

## Messy play

### Playdough Recipe

This super-easy playdough recipe is the perfect way to hold a young child's attention and you only need a few store cupboard ingredients.

#### You will need

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

#### Method

Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil. Pour the coloured water into the flour mix and bring together with a spoon. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.



## Learning, Playing and Interacting!

Babies and young children are powerful learners, reaching out into the world and making sense of their experiences with other people, objects and events. As they explore and learn, children are naturally drawn to play.

The adult is such a vital part of the enabling environment in the early years. Without the role of the adult, children may not have carefully thought out play environments in which to play, be safe, become involved, learn and thrive.

### Activities & play ideas

#### Sensory Treasure Basket

Treasure baskets are easy and cheap to make at home and is a lovely way for babies to learn by investigating natural and household objects. The objects should be interesting for babies to see, explore, feel and taste. Choose a basket with no sharp edges that is low enough for your baby to reach inside and won't tip over if they lean on it. Then fill it with objects that your baby will love investigating.

#### Some ideas include:

- ❖ Wooden spoon/Measuring spoons
- ❖ Sieve
- ❖ Woollen pom pom
- ❖ Paint brush
- ❖ Sponge
- ❖ Different fabrics like velvet/satin/ribbons
- ❖ A lemon or lime
- ❖ Large stone
- ❖ Loofah
- ❖ Tennis ball



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## Cooking together

### Banana oatmeal cookies

Banana Oatmeal Cookies are naturally sweetened and easy to prepare. With only two base ingredients and a variety of ways to customise, you can make a version to suit every family member!

### **Ingredients:**

- 2 Ripe bananas
- 165g 1 3/4 cup Oats

### **Instructions:**

Pre heat oven to 180C / 350F / Gas Mark 4 and line a baking tray/sheet with baking/parchment paper. In a large mixing bowl mash the bananas really well, until smooth. Add the oats and mix until fully combined. Add in any additions to suit taste. Form tablespoon sized cookies and place on prepared baking tray. (make sure to form cookie shapes and not balls as these will not spread into shape like normal cookies). Bake for approx 15 mins, or until cookies are golden and set. Allow to cool before eating.

## Let us get moving

Family activities and fitness at an early age can go a long way toward helping children form healthy habits for life. When exercise feels like play, your whole family will enjoy it more and be more likely to stick with it. Set aside 30 minutes a day to do fun exercises with your kids and make it part of your routine.

- ❖ Tuck Jumps: bend knees and lift heels high while jumping (x20)
- ❖ Hurdle Hops: jump side-to-side or front-to-back over pretend hurdle (x20)
- ❖ Criss-Cross Feet: jump straight up, then cross one foot in front of the other (x20)
- ❖ Squats and Lunges (x20)
- ❖ Sit-Ups and Push-Ups (x20)
- ❖ Finish with stretching- overhead arm stretch, crossover toe touch, child pose.



**“Children learn as they play. Most importantly, in play children learn how to learn”**

**“The more toys do, the less the child does”**

## Stories, Songs & Rhymes

To make a story exciting and fun you can use your voice and tone to set the scene and create an atmosphere. Build anticipation and introduce surprises. Use facial expressions and your whole body to tell the story. Move around the room and use your voice to develop characters and introduce sounds. Use props to make the story come to life. Relax and enjoy the storytelling activity

## Useful links

<https://www.sebright.hackney.sch.uk/childrens-centre>

<https://www.netmums.com/>

<https://www.nhs.uk/change4life/about-change4life>

<https://www.learningtrust.co.uk/content/your-childs-journey-birth-five>

<https://www.breastfeedingnetwork.org.uk>