



Eat Love Play Talk

CAREGIVER PLAYBOOK

SESSION 6



KEEPING OUR BODIES
FULL OF ENERGY



WWW.DOMORE.ORG.ZA



THIS BOOK BELONGS TO:

PARENT/CAREGIVER: _____

CHILD: _____

CHILD: _____

CHILD: _____

CONTACT NUMBER: _____



A LETTER FROM THE FOUNDATION

At the DO MORE FOUNDATION, we believe that it takes a village to raise a child and the more that we work together and support one another, the more opportunities our children will have later in life.

We will be talking about opportunities to improve the wellbeing of young children, but we would like you to all know that **YOU ARE ENOUGH**. You are magnificent and we admire and acknowledge you as parents/caregivers.

This programme will give you you a few extra tools to make your life easier and help your children thrive.

We look forward to walking the EAT LOVE PLAY TALK journey with you and your child.

Warren Farrer
Foundation Executive



GROUP AGREEMENTS

AS A GROUP WE ALL AGREE TO...



Confidentiality



Phones
on silent



Arrive
on time



Free to share



One person
talks at a time



Asking questions
is good

EAT LOVE
PLAY TALK
SESSION 6!

THE GROWTH GUIDE!

EAT LOVE PLAY TALK FROM
3 - 5 YEARS



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

Eat

- Choose fresh natural foods over processed foods or fast foods.
- Fried meals that are sold as “fast foods” are often high in unhealthy fat and salt.
- Buy local fresh foods and (where possible) grow your own.
- Make starchy food the basis of your child’s main meal.

Love

- Say “I love you” to your young child as often as you can.
- Enjoy cuddles and time together.
- Play tickles and “peek-a-boo.”

Play

- Enjoy a variety of activities such as Hopscotch, free play, walking up and down stairs, throwing a ball and picking up sticks and pegs.
- Be active. All of us need daily healthy exercise. Children especially need plenty of daily opportunities to run, play, climb, balance, dance and move in different ways.
- Play “hide-and-seek” indoors and outdoors.

Talk

- Read stories and ask questions about the story.
- Count everyday objects.
- Sing songs.
- Name colours and shapes.
- Tell your young child about family members, friends and objects in your home around them.

LEARNING THROUGH
PLAY!

VULAMEHLO ECD CENTRE

IN OUR SCHOOL
WE DRINK
CLEAN WATER



From the picture, where do you see EAT
LOVE PLAY TALK at this ECD centre?

DO YOU WANT TO KNOW MORE?

Eat

- Carbohydrates are starchy foods.
- Carbohydrates are a source of energy for our bodies.
- Unrefined starchy foods (whole grains) such as brown bread, oats and potatoes are better than refined starchy foods such as white rice, noodles and white bread.
- Use fats sparingly (oil and margarine).
- Try to avoid high-sugar cereals.
- Avoid adding sugar to food.

Love

- Talk with your child about the things that make you both happy and sad.
- It is fun to get to know what we like and dislike.
- Build relationships with your child by being active together.
- Make your child feel loved by hugging and cuddling them often.
- Children love playing outside with their dad.

Play

- “Pretend play” is great fun! Imagine you are an animal and walk around making funny animal sounds together.
- Toilet roll games can be fun too! Use them as skittles or make a long tunnel.
- Encourage movement like twisting, bending and rolling.

Talk

- Talk about emotions with your children.
- Children have an amazing ability to learn and speak more than one language. We can also use different languages to speak.
- Encourage your children to talk and ask questions, and express themselves.
- The more you speak to your child, the more words they will learn.
- Tell stories about the things around them and your culture.
- Read stories with your child often.

ENERGY-GIVING FOODS



WHAT

WE NEED TO LIMIT:

- Salt
- Oil
- Cake
- Biscuits/sweets
- Fizzy drinks
- Chips
- Polony
- Vienna sausages
- Tins of corned beef
- Fried chicken ("fast foods")
- The Gatsby hamburgers
- Sugar
- Fatty foods
- "Aromat"-type spices

WHY

WE NEED TO LIMIT:

- Does not build our bodies and brains
- Does not give energy for a long time
- Increases risk of being overweight, obesity, high blood pressure and type 2 diabetes

BE SUGAR SMART !!



 5g sucker = 1 tsp

1 x sucker	1 x fizzy drink 500ml	1 x chocolate bar	1 x ice cream
			
 4 tsp	 11 tsp	 7 tsp	 5 tsp



LET'S HELP THANDI MAKE SOME HEALTHY EATING CHOICES!

TRY THESE SNACKS

- A fruit
- Unsalted / unsugared nuts, seeds and dried fruit
- Brown bread with low/no-sugar peanut butter, avocado and cheese
- Low-salt crackers or rice cakes
- Unsweetened yoghurt and cut fruit
- Low-salt popcorn
- Chopped carrots
- A glass of milk
- Maas with leftover pap

NOT THESE SNACKS

- Slap chips
- Polony
- Sweets
- Fizzy drinks
- Packets of chips
- Ice cream
- Bubble gum
- Orange sweets
- Custard
- "Vetkoeks"/ Magwinyas
- Instant noodles



4 STEPS TO ORAL CARE!



1. Brush your teeth twice a day.

Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night for about 2 minutes.

DON'T SWALLOW THE TOOTHPASTE - SPIT IT OUT IN THE BASIN.

2. Limit sugary snacks and drinks.

Remember to eat lots of fruits and vegetables! Try to limit sugary drinks - water or a glass of milk is healthier for your teeth.



3. Visit your dentist.

Visit your dentist once a year to help keep your teeth and gums healthy.

START DENTIST VISITS EARLY TO HELP REMOVE FEAR.

4. Floss.

As soon as you've got two teeth that touch, you (along with your mom and dad) should floss to remove plaque. Hold the floss between your fingers and gently rub the floss between your teeth.



DID YOU KNOW?

- Fats and carbohydrates give us energy. Some are healthy. Many are not. We have the power to choose healthy food options.
- Fresh natural foods are best. You can teach your children healthy eating habits / how to make healthy food choices.
- Avoid fatty fried foods, processed foods, too much salt, sugar and fizzy drinks.
- Everyone, but especially young children, needs to be active and get daily exercise through fun games in a safe environment.
- Dental hygiene is important from the moment your child gets their first tooth.
- Everyday activities provide you with plenty of opportunities for your children to learn through play.



