



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

Fun with leaves

For PARENTS

GET ENOUGH SLEEP

Getting enough sleep is important to keep healthy and strong. Children need to get enough and regular sleep. This helps with a child's ability to concentrate, behaviour, learning, memory and overall mental and physical health.

As a parent, also make sure that you get enough sleep.



STORYTIME

Start reading books with your children when they are very small. The 'roots' of language are developed in your baby's brain long before it is able to talk. Reading books aloud (or telling stories) with your young child is the time that you share to bond. When reading or telling stories, point at pictures when you use a certain word, for example, when you use the word orange, point at something that is 'orange'. Ask questions like: Where is the baby? Show me the orange? What do you think they are going to do next? In this way your child starts to develop a love for reading.

You can download many books from **Bookdash** onto your phone here: <https://bookdash.datafree.co/books/>. It is for free and does not use any data. Or visit **Nal'ibali** for more stories at <https://nalibali.org/story-resources/multilingual-stories>

Today's colour is **PURPLE**.

Find everything in the house that is purple. Your child can point out the object or bring it to you. If they don't know the name of the object, help them.

BOOK OF THE DAY



Sizwe's Smile tells the story of Sizwe who learns that a smile is something you can give away

without losing it.

Download this book (its for free)

on your smart phone:

<https://bookdash.datafree.co/books/sizwes-smile-by-vianne-venter-genevieve-terblanche-and-lauren-rycroft/>

SOURCE: Bookdash

Let's wash hands

Washing your hands **regularly** with **soap** and **clean water** for **20 seconds** is the best way to prevent the spread of germs and viruses.

Teach this important habit to your child from an **early age**. Remember **little hands matter!**

Tip: The easiest way to know how long **20 seconds** is, is to sing 'happy birthday' two times or to sing the first verse of our national anthem, *Nkosi Sikelel' iAfrika*.



HEALTHY HABITS

Read often, even if it is only for a short time.



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

Walking on the pillows: This is a fun and really easy activity that helps children to develop the muscles in their legs and also helps them to keep their balance.

Before you finish making the beds, put a few pillows on the floor and get your child to walk on them, without falling off the pillow. If your child is just learning to walk or struggles to walk, help it by holding its hand.

Children love this!



Younger than 18 months

Gently bend and straighten her legs during nappy changes and at bath time. Do the same with her arms. **Talk to her** while doing this.

She is learning new words all the time, which will help with her speech development. This also helps her to bond with you which makes her feel safe.

18 months to 36 months

Go with your child into the yard where she can **sift sand** using a sieve. Your child can also pick up leaves in the garden.



This makes the muscles in the fingers strong which helps with **handwriting** later. Your child is also **concentrating** on what she is doing to get the sand through the sieve – shaking the sieve; picking up the leaves and putting them into a bin.

3 to 5 years

Pick **different leaves** from plants with your child. Draw an **outline of a tree** on a page (old newspaper or any other) and ask your child to stick the leaves onto a page with a tree outline.

Once it has done that, your child can count how many leaves there are on each branch. The discussion you have together can be about the **size** and **colour** of the leaves; which branch has the most leaves; which branch has the least leaves.

A creative way to learn counting, size and colours.



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