

Children's Centres Family Fun



May 2020 02 edition


Lambeth

As we continue with this lock down, by now, many of us adults may have accustomed ourselves to our 'new normal' of staying home but how are our children coping? Many young children are feeling confused as to why we still can't go outside, they're missing their nurseries, schools, friends and families and unlike us adults, young children generally don't have that much understanding of the concept of time.

A day for us could feel like a week to a small child! However, please do remember that children are resilient little humans and they will get through this with plenty of reassurance, cuddles and fun. Here are some more ideas and activities to support you with supporting your child.





It can be difficult for children to follow instructions sometimes, especially when they don't know 'why' they're being asked to do something.

We're sure you've done a great job with explaining to your child why we are all having to stay home and why we have to keep washing our hands more to stay safe.

Have you shown your child the 'Germs Experiment' yet?

It's a simple visual experiment that teaches children the impact of handwashing and how soap and water can get rid of germs. All you need is a bowl of water, some black pepper and little liquid soap.

Sprinkle a little bit of black pepper into the water (the black pepper will float on the top). Explain to your child that the water represents the palm of their hands and the pepper is the 'germs'. Get your child to dip a finger in to the water and see what happens...nothing.

Put a small amount of liquid soap on your child's finger and ask them to dip it back into the water and watch what happens next...all the germs magically run away from the soap!!!

The pepper or 'germs' will repel against the soap proving that germs don't like soap and will disappear at the first sniff of the stuff! Hopefully, this experiment will teach children the importance of using soap to get rid of germs (as well as making a bit of magic!).

If you need any more support, please visit Child friendly Explanation of Coronavirus. Available in lots of languages here mindheart.co/descargables

A treasure basket for your little one

Some children, especially babies are like magpies. They're attracted to all things shiny!

Why not try making a treasure basket for your little one? We've all got random things at home that could be used to create a treasure basket.

Things like old CD's or DVD's, bangles, metallic wrapping paper and tinsel and baubles from Christmas trees maybe? Please remember that babies may explore with their mouths so make sure all is safe to use with no small parts and supervise your child while they explore their treasure baskets.

The basket element can be made from anything such as a cardboard box or container, anything that can 'store'. Babies also enjoy filling and emptying stuff so they'll love emptying out their new treasure to explore and then loading them back into the baskets...only to be tipped out again...and again!

Do your children know about 'people who help us'?

People such as the Police, Fire services or the amazing doctors and nurses that work for the NHS.

Why not get your children to design a rainbow 'Thank you' poster for all the people that help us? Maybe you've already made one, so how about making a rainbow cake, rainbow fruit salad or a rainbow t shirt using an old, plain coloured t shirt turned inside out and some felt pens?



Check out the delicious tortilla rainbow pizza recipe overleaf.

Continuing the rainbow theme, why not try some of these colour learning activity ideas at home with your child.

Ask your child to look at their toys and find as many red toys as they can.

When you're sorting out your washing get the kids involved. See if they can group the clothes into similar colours or even just light and dark colours.

If you make use of your daily, allocated hour of exercise take the kids for a walk and play a game along the way. Who can see a blue car? Can anyone find a yellow flower? Who will be the first to spot a big, red bus! Or how about a black cat? How about painting dried pasta and sorting?

There are so many simple learning opportunities in our day to day routines that we could take advantage and make use of!

Have you nearly reached the end of your tether? Had enough of playing referee for your children? Tired of the squabbling and bickering?

Try some of these simple ideas to bring the family back together. Activities which involve taking turns or sharing can help children develop these social skills.

Simple things such as taking turns to choose songs to sing, which books to read or taking turns to turn the pages of the book and giving reminders like 'your turn' now it's 'my turn'

Always make sure to give lots of praise when your child does share or wait patiently for their turn. This will encourage them to repeat the behaviour.



Had any large deliveries recently? Was there lots or even any bubble wrap involved?

If so here's a fun way to use up spare bubble wrap and your child's energy!

Simply tape some bubble wrap to the floor (1m in length is ideal if you have enough).

Now get your child to jump up and down on the bubble wrap and pop all the bubbles!

Younger children can also crawl over and pop bubbles or just experience the feel of the sensory texture of the wrap.



Tortilla Rainbow Pizza Recipe

Base:

- 1 large tortilla wrap
- 1 tbsp tomato puree
- 1 tbsp red pesto
- 75g grated mozzarella cheese

Veggie Toppings:

- Cherry tomatoes
 - Yellow pepper
 - Green pepper
 - Red pepper
 - Corn
 - Red onion
- or any other vegetable toppings that you like.

1. Preheat the oven to 180c.

Place the tortilla onto a pizza tray or a baking tray.

Mix the tomato puree and red pesto together in a bowl and then spread evenly onto the tortilla.

Sprinkle the grated cheese on top and then add your vegetables of choice.

2. Bake in the oven for 5-6 minutes until the sides of the tortilla are starting to crisp.

Serve immediately.



How do I get Children's Centre Support?

Families living in Lambeth with children aged 0-4 can get children's centre support by: **Call 020 7926 2369 from 9am to 5pm, Monday to Friday.**

Or fill out this form and someone will get in contact with you.

lambeth.gov.uk/childrens-centre-support