



PLAY & LEARN

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

0-2 years



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

PLAYING WITH PATTERNS

Babies just love high contrast patterns because they are easy to focus on and process which is great for their cognitive development. You can make your own pattern book by cutting a cereal box in half and folding the tabs down at the bottom so it can stand up on its own. Create some high contrast patterns on paper and stick them to the inside of the box. This is a perfect activity to use for tummy time or for practising to sit unaided, or for a bit of independent play.



RIBBON RING

You can make your own ribbon ring by knotting ribbons to a wooden ring or teething ring. Here are some ways to play:

- Wave the ribbon slowly above your baby's head.
- Move the ribbons slowly from side to side, letting your baby track the movement.
- Tickle the top of your baby's head (and other body parts) with the ribbons.
- As your baby grows, encourage them to bat at the ribbons and then eventually grab and pull them.
- Encourage your baby to hold the ring themselves and experiment with the movement.

MAKING FACES

Lie down on the lounge with your legs bent and pop your baby onto your tummy with their head resting on your knees. Then pull faces and see if you can find one that makes your baby laugh.

CAR WASH

Does your toddler love to help you wash the car? Why not let them wash their own car/ bike. Find some sponges, scrubbing brushes and bubbly water and get cleaning! You can use baby shampoo or bath wash to create skin friendly bubbles that are safe for eyes.



DIFFERENT SOUNDS

Talk to your baby about the different sounds that things make and imitate them. You could talk them through the different sounds farm animals make, or the noises you hear coming from outside.

TALKING AND READING WITH BABIES

Sharing rhymes, songs, telling stories and reading books with your baby is a fun way to play and spend time together. *Starting Blocks* (ACECQA's dedicated parenting website) has some wonderful tips to explore this wonderful opportunity.

<https://www.startingblocks.gov.au/at-home/talking-and-reading-with-babies/>

INFORMATION FOR PARENTS AND CARERS ON CORONAVIRUS, HEALTH & HYGIENE AND TIPS TO HELP YOUR FAMILY COPE

The Raising Children Website has a section on their site dedicated to provide families with lots of useful information on how to cope during this time.

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide>

LIFELINE AUSTRALIA

Domestic and family violence occurs when someone who has a close personal relationship with you makes you feel afraid, powerless or unsafe. It can be physical, but can also be emotional and psychological. Anyone can experience domestic and family violence. It happens across communities, ages, cultures and sexes. If you are experiencing abuse or violence it is not your fault. It is the abuser who is responsible.

Domestic violence is a crime and the abuser is breaking the law. Lifeline offers support and tips to assist. Call the Lifeline Crisis Hotline: 13 11 14

<https://www.lifeline.org.au/get-help/topics/domestic-family-violence>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



SPICE PAINTING

Don't have any paint in the house? Why not try awesome spice painting instead? Just mix some coloured spices with water and you're ready to mark make! You could try paprika, turmeric or cinnamon or any other intensely coloured spice.



MUSIC AND MOVEMENT

It is wonderful to expose babies and children to all types of music, song and dance. Try playing some Indigenous music and moving around the room or outdoors with your older toddler like various Australian animals. Eg. Kangaroo, frog, snake, emu



FEATHER PAINTING

In small jars with watercolour or acrylic paints place a craft feather. Children then pull the feather across the paper to create patterns and mix colours on the paper. Talk to your toddler about what they are doing and the colours they are using.

PARENTING DURING COVID-19

3 COVID-19 Parenting Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

- 1 Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- 2 Children or teenagers can help plan the routine for the day - like making a school timetable. Children will follow this better if they help to make it.
- 3 Include exercise in each day - this helps with stress and kids with lots of energy at home.

Teach your child about keeping safe distances

- 1 If it is OK in your country, get children outside.
- 2 You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- 3 You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

- 1 Make a second song for washing hands. Add actions for children points and praise for regular handwashing.
- 2 Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

You are a model for your child's behavior

- 1 If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable - your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

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; Covid-19 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