



## Let's play, learn and grow together



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

# Listen, touch, smell, watch and taste is **learning**

### NEW KNOWLEDGE

Children are **born curious** and their brains are ready to learn from the start. They gather new knowledge about 'their world' by using all their senses: listening, watching, smelling, tasting and touching. This is how young children explore new things, particularly while you **nurture** them and while they are **playing**. Allow your child to explore new things by touching objects (that are safe), listening to your voice and stories, smelling fruits and vegetables, through a variety of playful activities. This is how they learn about the world around them *with you in a playful manner*.

### For PARENTS

#### KEEP A SAFE DISTANCE

Keep at least **one (1) meter** distance between yourself and anyone else. The droplets from a sneeze or cough cannot travel that far in the air.

Avoid touching people unnecessarily. In crowded places like shopping centres, places of worship, community gatherings and others, we are very close to other people. Lots of people touch the same surfaces that we do, cough and sneeze and are very close to us. This creates opportunities for germs and viruses to spread very quickly. If you can, avoid these places or go at times when there are not many people. This is called **social distancing**.

### Today's item of furniture is your child's **BED**

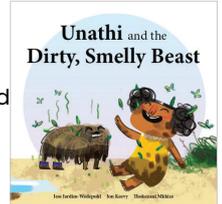
Let your child help you make up her bed. Talk about each item: bed, sheet, blanket, pillow. Have fun while making the bed.



### BOOK OF THE DAY

**Unathi and the Dirty, Smelly Beast** is a very funny story about something that is following Unathi... Read and find out what is following Unathi.

Download the book for free at: <https://bookdash.datafree.co/books/unathi-dirty-smelly-beast-jess-jardim-wedepohl-jon-keevy-thokozani-mkhize/>



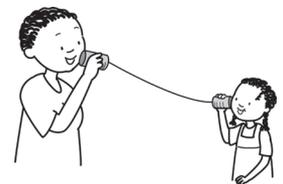
SOURCE: Bookdash

## 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

**Tin can telephone:** Wash two empty cans. Make a hole at the bottom of each can with a nail or another sharp object (do this as parent). Put one end of a long piece of string through one of the holes. Tie a knot in the string on the inside of the can and do the same with the other can. The cans are now linked to each other.



Hold one tin can and give the other to your child. Explain to her that she must speak into the open side of the can. The person who is listening must keep the open side of the can next to her ear. Walk away from each other until the string is tight. Start by asking her a question like: *What is your name?* Help her in the beginning to understand how it works (switching between ear and mouth, depending on whether one talks or listens). **Enjoy having conversations with your child and have fun!**

### Younger than 18 months

**Play with baby:** Hold your baby in your arms while feeding and let your child stare at you. Later she will reach up to touch your face. Keep looking at her and make gentle sounds or speak and sing softly.

All these activities help with her development. The muscles in her arms will grow as she reaches up to your face. Remember **you are the first "object"** that your baby recognises by staring at and touching you.

### 18 months to 36 months

**Where's the ball:** Take a number of *vegetables* from your home (potato, onion, bean, carrot, tomato) and talk to your child about the items. Let him tell you what the vegetables feel and smell like. Put these vegetables into a bowl and **add a plastic item**, about the size of a tomato (for example, a small ball). Blindfold him lightly and then ask him to find an item in the bowl that is not a vegetable or a fruit. When he finds it while still blindfolded, ask him why it is not the same as the others.



This activity develops his language skills and also helps him to understand that things feel and smell different. He will learn words like smooth, rough, small, long. Make this a fun activity for both of you.

### 3 to 5 years

**Visit to the Zoo:** Explain to your child that a zoo is a place where people keep all kinds of animals and that people visit zoos to learn more about these animals. Explain to her that she and you are going to make your own zoo.

Assist her to collect as many **pictures of animals** as possible from old magazines, newspapers and pamphlets. She could also draw pictures of animals. Put these pictures up all over the house or in the yard.

Now the two of you are ready to go to the zoo. Pack a small bag with some biscuits or fruit and small bottle of homemade cooldrink or water. Start walking 'through the zoo' (the house) and **stop at**

**each picture to talk about the animal.** Ask her what she knows about that animal. When you come to a nice space in the zoo (any room or area in your home), stop and have a picnic while talking about what you have seen thus far.. This is a fun way for her to learn new things.

If there are other children in the house, let them join the trip to the zoo.



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

