

# Play at home in Yarra.

## Edition 1 2020

Dear Families,

We are so happy to be able to reach out via phone, text, email and now via our Newsletter. We hope to send you a newsletter regularly and invite your ideas around what information you would like to include or any improvements we can make. If you would like to share a photo, link to a resource, a play idea or a recipe – anything - we would love that!

We miss seeing all of your smiling faces at Playgroup and we will keep trying to get in contact with those families we have not yet been able to reach. We have been calling and texting just to check in and see how you are and to find out if there is any way we may be able to offer any further support or information over the term.

We hope you are all happy and well. Please be kind to yourselves – parenting is always hard work but at this unprecedented time it is especially important that we rest, sleep and exercise whenever we can!

Stay safe and please get in contact with Ruth, Emily, Jacinta, Dung, Rhoda or Shantra at any time you need anything or would like a chat.

Take Care,

**The Yarra Family Programs and Inclusion Team**



## Contact us

**Yarra City Council**

**T // 9205 5555**

**E //**  
[info@yarracity.vic.gov.au](mailto:info@yarracity.vic.gov.au)

**W //**  
[www.yarracity.vic.gov.au](http://www.yarracity.vic.gov.au)



## Key Points

How you behave with your child is sometimes just as important as what you do with your child. When your child needs guidance or correction you can be warm and gentle, as well as firm and consistent.

### Have Fun

Share some time with your children that is just for them. Let them lead the play.

## Warm and Gentle Videos

If you have time, take a look at the warm and gentle videos. The videos are just over 2 minutes.

*Babies 6-12 months*

<https://www.smalltalk.net.au/smalltalk-parent-dvd/baby-dvd/>

*Children 1-4 years' old*

<https://www.smalltalk.net.au/smalltalk-parent-dvd/toddler-dvd/>

**SPEND TIME READING A BOOK OR TELLING A STORY EVERYDAY**



### REMIND THEM

“I love you and that is one thing that will never change.”



### Create Quiet Time Together

Find a regular time where you can be still together

Stroke their hair

Watch a favorite show on TV

Listen to music

Be present

## LEARNING AT HOME

**Play is so good for us. It feeds the brain. It builds skills and knowledge. During play, children engage with and learn about the world around them.**

### Box Play!

Boxes come in so many different shapes and sizes, they can be cut and taped, painted and decorated however you want. Collect them when shopping and you can ask if they have any leftover cardboard boxes out the back. Keep the boxes when items are delivered. Turn a simple box into: giant sized blocks, cars, trains, rocket ships, boats, puppet theatre, TV set, tunnels, maze and treasure chest. Cardboard boxes for babies are always a great idea, raid your cupboards and see how many varying sizes you can find. Place them on the floor alongside a basket of their toys. Babies love placing objects in and taking them out of boxes.

Find more play ideas for simple things do at home here:

<https://www.playgroup.org.au/play/play-playgroup/>



## PLAY

When playing, children are practicing so many skills!

Fine motor, problem solving, creativity, language, social, emotional, dexterity and resilience are all hard at work during play. As are all the senses. Incorporating a variety of play experiences enriches skills and knowledge, the more you play, the more you learn!

### Other ideas from Playgroup Victoria to try

#### CUBBIES

Throw a blanket over a table or four chairs. Large cartons from fridges or TV sets make an excellent cubby house. Supply some cushions, rugs, smaller cartons for pretend table, plastic lids for cups, larger flat lids for plates, butter tubs for pots and the family is ready to move in.

#### SHOE BOX APARTMENT BLOCKS

Stack several shoe boxes (without lids) on their side to form rooms. Tape or glue them together. Cut or draw windows and doors. Provide a box of bits and pieces – empty cotton reels, smaller boxes, scraps of material, carpet, corks, plastics lids to assists the budding little home decorator.

# SELF-CARE

Looking after yourself so you can look after your children

Everyone is different in how they like to recharge and care for themselves, but we thought we would share some ideas that we know work for some.



## LINKS AND CONNECTIONS

If you are looking for other ideas or keen to learn more, here are some things we really like . . .

<b>Singing</b>	<p><b>A new song we have been singing and love!</b></p> <p>Allison Davies singing Every Little Cell: (The same tune as 'Mamma's Little Baby') Here is the link:  <a href="https://www.facebook.com/watch/live/?v=236195374203519&amp;ref=watch_permalink">https://www.facebook.com/watch/live/?v=236195374203519&amp;ref=watch_permalink</a></p> <p><b>Parent Child Mother Goose songs</b></p> <p>We are missing singing and dancing with families at parent-child Mother Goose, if you are too you can listen and sing along to some songs here:  <a href="https://www.parentchildmothergooseaustralia.org.au/songs.html">https://www.parentchildmothergooseaustralia.org.au/songs.html</a></p>
<b>Literacy</b>	<p>Songs, rhymes and fingerplays are a valuable way to help you connect with your child and to build literacy, as well as simply being fun! Storyblocks offers a selection of short songs, rhymes and fingerplay videos in many languages and includes early literacy tips too.</p> <p>Please see here: <a href="https://www.storyblocks.org/">https://www.storyblocks.org/</a></p> <p>For more great resources for children including stories and education support don't forget to visit Yarra Libraries  <a href="https://library.yarracity.vic.gov.au/boredom-busters/for-kids">https://library.yarracity.vic.gov.au/boredom-busters/for-kids</a></p>
<b>Wash your hands</b>	<p>Wiggles - Wash your hands song  <a href="https://www.youtube.com/watch?v=DJD9zPv2NmM">https://www.youtube.com/watch?v=DJD9zPv2NmM</a></p>
<b>Food and Nutrition</b>	<p>We have been cooking too- See what fun, yummy snacks we have made!  <a href="https://www.youtube.com/channel/UCQm3fNQdd_FDfKHuYCHC_Tg">https://www.youtube.com/channel/UCQm3fNQdd_FDfKHuYCHC_Tg</a></p>
<b>Learning about child development</b>	<p>Watch just how important our interactions with children are! Serve &amp; Return Interaction shapes brain circuitry  <a href="https://www.youtube.com/watch?v=m_5u8-QSh6A">https://www.youtube.com/watch?v=m_5u8-QSh6A</a></p>
<b>Support for Families in Yarra</b>	<p>The Yarra City Council website has been updated to provide local, current, evidence based and accurate information and resources on a range of topics for to children and families related to COVID-19.</p> <p>To access please see below and follow this link:  <a href="https://www.yarracity.vic.gov.au/services/family-and-children">https://www.yarracity.vic.gov.au/services/family-and-children</a></p>