



KIDZCOMMUNITY WEEKLY UPDATES & ACTIVITIES

Here's a little insight (from teacher Kelly) about how different our role as infant care/preschool teacher is to your current role at home.

“Teachers have a lot of advantages that parents don’t. The biggest one is our environment, our whole space is set up for one purpose, free and safe exploration for a group of children. Everything is kid-sized, everything is washable and everything a child can reach is intended for them to use. That’s very difficult to create in a home.

...When we are with your child we have one job to do. We don’t have to worry about creating time to cook, or clean, or take a break to recharge our own batteries. We can do all that after work. We get to pour all of our energy into being with children because we have a set quitting time at the end of the day. Parents don’t, especially for families who are forced to stay at home day after day.

Today I looked around my home from a teacher’s perspective, imagining what activities I would put together if I was home with children in need of something to do. I’d like to share them with you, with a small warning. They are potentially noisy, messy activities, it’s possible they may go against rules you’ve already set. Every family has its own values and house rules, its own reasons for doing things a certain way. I am not insisting you compromise on *anything* you believe to be important but...ask yourself these questions we teachers use as a self-check:

‘Is this something that could injure them?’

‘Is this something that could damage furniture or household items?’

If we can answer “no” to these questions then we usually allow the activity to go on. Messes can be cleaned, some noisy fun is okay and at the end of the day we have tired, satisfied and happy kids.”

Choose what works for your family, **enjoy** this time together, and **be kind to yourself!**



FUN Stuff..

Blankets and sheets – See what your child does with them. Will it be a fort, a cape, or???



Active play and heavy work- When there isn't space to run and climb then a lot of excess energy can be poured into physical work.

- **Carrying and pushing:** Set out shopping bags or a back pack and heavy, unbreakable items (canned food is good) ask your child to help you load it up carry it to another place in the house and unpack it. What may feel like a chore later on is play today if one of their favorite big people is doing it too. You can also fill a cardboard box and encourage your child to push it around the house.
- **Closing doors:** Have your child help you puuuuush as hard as you both can against a firmly closed door, when that door is “closed” move on to another one.
- **Dance party:** Put on your favorite dance music and join them. If you have ribbons or scarves use them to wave around. You're your child copy your moves. Wave it up high, down low, in circles.



<https://artfulparent.com/5-nature-based-play-ideas-for-toddlers-and-preschoolers/>
Rachael of [Tiddler's Toolbox](#) shares nature based play ideas for young children.

Mud cupcakes

Scooping, transferring and pouring are all skills that children will learn throughout their childhood journey. These become life skills that they will continue to use as they grow.

We are providing experiences for children to develop in this area by allowing our little ones to freely experiment with different materials. Mud cupcakes are a fantastic example of how we can do this.

My youngest adored this activity and used her hands, the spoon and the actual cupcake holders to transfer the soil. In the midst of all of the fun, she was discovering quantity and started to sprinkle the soil into the cupcake until it was full.

MORE FUN STUFF...

DIY CHALK

DIRECTIONS:

1. TAKE 1.5 CUPS OF CORNSTARCH AND 1.5 CUPS OF WATER
2. MIX TOGETHER IN A BOWL
3. PLACE MIXTURE IN MUFFIN TIN CUPS
4. ADD 2 TO 3 DROPS OF FOOD COLORING INTO EACH CUP AND STIR
5. LET HARDEN FOR 12 HOURS



homemade finger paints

3 tbs sugar
1/2 tsp salt
1/2 cup corn starch
2 cups water

combine ingredients in small saucepan, warm until mixture thickens, cool & pour in containers, add food coloring to create desired colors. enjoy!



easie peasie



1 tbsp cornstarch, 4-6 pumps baby shampoo, 2-3 drops food colouring 1-2 tsp water = bathtub paint.



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** For young children still mouthing items, use larger pebbles, sand, or soil in your sensory bin, or supervise closely. Avoid choking hazards.



Nature Ice Blocks

Anything to do with ice and my three little ones are there. **Add in a few petals or leaves and it creates a whole new level of excitement.**

I did prep this the night before, but honestly, it only took minutes. **I used containers and food packaging to act as an ice-cube tray that would create different shaped blocks.**

Your little ones can use the nature ice blocks as a sensory experience. Or take it one step further and try to melt the ice to retrieve the petals and leaves.

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Small World Nature Based Play

This is one of my all-time favorite activities to set up, probably because I can share my own creativity.

In this particular set up, I used avocado shells to act as dinosaur eggs. I absolutely hate wasting anything and generally will find some other use for it. The rocks, stones, and bark have been collected on previous nature walks. I store them for later as a resource and the grass cuttings and fern leaves are freshly cut from my garden.

One thing that I like to try and include in my small world setups, is different heights, colors, and textures. This is something nature is pretty incredible at providing for us.

If you don't have a dinosaur-loving little one, not to worry, add in some small fairy characters, or mini diggers or let your little ones Peppa Pig characters go on an adventure.

It's easy to tailor small world setups to your little one's interests and watch their imagination run wild.



