

3 - 5
years

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

PLAY &
LEARN

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

PASTA NECKLACES

Using penne or noodle pasta and curling ribbon or wool, encourage your child to thread through the pasta to make a noodle necklace. You could dye the pasta before you start this activity (creating another activity in itself!) Helps your child to develop fine motor skills including hand – eye co-ordination. To dye the pasta: place water and food colouring in a bowl, tip in the dried uncooked pasta and lift out of the water with a slotted spoon when coloured. Try different colours so you can make colourful necklaces. Helpful tip: wrap sticky tape around the end of your wool/ string to make it a bit firmer to thread with and grip.

ODD ONE OUT

Practise this game using some pieces of fruit or a selection of coloured blocks. Put a couple of apples and a banana, for example, or two blue blocks and one yellow block, in front of your child. Ask them which one is the odd one out. You can make the game more difficult as your child gets the hang of it. Use card shapes or pictures, such as two squares and one triangle or two flowers and one tree. See if they can spot which one is different. This is a great game for helping your child understand the concepts of "similar" and "different".



APPLE DOUGHNUTS – makes 12

Little hands love making things, so get your little ones to help assemble these colourful, fruity doughnuts that are a sweet addition to any celebration.

1 large Granny Smith apple
1 large Pink Lady apple
1 cup (280g) fruit-flavoured yoghurt
Chopped strawberry, to serve
Toasted muesli, to serve
Chopped orange, to serve

Crushed banana chips, to serve
Halved blueberries, to serve
Sunflower seeds, to serve
Halved grapes, to serve
Chopped kiwifruit, to serve
Pepitas (pumpkin seeds), to serve

1. Core apples and cut each apple crossways into 1cm-thick slices.
2. To make sweet strawberry and muesli doughnuts, spoon over yoghurt. Sprinkle with strawberry and muesli.
3. To make sunny orange and banana chip doughnuts, spoon over yoghurt. Sprinkle with orange and banana chip.
4. To make pretty blueberry and seeds doughnuts, spoon over yoghurt. Sprinkle with blueberry and sunflower seeds.
5. To make crunchy grape and muesli doughnuts, spoon over yoghurt. Sprinkle with grape and muesli.
6. To make clever kiwifruit and pepita doughnuts, spoon over yoghurt. Sprinkle with kiwifruit and pepitas.
7. Serve apple doughnuts immediately



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_SsZFyw0w&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. Children may be asked to research, observe, experiment and collect things that help you discover and learn about your piece of the landscape puzzle. So, get everyone on board and enjoy your backyard together!

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

VIRTUAL FIRE STATION OPEN DAY

Does your child LOVE fire engines! Visiting your local fire station for Fire and Rescue Open Day is cancelled this year. Instead, Open Day 2020 will be moving online and running for a whole week. From Saturday, 16 May to Friday, 23 May, Fire and Rescue NSW will be live streaming from fire stations across New South Wales giving station tours, safety advice and answering any questions you might have. Find out more on their Facebook page.

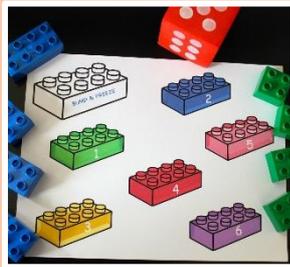
ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



BEGIN THE DAY WITH 'FAMILY TIME'

Every day or on a weekend, a different person decides what the family does for the first hour of the day.



INVENT A GAME!

Find some dice and your LEGO blocks (or similar). Roll the dice and the number you get is the number of pieces you have to build with. Keep rolling and create some amazing and imaginative projects.



GO ON A VIRTUAL HOLIDAY FROM HOME

Were your holiday plans cancelled or postponed? Make pretend plane tickets. Research the location, watch videos about the destination, research things to do, cook meals, make postcards, make a funny video about your trip and remember to take photos! You could then create a fun Covid-19 holiday photo album.



FOLLOWING DIRECTIONS

When you are folding laundry, let your child help you. As you fold, ask your child to bring you different articles of clothing. Say "please bring me a sock?" This helps your child learn to follow directions and develop language comprehension skills. To increase the complexity of this activity, increase the number of tasks within your questions, for example: please bring me a sock, face washer and a t-shirt.

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")
- 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.
- 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.
- 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 GOOD THINGS, USAID, CDC

Parenting tip Library created in support of the WHO/UNICEF Collaborating Programme for Child, Adolescent and Family Health (CAF) under the Sustainable Development Goals (SDG) 3: Good Health and Well-being, 4: Quality Education, 5: Gender Equality, 8: Decent Work and Economic Growth, 10: Reduced Inequalities, 11: Sustainable Cities and Communities, 12: Responsible Consumption and Production, 13: Climate Action, 16: Peace, Justice and Strong Institutions, 17: Partnerships for the Goals. © 2020 WHO/UNICEF. All rights reserved. WHO/UNICEF Collaborating Programme for Child, Adolescent and Family Health (CAF) under the Sustainable Development Goals (SDG) 3: Good Health and Well-being, 4: Quality Education, 5: Gender Equality, 8: Decent Work and Economic Growth, 10: Reduced Inequalities, 11: Sustainable Cities and Communities, 12: Responsible Consumption and Production, 13: Climate Action, 16: Peace, Justice and Strong Institutions, 17: Partnerships for the Goals.

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 or concerns.

