



# Eat Love PlayTalk

CAREGIVER PLAYBOOK

## SESSION 7



**STRONG FAMILIES =  
STRONG CHILDREN**



[WWW.DOMORE.ORG.ZA](http://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

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EAT LOVE  
PLAY TALK  
SESSION 7!

# THE GROWTH GUIDE!

TELL US ABOUT YOUR FAVOURITE  
EAT LOVE PLAY TALK  
MOMENTS



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

Eat 

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Love 

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Play 

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Talk 

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MEAL TIME SHOULD BE  
**SHARED!**



From the picture, where do you see  
**EAT LOVE PLAY TALK** in the kitchen?

## DO YOU WANT TO KNOW MORE?

### Eat

- Well-balanced meals provide the body with energy, nutrients, vitamins and minerals.
- Health and well-being is promoted and diseases are prevented when we choose healthy meals.
- We want to limit drinks such as tea and coffee, sugar-sweetened drinks, excessive fruit juice and high-fat and salty snacks which stop children from wanting nutritious food.
- If children have sweet treats or drinks, offer these in small amounts.
- We want to ideally see a plate with foods that build, protect and give us energy.

### Love

- We can celebrate each member of the family in different ways.
- Routines are useful ways to help your child feel safe! Have scheduled mealtimes, play time and sleep time.
- Love means protecting our children from harm. Even in the kitchen, protect your child from electricity, paraffin, poisons, sharp objects and small choking hazards. Keep chemicals out of reach of your children.
- Children at this age are curious. Help them find safe ways to explore in the home.
- We can care for our children by washing hands regularly and practising good hygiene.

### Play

- Mealtimes together can be fun! Involve your child in making, serving and clearing away food.
- Avoid distractions while eating - turn off the TV, cell phone, tablet or computer - which can make young children less aware of what and how much they are eating. Use this time to connect with your family.
- Children of all ages love stories and books. You can even make up your own stories!
- Some play ideas could be: counting out potatoes or spoons, cutting up old cereal boxes or tea boxes to make easy puzzles, banging on pots or tearing paper into small pieces with your fingers.
- Keep active together by going for walks or throwing a ball to one another. Use your senses when talking to your child about the world around them. There are things to look at, touch, hear, smell and taste.

### Talk

- Listening to your children speak is important. Ask them questions about their day or their school. Be sure to listen to their answers.
- All children need to hear and learn to speak in their mother tongue. Children can learn many languages. You can have multiple home languages.
- When your child says they are full, listen to them. You can remove the meal and return it if your child asks for something to eat. Avoid letting children fill up on sweets or foods that are not healthy.
- Mealtime is a lovely time to express and share gratitude about the people in our family, and the food we have to eat.



# WHAT'S ON MY PLATE?

## LET'S HELP GOGO CREATE A HEALTHY PLATE!

Make vegetables and fruit a part of every meal and snack.

WHEN HAVING LUNCH OR DINNER, AIM FOR:

1. Half a plate of vegetables and / or salad.
2. A quarter plate of rice, samp, pap, potatoes, sweet potatoes or brown bread.
3. A quarter plate of skinless chicken, baked or grilled fish, lean meats, eggs, cooked beans, split peas or lentils.



USE 1 TEASPOON OF SUNFLOWER OR CANOLA OIL FOR EACH PERSON BEING COOKED FOR.

AIM FOR AT LEAST 3 PORTIONS OF VEGETABLES AND 2 PORTIONS OF FRUIT DAILY.

WHAT OTHER NUTRITIOUS FOODS CAN YOU THINK OF TO PUT ON GOGO'S PLATE?

### 1 PROTECTIVE FOODS



### 2 ENERGY-GIVING FOODS



### 3 BUILDING FOODS



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- When we have meals together we model by what / how we eat.
  - As a family, be active, have fun and enjoy outside together.

[illegible]

