

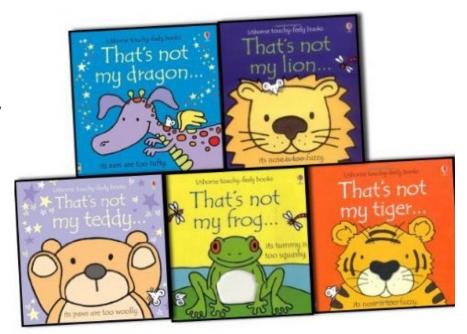
## #HealthyCountryKids

## September – Book of the Month "That's Not My..." Book Series

For Ages: 1 month - 2 years (as well as some early readers)

#### **Great because:**

- The different textures and bright colours engage little babies.
- They repeat the same word on every page for example "frog" in "That's not my frog". This helps little ones learn the word.
- They are durable board books for book destroyers. This
  means you can just leave them around on the floor and
  follow your child's lead when they are interested in them.
- The repetitive line means older children (4 years) can learn to read them quickly. This makes them good books for big brothers and sisters to read to their younger siblings.
- Finding the little mouse on every page helps children's early visual perception skills to develop.



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## September – Activity of the Month

### Sock Puppet Animals

For ages: 3+ years (with help)

**You'll need:** Spare socks, glue, felt, buttons, googly eyes, and bits from around the house.

#### **Great because:**

- Kids practise using their fine motor skills to put everything on, then use your hands to make them work great for hand strengthening.
- Encourage imagination by bringing the puppets to life pretend play!
- Role play different scenes: going shopping, getting ready for school, making a cake, tea party.
- Practise asking questions and giving answers: "What is your name?"
   "What do you want from the shops?"
- Learn actions words talk about what the puppets is doing.
- Talk about and explain feeling words "He's excited to go to school today" "He's feeling a bit worried about the noisy storm".



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

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## September – Toy of the Month

### **Bubbles and Balloons**







For Ages: 6 months – any age

#### **Great because:**

- 1. Children love them and they are cheap and portable.
- 2. Blowing bubbles can be calming.
- **3.** You can teach lots of words like more, bubbles, up, big, pop, uh oh, blow, go, bang, yucky, to little children (12-18 months).
- **4.** Try blowing bubbles and then waiting and seeing how your child asks for more.
- **5.** Groups of children can play together. You can try blowing up a balloon and letting it go, watching it whizz around. Children can use location words like 'under', 'on' and 'in' to find the balloon.
- **6.** Catching and hitting balloons helps build hand eye coordination. Try balloon and fly swat tennis, it is great fun. Popping bubbles helps children isolate their index finger.

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