouring to the mix or for a natural alternative you could try beetroot juice, boiled spinach juice. Provide different objects to use (eg cutters, plastic cutlery) or just use your fingers to roll, squeeze, pinch, pat!

### TUNNEL AND CLIMBING FUN

Provide babies and toddlers with safe spaces for exploring, crawling and pulling themselves up for this experience. Create a tunnel to crawl through by placing a sheet over small chairs or lounge cushions; create a climbing fort by placing cushions or lounge cushions as an obstacle for example. Continue to create a 'circuit' in your space and encourage your child to follow you through the course.



### FLOATING CATCH

Gentle

### HOMEMADE EDIBLE PAINT RECIPE

* 2 cups of corn flour	Method:
* 1 cup of cold water	Mix the cornflour with the cold water and stir
* 4.5 cups of boiling water	together. Pour in the boiling water and stir
* Liquid food colouring	between each cup. It goes really strange but keep

stirring and it literally seems to "melt" into a wonderful, custard-like consistency. We then separated it into individual jam jars before adding colouring, but you can do it however you like and this is the stage to add colour. Lay out a plastic tablecloth on the floor or table and tape down a piece of paper (to help stop it moving).

Why not try painting with:

- Fingers (fingerpainting is sooo much fun)
- Brushes
- Cotton wool clipped with a peg
- String or wool tied to a peg
- Shapes cut from clean sponge
- Shapes carved from a potato half



PREGNANCY & NEW PARENT SUPPORT

Depression and anxiety can happen at any time – many women can experience these conditions during pregnancy and the year following the birth of a baby (the perinatal period). They've got information and resources to help you take care of yourself and get some extra support when you need it. After all, you are your baby's most important asset! Caring for yourself is as important as caring for your baby.  
<https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/maternal-mental-health-and-wellbeing>

TRESILLIAN

Tresillian is a non-for-profit organisation that assists close to 60,000 Australian families in the early years of their child. We help parents gain confidence in their new roles as mums and dads and teach new parents about routines in breastfeeding, sleep, settling and nutrition.  
<https://www.tresillian.org.au/>

KARITANE

Karitane support new parents around sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre and postnatal anxiety and depression. They are a registered charity, supported by the NSW Ministry of Health and the Department of Family & Community Services.  
<https://karitane.com.au/>

KIDSAFE

The home is the most common location for childhood injury to occur. There can be many hazards in the home which can lead to injuries from falls, drowning, burns & scalds, choking & suffocation, electrocution, toys, dog bites and more. Check out the brochure and videos here: <https://kidsafe.com.au/home-safety/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



SEATED BALL PLAY

Sit on the floor opposite your baby or toddler with your legs in a 'V' shape. Roll a soft ball or light plastic ball to your baby and encourage them to roll back to you. This activity will assist in developing hand - eye co-ordination and fine and gross motor skills (small and large muscle groups).



SHADOW SHARING

Babies have limited vision in their first few months but they are tuned in to contrasts between light and dark. At bedtime or naptime, slowly move a flashlight beam across the wall or ceiling of your baby's room. See if they can follow it with her eyes. As they grow, they will get better and better at following the moving beam—this skill is called "visual tracking."



WRAP IT UP

Wrap a ball of waxed paper in a scarf and tie it up. Hold it out for your baby and see if they want to reach for it, grasp it, squeeze it, or crinkle it. Watch their face to see if they are interested or surprised by the sounds the package makes. You can put into words what you see on their face, "Wow! It crinkles and crackles. What's inside?" Games like this encourage sensory awareness, reaching, grasping, and language development. Think of other materials that can make sound when handled eg cellophane. Wrap these in different fabrics that encourage sensory awareness eg. Satin, furry



WET COTTON WOOL SQUEEZE

In a shallow tray place a little water and encourage your child to place cotton wool balls in the water. Observe how they soak up the water. Encourage your little one to pick up the cotton wool and squeeze the water out. You could also use large pieces of clean sponge for this. Please ensure direct supervision around water and smaller items that could be mouthed.

MENTAL HEALTH & WELLBEING DURING COVID-19

#InThisTogether  
 Tips for your mental health and wellbeing during COVID-19

- Seek support: If you're not feeling OK
- Follow the facts: Prioritise reliable information
- Talk: Don't just type
- Routine helps: Create a new daily routine
- Take a break
- Helpers: Need help too
- Reach out to those who have had similar experiences
- Stay connected: Get creative in the ways you connect
- Get sweaty: Exercise is great for your mental health
- Check-in & be kind to yourself
- Keep kids communicating: Let children know it is OK to be worried, and talk it out
- Financial stress is real: Talk about it
- Play: Take part

If you need to talk, these free support lines are here to listen 24/7:  
 Lifeline 13 11 14 | Beyond Blue 1300 22 4636 | Kids Helpline 1800 55 1800

National Coronavirus Helpline 1800 020 080 or [headtohealth.gov.au](http://headtohealth.gov.au)

Australian Government  
 National Mental Health Commission

We are #InThisTogether. While we are keeping physical distance, staying socially and emotionally connected is more important than ever. Mental health organisations, experts and leaders have come together to develop practical tips to support our mental wellbeing during this time.

Here are some essential tips for looking after your mental health and wellbeing. From checking-in on those who need it, to staying active where you can - we all need a little extra support during this time. So let's be kind, stay connected and encourage people to seek support when they need it. <https://coronavirus.beyondblue.org.au/>

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](mailto:info@fitkidz.com.au) if you have any questions