



Health, Safety & Hygiene

BUBBLE-BUBBLE-POP!

Who said learning about health and safety had to be boring?
 Playing in the bubbles of a bathtub or sink can be quite a healthy experience.
 While you play talk about how important it is to be clean.
 See who can pop more bubbles!

Take turns finding words that rhyme with:

- | | |
|--------------|--------------|
| HAND | (band, land) |
| FIRE | (tire, wire) |
| HABIT | (rabbit) |
| SLEEP | (beep, keep) |

Conversation Starters: Ask your child one of these questions to begin a conversation about the theme?

1. What are germs?
2. How does exercise help us?
3. What can we do to stay healthy?

Book Topic & Internet Search

Don't forget that you can help your child create their own books by stapling or taping paper together in the form of a book.

Healthy Habits Stranger Danger Brushing your teeth

Why sleep is important

Exercise your way to healthy mind and body

How can a doctor help?

Wash, wash, wash your hands

Staying safe when your home is on fire

GOOD HEALTHY HABITS!

Rationale: Children learn eating habits every day. Consequently, it is up to the parents and care takers to facilitate and provide healthy choices accompanied by healthy habits such as active play every day.

Activity: A Good Plate of Food

Materials Needed: Paper plates, grocery store catalogs, glue, scissors, and healthy snack.

1. Provide your child with two paper plates and a grocery store catalog. Mark the plates #1 and #2.
2. Talk about making nutritional choices for plate number one, discussing healthy and unhealthy foods.
3. Have your child glue all healthy choice items onto plate one with, all unhealthy choices onto plate two.
4. Explain and discuss how healthy choices act like fuel to our bodies and give us the energy to play, exercise and learn.
5. Follow by reading a book about nutrition if possible.
6. Then enjoy a healthy snack or meal together after washing your hands.

DRIVING GAMES

While driving with your child play a game of I-spy with car safety. For example: you say "I spy with my little eye, a long strap that holds me in. What am I? Then your child makes the guess (seat belt). If your child gets the right answer, your child can take a turn. This game can be played going back and forth until you reach your destination.

Counting Teeth

Materials Needed: small handheld mirror, counters, small cups/labeled with numerals.

- o Discuss and talk about having a dental check-up.
- o Hand you child a small handheld mirror and have them count each of their teeth, counting along.
- o Next draw a picture of yourself, making sure to draw the same number of teeth in your picture as you have.

What to be when you grow up?

Help children develop an understanding for careers that promote our health and safety. Discuss how to dial the emergency number if ever faced with an emergency. Firemen are heroes that will arrive for many emergencies.

Help your child keep themselves safe by helping them understand self-awareness and how their bodies are private. By reading and discussing the topic of keeping their body private you can help them recognize and develop awareness of safe boundaries and how to distinguish between "good" and "bad" touches. As parents and caregivers, it is essential in teaching children to keep themselves safe will help them throughout their life.

Your Body is Private

Suggested reading: *Some Parts are Not for Sharing* written by Julie K. Federico.

Follow through with a discussion with your child. Be sure to include: feelings (happy, sad, ashamed, scared, surprised and uncomfortable for your child to relate to these feelings).

Discuss good touches and give examples like holding hands with mom.

Develop their awareness by explaining the good feelings and good touches and how they make us feel and compare with bad feelings and how this may make us feel.

Community Helpers and Overall Safety with a Hat!

Materials Needed: construction paper cut into oval shapes, scissors, red and yellow paint and paintbrushes.

Together fold a sheet of paper in half the long way.

Unfold the paper and use the brush to dip red and yellow paint over one half of the paper.

Fold on the same fold again and discuss what happened to the color. The color should resemble the color of fire.

Allow the papers to dry and then cut a hole approximately five inches across and six inches at the highest point in the center of the paper to fit your child's head.

Have your child wear the firefighter hat to role-play during dramatic play.

Discuss stories and other community helpers.

Be sure to include safety measures in discussion:

- Do not play with fire.
- If you are on fire – stop, drop and roll

Let's Sing Along

Incorporating singing and rhyming to any concept is always fun for any age. Continue developing awareness for healthy habits and proper etiquette such as covering mouth while sneezing or coughing, washing hands, brushing teeth, blowing nose using a tissue, and using the toilet independently with song.

Materials Needed: Copies of the following songs and rhymes.

Germs Will Make You Sick

(Tune: Hokey-Pokey) *By Becky Valenick*

Germs are really mean,
But they can't be seen.
They will make you sick,
Then you will feel "ick".
Use some soap and water,
Scrub your hands to get them clean—
Clean—that's what is all about!

Going to the Potty (Tune "London Bridge")

Look at me, it's potty time,
Potty time, potty time.
Look at me, it's potty time,
Let's go potty now.
(Author Unknown)

I Know How to Brush My Teeth

I know how to brush my teeth
I brush on top and underneath
Up like a rocket
Down like a plane
Back and forth like a choo-choo train.
(Author Unknown)

Making Connections

In order to most accurately and appropriately enhance the development of math skills in young learners we must try to use hands-on materials, allow for the child to explore, probe your child to improve their intellect and comprehension level, share problem solving options and encourage for him to figure out some solutions on his own.

Print has meaning *It is great fun and an excellent way for your young learner to become more aware and build their knowledge by interjecting a specific topic to a creative project. Learning will happen effortlessly and because it is a joyful moment for them, your child's mind will be ready to absorb the information presented and become a strong foundation in their mind, which later they will apply to other activities.*

Activity: Tooth Brushing in Art Class

Materials Needed: Different types of toothbrushes (soft, hard, semi soft, etc.), toothpaste mixed in paints, easels, smocks, large white coloring paper.

Explain to your child that you will be creating their unique piece of art using toothbrushes.

Allow enough time for your child to experience coloring and painting with the different types of brushes.

Engage in conversation on what was observed with each of the brushes and the textured paint.

Display the artwork proudly.

Time for Fun!

Dramatic play in the early years has many benefits such as; emotional expression, ability to handle future situations better, language development, self-awareness and awareness of others. Using pretend scenarios children connect real life experiences and emotions. Young children love to use props and may play the same pretend game for days or weeks at a time. Dramatic play evolves with their maturity and experiences.

Let's Dress Up Like...

Materials Needed: Trunk or center of dress up clothing, toys representing medical tools, stuffed animals, baby dolls, etc.

- Allow enough time for your young learner to fully emerge in this type of play.
- Dramatic play is essential for developing creativity in children this age.
- Dramatic play will enhance and develop a more profound understanding of facts previously learned by actually acting them out and being in the role.
- In addition, the child's social skills like sharing, problem solving, and conflict resolution will develop and improve. If possible, gather some friends to play together.

Let their imaginations run wild

Activity: Getting ready for the Tooth Fairy

What your child will take away is the spirit of the moment and the knowledge of the experience. You can help them to feel accomplished and loved. Guide, help, assist as needed.

Materials Needed: One large empty matchbox, colored paper, white felt or cotton balls, glitter and sequins to decorate, glue and scissors.

- Create a story about a personal experience with the tooth fairy.
- Explain to your child that they will be constructing the tooth fairy keepsake box, working together.
- Have your child draw and color an abstract design on the paper, guiding and assisting as necessary.
- Place the matchbox over the paper and cut the paper so that it will be covering the outside of the matchbox. Then glue the paper over the matchbox.
- Have your child decorate the matchbox with glitter and sequins.
- Place a small piece of felt or a cotton ball inside each box to hold the tooth.
- Find a safe place for the box to be kept and used when he loses his next or first tooth.