

2 - 3
years

PLAY & LEARN

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

CIRCLE HUNT

How many circles can you find in your house? Start a challenge to find as many circles as you can and place them on something circular eg a tray or plate. What a beautiful collection! You can extend this activity by doing the same for other shapes.

COLOUR POSTING ACTIVITY

You can make this posting activity out of an old box and envelopes. Find some clip art images with your child's current interests in different colours eg. Cars, animals. Print out twice with one for the envelope and the other folded into a card. Encourage sorting the colours, matching the pictures, putting the cards in and out of the envelopes and posting them over and over. This is a fun activity that also develops vocabulary, fine motor skills, hand-eye coordination, colour recognition and memory skills!

SALT DOUGH KEEPSAKES

All you need is: Flour (2cups), salt (1 cup) and warm water. Mould into whatever shape your child would like to make or roll and use cookie cutters to create shapes then bake at 350 for 30-40mins. Alternatively, you can air dry it for 2-3 days.

If you would like to thread these and make a necklace or chain, then push a toothpick or skewer through the dough shape before you bake it.



WATERCOLOUR STRAW PAINTING

All you need is a few little drops of liquid watercolour (water and food colouring mixed together) and a straw. Add a couple of drops of watercolour onto some paper or a canvas and blow through the straw to spread it out.



TOILET TRAINING YOUR CHILD

At Fit Kidz we have a fantastic resource for parents on toilet training so be sure to ask your Director for your Toilet Training Kit. There are also many resources available to help you and your child through this milestone and help your child develop positive self-esteem through the process. *Starting Blocks* (ACECQA's dedicated parenting site) has wonderful tips for families in their toilet training journey.

<https://www.startingblocks.gov.au/at-home/toilet-training-your-child/>

ARE YOU STUCK IN HOW TO GET PLAY STARTED WITH YOUR CHILD?

Child-led play means following your child's lead in play. It means watching your child and responding to what she says or does to keep her attention focused a little bit longer. Following your child's lead is good

because your child learns best when he's interested in an activity. When you follow your child's lead in play, you can take advantage of things that interest him to help him learn something new through play.

<https://raisingchildren.net.au/toddlers/play-learning>

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



BIG AND SMALL SORTING ACTIVITY

This activity is simple and easy to prepare and you can use any kind of toys that your child likes but the toys should visibly be different sizes. On a tray, place a large piece of paper with SMALL and BIG in words and in picture form on each half of the paper. This activity helps children develop spatial awareness, critical reasoning and problem-solving skills.



LEAF THREADING

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Collect leaves from your backyard or when you go walking with your child. You can make simple "needles" by tying a length of jute twine between two sticks (one at either end of the length of twine). Encourage your child to use both hands simultaneously to hold the leaf with one hand and push the stick with the other. Hand-eye co-ordination is strengthened and the fine motor muscles of the hands and arms are given a good work out.



SAND DRAWING

Print out a sheet of Aboriginal symbols or animal tracks and head out into the sandpit to draw the symbols in the sand. Encourage children to copy the symbols or create their own. This activity is also wonderful for developing fine motor skills and hand-eye co-ordination which will prepare them for controlling a pencil when learning to write.

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 20-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