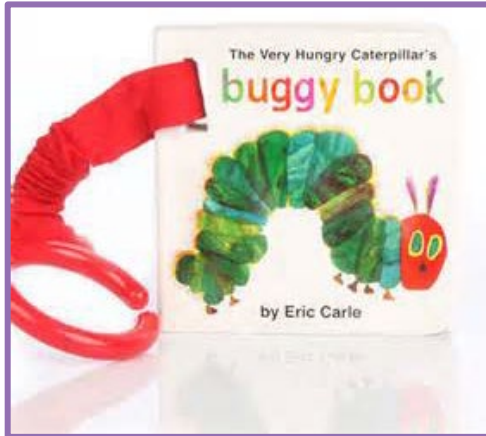




July – Book of the Month

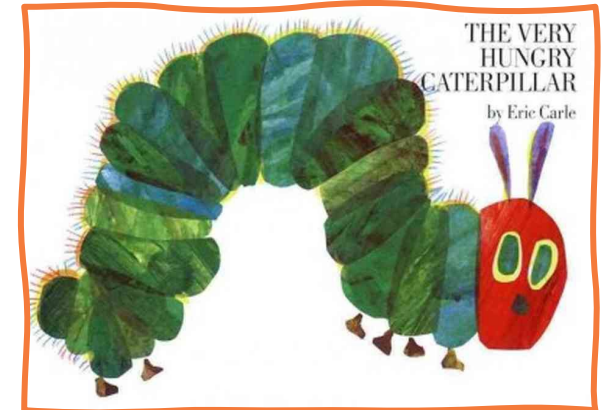
The Very Hungry Caterpillar Series



For Ages: 0 – 2 years

Great because:

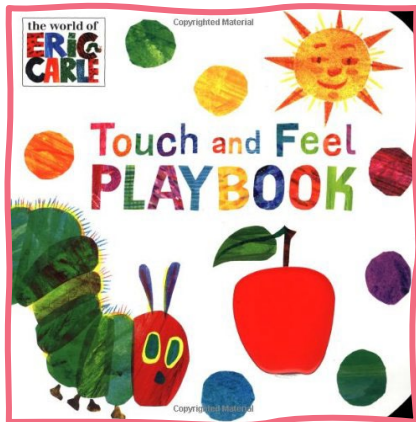
- Board book – very strong and hard to break.
- Perfect to attach to your pram or car seat.
- Babies love the patterns and pictures in this book.
- Finger sized holes for kids to explore.
- Simple pictures on each page to learn new words.
- Start talking about colour.



For Ages: 0 – 3 years

Great because:

- Learn days of week, counting, colours.
- Talk about feelings – hungry, sick.
- Repetitive phrases in the book helps early readers join in.
- Talk about healthy foods and 'sometimes treats'.
- Do a caterpillar craft activity e.g. caterpillar with egg carton.
- YouTube videos of a caterpillar lifecycle.



For Ages: 0 – 3 years

Great because:

- Tough board book.
- Lots of bright pictures and textures for kids to touch.
- Perfect for teaching new words.
- Open the flaps and play 'boo' with the mirror.
- Basic concepts like counting and colours.
- When kids know the book they can join in on the next story book.





July – Activity of the Month

Cooking Together

For Ages: 2 years +

Method:

1. Prepare ham and cheese sandwich as desired.
2. Use cookie cutters to cut circles out of the sandwich.
3. Place four sandwich circles onto skewers and place cherry tomato at the end.
4. Cut skin off cucumber and into 3cm strips (for antennas).
5. Using another skewer pierce two holes in the tomato and stick the antennas in.
6. Using remaining cucumber cut small circles (for the eyes).
7. Stick the eyes on using mayonnaise.

Great because:

- They are simple to make, healthy and yummy!
- Kids are more likely to eat and enjoy food when they've helped with preparation.
- They help develop fine motor (hand) skills with having to cut circles, put the parts on the skewers and squeeze the mayonnaise.
- Learn about different shapes (circles and rectangles) and describing words (smooth, rough, wet, cold, soft).
- You can talk about the steps involved (first, next, last).
- You can model prepositions (on, in) and action words (cut, spread, stick).



Ingredients:

- Bread
- Ham
- Cheese
- Cucumber
- Cherry tomatoes
- Mayonnaise
- Butter
- Skewers, cookie cutter and knife

Any questions about Child Development or want more information on these ideas?
Contact **Bunbury Community Health** for more information on 08 9795 2888 or email us at:
WACHS-SWPHHudsonRdAdmin@health.wa.gov.au





July – Toy of the Month

Playdough

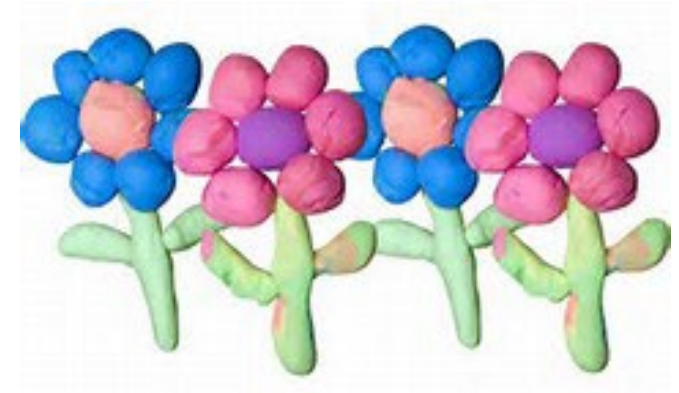
For Ages: 2 years + (or earlier with supervision)

Great because:

- Use your imagination, you can make anything!
- Kids practise using their hands to roll and shape, which helps get them ready for writing.
- Make letters in your child's name so they can learn what it looks like.
- Make a caterpillar and talk about the shapes you need.
- Talk about shape concepts – use cutters or roll out different shapes.
- Practise cooking – make a pizza and put it in the oven – 'yummy hot pizza!!'
- Lots of different recipes for sticky, slimy and smelly Playdough.

Need a playdough recipe? Jump on the internet and look up:

- Cooked playdough
- No cook playdough recipe
- Glitter playdough recipe



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