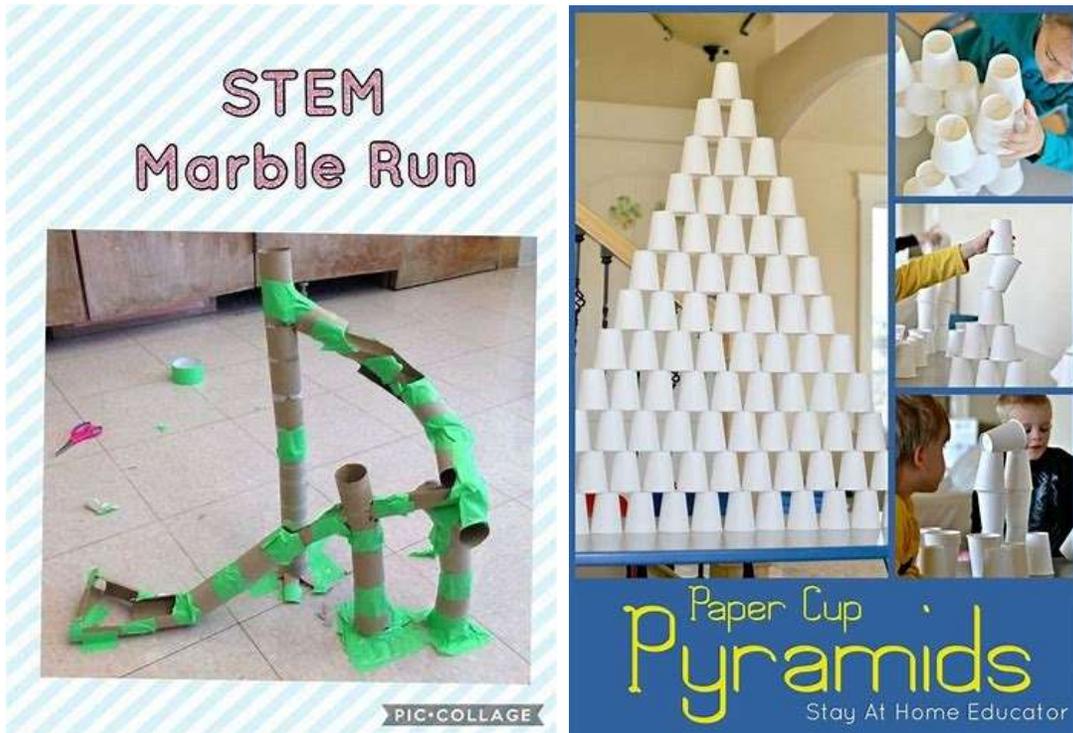
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Father Engagement - Hey Dad's, this is an opportunity for you to do some STEM (Science, Technology, Engineering & Math) projects with your children by using materials that are around the house. Father Engagement is also important at this time during this isolation of families. Daddy Read to Me is another way to bond with your children, increasing their brain development and their abilities to communicate in the future. I wish you all well. Enjoy the projects and stay healthy.

Tom Grayson
Executive Director
Golden Sierra Life Skills Father Engagement Consultant



Canned Tuna Burgers

(serves 4-6)

Ingredients

- 24 oz of canned tuna-drained
- One egg
- ½ cup bread crumbs or alternative type of binder
 - Toast one or two pieces of bread two times then let cool and crumble up
- ¼ tsp salt
- Pepper to taste
- Seasonings like paprika, garlic powder, onion powder, oregano, etc
 - Be sure to use dry ingredients to keep moisture low
- Mix all together by hand and let sit in refrigerator for 30 min
- Preheat oven to 350°F and cover cookie sheet with parchment paper
 - Everything sticks to aluminum but not parchment paper
- Prepare and slice any toppings like lettuce, onions, pickles, avocados etc
- Make burgers any size that you want based on bun size or no bun for our low carb friends and place on cookie sheet
- Bake for 20-25 minutes to make sure the egg is cooked
 - Add cheese the last few minutes if you like
- Build burgers on any type of bun or lettuce boat you desire or have

ENJOY!

Yummy Meals and Treats



Stovetop Apples

3 large apples sliced (skins or not skins is up to you)
2 tbsp unsalted butter
Cinnamon, nutmeg, vanilla, etc to taste
¼ c water

In large skillet pan melt, 2 tbsp of unsalted butter, once apples have been mixed in a bowl with seasonings, put apples in the skillet and add water. Cook for 20-30 minutes or until desired texture. These are a great yummy side dish to any meal, or on top of toast, oatmeal, or anything that you love warm apples on top of.





Downward Facing Dog (toddlers - adults)

- Hands and feet should be 8-12 inches apart from each other
- And hands should be far away from your feet
- Pull your belly in while you let all of your air out of your lungs and raise your hips up in the air
- Wag your “tail” like a happy dog
- Feel the strength of your shoulders holding your body up
- Feel the stretch in the back of your legs all the way to your toes
- Hold this pose for four deep breaths and come down
- Repeat 8 times

5 COVID-19 PARENTING

Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- Step 5: Reflecting**
 - Think 'do I feel different at all?'
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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