

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

SUPPORTED BALL BALANCING

This activity introduces your baby to tummy-time. In addition to being a lot of fun, this activity helps strengthen their neck and upper body and increases their understanding of balance.

- Hold your baby tummy-down on a beach ball or gym ball
- Talk or sing to your baby as you gently rock them from side to side.



TONGS AND SCOOPS

Great for developing hand strength and fine motor skills which will then lead to using scissors and hand writing in the coming years. Provide your toddler with utensils like tongs, plastic scoops and measuring spoons to pick up items such as: cotton wool, blocks, soft toys and place them in a container or empty box.



TISSUE PAPER KICKING GAME

Baby play doesn't have to be complicated or require lots of fancy toys. Here's a simple play activity with an item you probably already have in your home. Here's a simple play activity that promotes healthy development in infants while making kicking a lot more fun! To make a tissue paper kicking wall, take a sheet or two of gift tissue paper (wrinkly, used paper is just fine) and tuck it under the cushion of a sofa or upholstered chair so that it hangs down to the floor like a curtain. Take baby's socks off and place him on his back with his feet against the tissue (knees slightly bent). If he's slow to start kicking, gently rustle the paper with your hand or tap his feet against it. This activity is great for helping your baby gain valuable body awareness about his legs and feet. He'll explore the most basic cause and effect from his own movements. This activity also promotes integration of sensory information from the hearing (auditory) system, pressure and stretch (proprioceptive) system, and touch (tactile) system.



WHERE IS THUMBKIN?

"Where is Thumbkin?" is a lovely game to play with your baby. As well as being fun, it can assist in their sensory and language development. You can draw little faces on your thumbs so they look like little people. Finger puppets provide additional fun and amusement. This game is best done while sitting on the floor facing your baby.

Lyrics

Where is Thumbkin, where is Thumbkin?
(start with both hands behind your back)
Here I am (bring one thumb to the front)
Here I am (bring the second thumb to the front)
How are you today sir?
(Wiggle thumbs as if talking to one another)
Very well I thank you
Run away (put one thumb behind your back)
Run away (put the other thumb behind your back)



STORYLINE ONLINE

Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners. <https://www.storylineonline.net/>

LOVE TALK SONG READ PLAY APP

The Love Talk Sing Read Play app contains information to support their learning and development of children 0 to 5 years. It is available in English, Arabic, Bengali, Chinese or Nepali. <http://itsrp.resourcingparents.nsw.gov.au/home/resources>

SERVICES NSW - PAYMENTS FOR FAMILIES

Services NSW have payments and services to help with your child's education and health care. <https://www.servicesaustralia.gov.au/individuals/subjects/payments-families>

1800RESPECT

1800RESPECT is a confidential service available 24 hours a day, seven days a week. They provide support for: People experiencing, or at risk of experiencing, sexual assault, domestic or family violence; Their friends and family; Workers and professionals supporting someone experiencing, or at risk of experiencing sexual assault, domestic or family violence. Ph: 1800 737 732 or <https://www.1800respect.org.au/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



HAND OR FOOT PRINTING

Such a fun activity for all involved! Simply provide shallow trays or paper plate with non-toxic paint and encourage your child to press their hand/foot into the paint and then onto paper. The activity may then progress into finger painting and that is ok! Remember it is the process not the product that is the most important and enjoyable part of the experience for children. It is a REALLY good idea to have a washcloth or wipe ready for when your bub has finished the activity, so you can clean up quickly!



WATER PAINTING

A piece of construction paper, a small bowl of water and a paintbrush is a mess-free way to keep the baby happily entertained while the older kids are crafting.



SAND PLAY

Sand is such a great sensory experience for kids as they explore their sense of touch and play and discover the wonderful texture of sand! You don't need a huge sand pit, you can create your own sand play area in a large tray or bucket. Add your child's favourite toys to the experience and you have created a small world for children to use their imaginations.

COVIDSafe APP



The COVIDSafe app is part of our work to slow the spread of COVID-19. Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus. this can really make their day! Click the link below for more information about the app or on the buttons to download.

<https://www.health.gov.au/resources/apps-and->



Keep looking UP...
THERE MAY BE A
RAINBOW
waiting FOR you.

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