

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

SORTING AND NESTING BOWLS
The best playthings are always the simplest and are usually found right under our noses. The kitchen cupboards and drawers have so many opportunities to explore and play. Items like nesting bowls and measuring cups or various sized boxes etc help your baby to learn mathematical concepts such as size.



FELT FUN

Cut out some simple shapes of varying sizes from felt sheets. Felt will stick to felt, so you could cover a piece of sturdy cardboard with felt and encourage your bub/ toddler to press the piece on.

MAKING MUSIC

Your baby is a rockstar, so why not let them rock to their own music? Make a homemade guitar from a baking pan and elastic bands to strum away! Ensure this is a supervised activity so the elastic bands do not become a choking hazard.



LEAF COLLECTOR

Give your toddler a small basket and take them on a walk around your neighbourhood or a local park. Encourage them to pick up leaves and other "treasures" and put them in her basket. You might be surprised by how long your toddler will be happy to walk, snapping up leaf after leaf for her collection. This activity builds gross motor (large muscle) and fine motor (small muscle) skills as children walk, squat, and pick up their discoveries.

PICTURE THIS

Snap photos of your child during an activity with you, such as making cookies or nappy changing. Take a picture of the beginning of the activity (getting the ingredients), the middle (adding ingredients, stirring), and the end (eating cookies). Glue each photo to a piece of card. Show the photos to your child and talk about the steps you took for each activity. Activities like this help develop thinking and language skills. You can discuss concepts such as first, next, last. Toddlers will not yet fully grasp these concepts, but by starting to use the language everyday children will develop an understanding. An extension activity for older toddlers could be to mix up the photographs and ask your child to find the picture of what happens 'first', 'next' and 'last'.

POP!

Take a blanket and have your child hold one side while you hold the other. Place some foam or soft plastic balls ("popcorn") on the blanket and then shake the blanket so the balls bounce (or pop!) off. Your little one might like singing "Popcorn! Popcorn! Pop, pop, pop!" While you shake. Once all the balls have "popped," have your child race to grab them and put them on the blanket to do it again.



HEALTHDIRECT AUSTRALIA

Healthdirect Australia is a Federal and State government-funded public company responsible for telephone health services and managing health information websites. The website often contains latest updates, news and fact-checked health information but also offers: Pregnancy, birth and baby helpline and website; Healthinsite is an internet gateway to information and services; Mindhealthconnect is for information about mental health <https://www.healthdirect.gov.au/babies-and-toddlers-health>

EARLY CHILDHOOD AUSTRALIA

Early Childhood Australia has developed a variety of resources for parents. <http://www.earlychildhoodaustralia.org.au/parent-resources/>

MENSLINE AUSTRALIA

MensLine Australia is a telephone and online counselling service for men with emotional health and relationship concerns. They're here to help anywhere, anytime. There is also a great section on being a dad and supporting men through fatherhood. <https://mensline.org.au/being-a-dad/>

PARENTLINE NSW

Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales. Their service includes the Early Childhood Intervention Infoline since early 2011, providing information and support about concerns about child development, disabilities and developmental delays. <http://www.parentline.org.au/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



GALAXY COLOUR MIXING SENSORY BOTTLE

Liquid watercolours
Candy dye colour set
Mineral oil
Clear corn syrup
Small water bottle
Funnel
(Put the corn syrup as the bottom layer)
Ensure the bottle is sealed really well before providing for bub to play.
<https://preschoolinspirations.com/how-to-make-a-color-changing-sensory-bottle/>



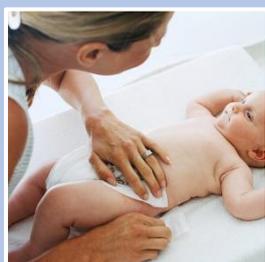
WOODEN BLOCKS WITH PATTERNS

If you have some natural wooden blocks at home, you can create your own decorated blocks by using washi tape. A great way to explore matching of shapes, patterns and colours too as your little one gets older!



ROSEMARY SENSORY WATER

Make some scented rosemary water for all natural sensory play and exploration, as a real treat for the senses! Perfect for outdoor water play and investigating plants and their properties more closely. *Ensure children are supervised around water*



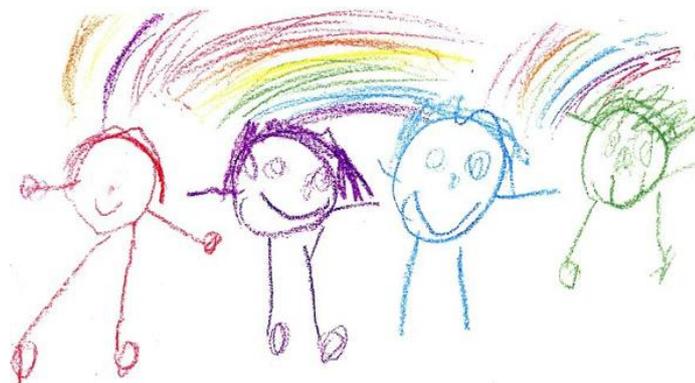
NAME IT!

During nappy changes, take a moment to play "what's this?" Lift up your child's foot and say, "What's this? It's a foot. And what are these? They are toes." You can name tummy, belly button, knee, leg, parts of the face, and more. Through repetition, young toddlers learn new words (building vocabulary) and increasing their language skills.

9 Things You Should Say To Your Children Everyday



1. "I love you." Say it to them as often as you can
2. "I like it when you..." Talk about the positive aspects of their behaviour.
3. "You make me happy when..." This makes them feel valuable.
4. "I'm proud of you." They need to hear they're doing a good job, even when it's hard.
5. You are special." Let them know their uniqueness is a strength.
6. "I trust you." Building a foundation of trust raises an honest person.
7. "I believe in you." Teach them how valuable they are.
8. "I know you can do this!" Encourage them to never give up.
9. I am grateful for you." Be specific, this can really make their day!



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