



Eat Love Play Talk

CAREGIVER PLAYBOOK

SESSION 5



KEEPING OUR
BODIES HEALTHY



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



Free to share



Phones on silent



One person talks at a time



Arrive on time



Asking questions is good

EAT LOVE
PLAY TALK
SESSION 5!

THE GROWTH GUIDE!

EAT LOVE PLAY TALK FROM
1 - 2 YEARS



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

Eat

- Mother and child will both benefit from eating plenty of vegetables and fruit every day!
- Choose vegetable and fruit snacks as part of a healthy eating plan.
- Growing vegetables and fruit is possible and affordable.
- Sit next to your child while they eat to support, encourage and talk.

Love

- Enjoy plenty of hugs and cuddles with your baby.
- Spend time together with friends and family.
- Sit close together during meals.

Play

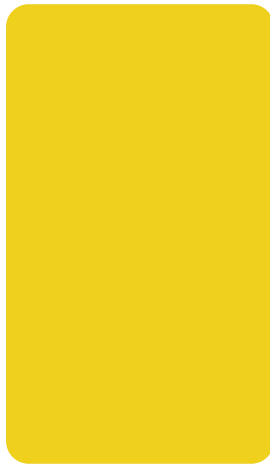
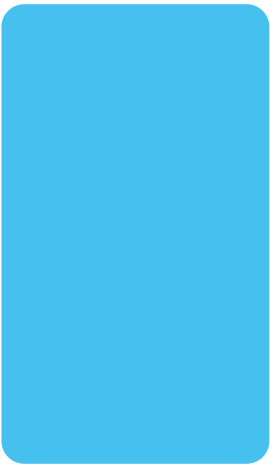
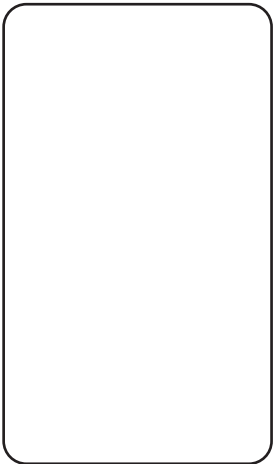
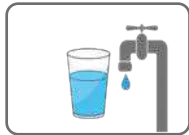
- Enjoy being outdoors with your baby. Allow them to spend time looking at trees, leaves and flowers.
- Show your baby how to clap their hands.
- Allow your child to tear leaves or paper.
- Tickle your child under their arms or tummy.

Talk

- Read simple books to your child and sing songs to them.
- Name and show emotions with your face.
- Name and point to body parts.
- Talk to your child about their family, friends, peers and people with whom they come into contact.

HELP HLENGIWE
CREATE A RAINBOW OF
FOODS!

BUILD A RAINBOW!



VEGETABLES AND FRUIT HELP

**PROTECT
OUR BODIES!**



From the picture, can you see how this community is making healthy choices?

DO YOU WANT TO KNOW MORE?

Eat

- Fresh vegetables and fruit contain many vitamins and minerals that our bodies need for good health and good brain development.
- They are also full of fibre that helps us have a health bowel movement every day and stops us being constipated (when we struggle to have a bowel movement).
- Vegetables and fruits protect us from many illnesses including heart disease, blood pressure, strokes, diabetes and cancer.
- They also keep us feeling full so we don't feel hungry for junk food that fills us up and can make us fat and unhealthy.
- Vitamins help our bodies grow and stay healthy and protect us from disease. They also promote healthy skin, eyes and hair.
- Minerals help our body function as it should. They are important for healthy blood, muscles, bones and teeth and help our muscles to work properly.

Play

- We can play games with our children at any age - babies, toddlers and young children all love to play.
- We can create games using very simple objects from our homes.
- Memory games, counting games and puzzles are easy to make and change for different ages.
- Walking and counting is a fun way to practise our numbers.

Love

- Some children love stories and others enjoy games. Some children want a hug to know their parents care for them.
- As your child grows, how can you change the way you show love to them?

Talk

- Talk about emotions with your children.
- We can also use different languages to speak.
- Sometimes our hands and bodies can also be good for communicating.
- The more you speak to your child, the more words they will learn.
- Make sounds and lip movements together.

DID YOU KNOW?

- Foods that protect our bodies and brains and keep us healthy are fruits and vegetables.
- Eat plenty of different vegetables and fruits every day. Fresh is best!
- Try to ensure your children and family eat at least one fresh, yellow / orange and at least one fresh green leafy vegetable daily.
- The best drink for the whole family is plenty of clean, safe water.
- Just like we care for and protect our children from harm, these foods protect us.
- Young children can choke on things; be with your child when they are eating.





START

Session 1

Session 2

Session 4

Session 3

Session 5

FINISH

CLINIC