



0 - 2
years

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

HOMEMADE SHAPE SORTER

Try making your own shape sorter for your toddler at home! All you need is a cardboard box (recycle a box from your pantry) and using cookie cutters or your child's blocks, trace around and cut out each shape (for younger children use basic shapes eg circle square, triangle, rectangle). You can then use the same cookie cutters/ blocks as the pieces to match in the box. You could also paint the box together to make it inviting for play.

TREASURE CHEST

Give your toddler their own drawer or box of "treasures." These can be new toys from the dollar section or household objects they would find interesting. Let them pick a toy to play with. Helps baby use motor skills and different senses to touch, listen to, and pick up toys.

RAMPIN' UP

Create a ramp using a lounge cushion, board book opened out over a box or sturdy cardboard. Let your toddler roll different objects down it to learn about how gravity works. Helps your baby develop the ability to use eyes to track objects, an awareness of cause and effect and taking turns (if with siblings).



HIDE AND SEEK WITH OBJECTS

Hide brightly coloured objects, like bouncy balls, around the living room. (Don't make them too hard to find though.) Let your toddler walk around and try to find them. Older toddlers can help you count them out as they find them. This activity helps your baby develop visual and language skills.

READ WITH SOUND EFFECTS

Bring new life to stories by making sound effects. Someone's stamping their feet in the story? Pound your feet on the floor. A wolf is howling? Give it your best howl. Helps baby develop language skills and keeps their attention.

OUTDOOR ADVENTURES

Some days it may seem like a lot of effort just to get outside, but don't underestimate the positive effect a little fresh air has on your baby — and you. When you get out of the house, you tend to stop thinking about all the jobs that need to be done, and become more attuned to your baby. Lift your baby out of the pram, pull a leaf off a tree and let him feel it. Put his hand on the tree trunk. Doing this gives babies a sense of what their world is made of, instead of just what they see. Provide narration for your days, naming the things you see and hear ("Oh look, there's a car. Vroom, vroom!") so your baby starts to pick up words and connect them to objects.



TIME TO COME IN BEAR

Trying to explain social distancing to small children during the coronavirus outbreak can be difficult for parents, particularly when they're struggling to come to terms with our new (hopefully temporary) normal themselves. That's why a new children's story about social distancing featuring a bear and a bunny is a must-watch video for parents of young children. It's simple and sweet and less than two minutes long, making it easy to follow for little ones who need to understand the new way of things now.

https://www.youtube.com/watch?v=DA_SsZYw0w&feature=emb_logo

ADVENTURES AT YOUR PLACE

Adventures at your Place is a series of fun activities for children to undertake in their own backyard. They are posting a new activity every week to help children explore their backyard or local bushland or creek/river.

<https://www.adventuresatyourplace.com.au/>

RAISING CHILDREN – AUSTRALIAN PARENTING WEBSITE

Designed for busy families and full of tips and tricks for you to try, the content is easy to find and easy to digest. They have the answers to hundreds of parenting questions, where and when you need them. <https://raisingchildren.net.au/>

LISA HARNUM FOUNDATION SAFE ROOM

The Lisa Harnum Foundation, are very happy to announce the opening of their newest Safe Room located within the Rouse Hill Town Shopping Centre, it offers security, privacy and confidentiality where you can access help from one of their caseworkers. If you or someone you know needs information and or assistance to leave domestic violence, visit their website

<https://www.lisahf.org.au/> or Call 1300 732 848

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



WASH THE TOYS

A fun sensory activity and you will have clean toys at the end! Win Win! Add a little bubble bath or washing up detergent into a tub of water (please supervise children around water). You could wash dolls, farm animals, blocks or any toys that can get wet.



TALK THROUGH A TUBE

Talk through a cardboard tube, and see how your baby responds to the change in your normal speaking voice. Let them take a turn to see what sounds they can make. Children this age love to play with language, and this activity gives them an opportunity to practice new and novel sounds. Language is really about imitating sounds. Babbling turns into real words, which turns into a sense of humour. This activity will promote auditory discrimination and turn taking.



SHADOW PUPPET PLAY

Use your hands to make shadow puppets for baby. Talk and sing as you move your fingers up and down while baby watches the talking shadow! Helps baby develop visual tracking skills.

PARENTING IN THE TIME OF COVID-19

2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

- Use positive words when telling your child what to do; like "Please put your clothes away" (instead of "Don't make a mess")

It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

World Health Organization, unicef for every child, End Violence Against Children, INTERNET @ SPOTS THINKS, PARENTING TIP OF THE MONTH, USAID, UNICEF, CDC

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