



## Let's play, learn and grow together



Supporting parents and caregivers with children birth to five years with early learning and development at home

### Fun with sounds, words and reading

#### LISTENING

Most children learn to communicate through language by first listening and watching, feeling and sensing, and only later trying to speak with words and short phrases. Babies listen and watch lip movements and expressions. They hear the sounds and the 'music' of the sounds (high and low, soft and loud, slow and fast, sweet and harsh). This is how they start to make meaning of the sounds. Children with hearing difficulties listen by looking at signs and expressions they see (this is called visual language and visual signs). Communication is very important for all areas of development.

#### Today's item of furniture is the CHAIR



Let your child show you a chair in the house. Talk about how many chairs you have, which chairs are big or small, what you do on the chair. Use the chair in most of your activities today.

#### BOOK OF THE DAY

**Graça's Dream** is an inspiring story about Graça Machel. She wants to instill a love for reading and learning in the children of Mozambique and the rest of Africa.



Download the book for free at: <https://bookdash.datafree.co/books/gracas-dream-by-melissa-fagan-karlien-de-villiers-and-marike-le-roux/>

It is available in Afrikaans, English, isiNdebele, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, SiSwati, Tshivenda & Xitsonga  
**SOURCE:** Bookdash

### Learning together is FUN

Here are some playful activities to do with your young child today (and other days too)

#### Getting active in the morning

**Sing with actions:** Sing the song, "If you're happy and you know it, clap your hands!" Continue singing with other actions: stamp your feet; nod your head; turn around. Let the children sing along. They enjoy singing! Children enjoy dance, music, art, pictures, singing, moving their bodies and creative play. All of these methods are used to explore the world and new ideas. As your child's communication becomes more developed and complex, her understanding of the world grows.



NEW



**ECDmobi** is a **FREE** application (App) that provides parents with ideas to support their children's learning through play according to their age. It is fun and playful and based on the DBE's *National Curriculum Framework for Children birth to four years*. You can find it in the **Google Play** (search for ECDmobi) or the **DBE's Cloud** at: <https://dbecloud.org>. Registering on **ECDmobi** is **FREE**.

#### Younger than 18 months



**Say your child's name** when washing her, changing his nappy or feeding him. Call his name as you are approaching him. He becomes excited when he hears you calling his name. He is learning to make meaning of language when he starts to recognise his own name. This also allows him to bond with you and listen to you when you are speaking to him. He begins to show you that he enjoys being with you and gets excited when he hears you coming closer.

#### 18 months to 36 months

Spend some time **talking to your child during the day**. Try to go down to the level of her face. Give her simple instructions like, "Put your cup on the table" or "Fetch the keys for Mummy". You can later make it a bit more difficult with instructions like, "Please pick up the spoon under the table" or "Please fetch the ball from the bedroom". **Always praise her for the effort.** She is showing you that she understands your instructions which will help her later when she needs to show that she has understood the story that she has read.



#### 3 to 5 years

Put your child on your lap or sit next to her and **read a story**. Ask her to point at pictures in the book in answer to question like, "Where is the book?", "Who is reading the book?" or "What is going to happen next?"



It is very important for her to focus on you when you are reading the story. When she is able to point to a picture correctly she is moving from understanding concrete objects to being able to link them with pictures in the book. When she talks about the picture, she is showing you what she can understand.

#### For PARENTS

##### PLAY AND READ

If someone in your house has a high fever, is coughing and short of breath, he or she may have caught the COVID-19 virus. These signs are almost the same as the flu or a cold. In more serious cases the infection can cause pneumonia or difficulty with breathing. If you, your child or any family member shows any of these signs, please seek medical attention. Don't panic! Call your clinic or doctor before going to them or contact the National Institute Communicable Diseases (NICD) hotline on **0800 029 999**.



#### HEALTHY HABITS

**Read to your child every day!**

Remember to keep it **PLAYFUL** and **FUN**. That is how young children learn.

