



0 - 2
years

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



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

BALLOON PAINTING

Using normal party balloons, add a little water or sand to weight the balloon then inflate slightly with air (to allow little hands to hold the balloon) and tie off with a knot. Use with your favourite paint! Balloon painting is a fun creative activity that also provides a fun colour matching opportunity and develops fine motor skills and hand-eye co-ordination.



PEEK A BOO BOOK

A sensory peek-a-boo book or board is something that can be easily made. Secure photos onto a piece of cardboard (a shoe box lid or the back of a cereal box is perfect for this.) Consider using photos of family, animals, or pictures to represent their favourite songs (eg a spider for Incy Wincy Spider, a black sheep for Baa Baa Black sheep, a star for Twinkle Twinkle etc). Cover each photo with a piece of textured fabric. Attach ribbons and items to the fabrics or for older toddlers you could try Velcro or press studs. Encourage your toddler to explore what is under each piece of material.

STACKING CUPS

Use measuring cups or bowls or boxes of alternating sizes and provide for your bub to explore. You can simplify the task by giving your baby just the largest and smallest cup at first. They might try placing the cup inside the bigger bowl or on top of each other. You could then start to add extra sizes to the activity.

PLAYDOUGH THREADING

A fun activity for all ages! Provide straws or spaghetti, penne and playdough and encourage your child to thread onto the straws. You can extend this activity for older children by encouraging counting as they thread.



CRAYON ART

Tape a large piece of paper to the floor (or place a wipeable table cloth down first to prevent their drawing escaping the paper) and provide your little one a few primary coloured crayons (eg red, yellow and blue) and encourage them to make marks on the paper. With more drawing opportunities, children will increase their hand strength and control over the crayon. Talk to your little one as they are drawing, describing what they are doing or the coloured crayons they are using.



BEYOND BLUE

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Including information to help with anxiety, depression and post-natal depression and an article provided by Smiling Mind, where they look at how mindfulness can help during the coronavirus outbreak.
<https://www.beyondblue.org.au/>

BLACK DOG INSTITUTE

As the only medical research institute in Australia to investigate mental health across the lifespan, their aim is to create a mentally healthier world for everyone.
<https://www.blackdoginstitute.org.au/>

LIFELINE AUSTRALIA

Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online. Call the Lifeline Crisis Hotline: 13 11 14 <https://www.lifeline.org.au/>

PANDA

PANDA's National Perinatal Anxiety & Depression Helpline is Australia's only free, national helpline service for women, men and their families affected by perinatal anxiety and depression. The Helpline provides a safe and confidential space for any new or expecting parent struggling with the challenges of becoming a new parent. www.panda.org.au

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



RIBBON PULL TOY

Punch some holes into the sides and lid of a container wrapped in wrapping paper. Thread ribbons in different colours or textures through the holes, coming in one side and out the exact same place on the opposite side so that they could be easily pulled back and forth. Tip: remember to knot the ribbon on either end so they don't pull all the way through. This is a fun cause and effect activity for babies which also develops fine motor skills and hand-eye co-ordination.



MAGNETIC LETTERS OR SHAPES ON A BISCUIT TRAY

Using a large metal biscuit tray, provide your little one with assorted magnetic items you may have at home. This could be alphabet letters or shapes, fridge magnets or anything magnetised will work. Children will explore manipulating the items and the way a magnet pulls towards the tray.

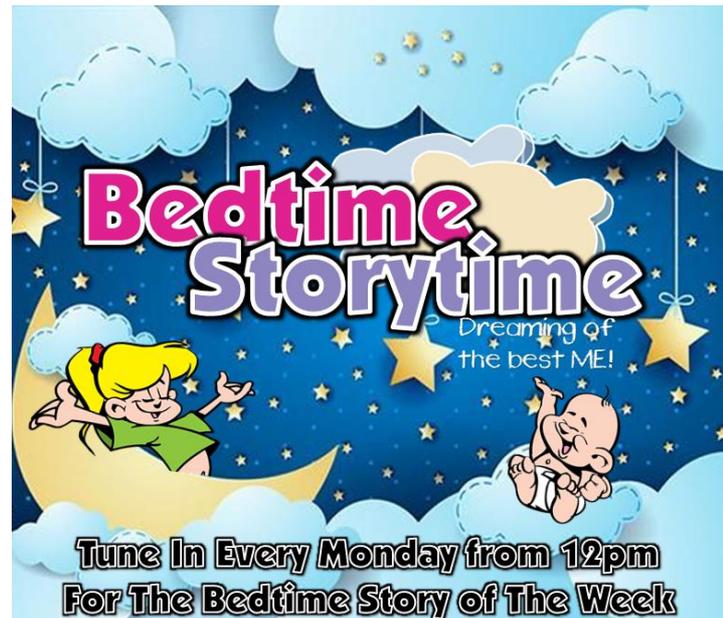


DRESS-UPS

Dress-ups are heaps of fun for all ages, and they also provide an excellent 'let's pretend' opportunity. Try on different costumes or oversized adult or older sibling clothes together and encourage your little one to explore accessories such as hats, costume jewellery, bags and use their imagination.

INTRODUCING FIT KIDZ BEDTIME STORYTIME

As part of our Fit Kidz Be Me social skills program, we would like to proudly introduce **Bedtime Storytime** – dreaming of the best ME! Our *Bedtime Stories* will be uploaded to our *Fit Kidz Family Lounge* on YouTube every Monday by 12 noon so it is ready for you to share with your children each night at bedtime. It is a great idea to read the same story a few times with your children so they can gain an understanding of the special message from each story.



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