

NEWSLETTER

Family Edition



ISSUE #3 | 27th May 2020

Welcome and Update

On Monday earlier this month, the Victorian Premier Daniel Andrews announced some changes to COVID-19 restrictions. In line with the current restrictions, SCHS are working on a staged re-commencement of services.

We will continue to offer telehealth for as long as that works for children and families, but are also seeing people face-to-face who are well and this suits their needs best. Clinical face-to-face groups are still a little way off. As always, feel free to ask us any questions.

Spot the Difference



Cooking with Kids

Cooking is a great activity to do with children. Teaching children to cook healthy food helps them gain knowledge and skills across a range of subjects including math, science and health education. The bonus is - you will have a delicious and nutritious meal prepared for the whole family.



Cooking can help develop important skills including:

Sensory skills- Children will be exposed to different senses when cooking (tasting, touching, hearing, smelling and seeing).

Motor skills- Food preparation including peeling and cutting may improve hand-eye coordination.

Maths skills- Counting, measuring and following recipes.

Social skills- Cooking can be very interactive, get the whole family involved.

Language skills- Reading recipes, learning the names of different ingredients, utensils and cooking methods.

Cooking is for all ages!

Age 1-2: Kids learn from watching and copying. Put your child in a position where they can see and hear you cooking.

Age 2-3: Wash fruits and veggies or help find ingredients.

Age 3-4: Pour from a measuring cup or mash potatoes.

Age 4-6: Stir ingredients together or crack an egg.

Age 6-8: Invent a smoothie or pizza recipe and toss salad ingredients.

Age 8-11: Use a knife to cut soft foods or use the microwave under parent supervision.

Quick Dinner Idea

Homemade pizzas → Let the children make it! Use whole grain pita bread, spread pizza sauce, sprinkle sliced vegetables, canned mushrooms and shredded cheddar cheese on top. Once it's all put together, bake in the oven until crispy.



Watch one of our Public Health Nutritionists make a 2-ingredient flatbread which is a great base for homemade pizzas. Video <https://www.youtube.com/watch?v=eG8dGI4odh4>

Core Strength

Core strength is the powerhouse for many daily activities and tasks including fine motor skills. A strong core can support children who 'w' sit, slump when seated or have difficulty crossing their legs.

There are many activities you can do with your child to help build their core strength.

- Hop Scotch
- Simon Says for body awareness and movement planning
- Wheelbarrow walking races (where the child 'walks' on their hand and adults hold their feet off the ground)
- Walking/climbing over unstable surfaces (e.g. large pillows)
- Playground climbing and swinging
- Balloon tennis
- Animal walks: all of these use the child's body weight as resistance (see below)
- Throw bean bags: The added weight of a bean bag when throwing helps develop strength and endurance

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a Frog



BEAR WALK

With your hands & feet on the floor, hips high walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

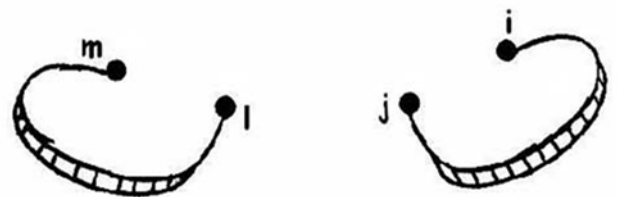
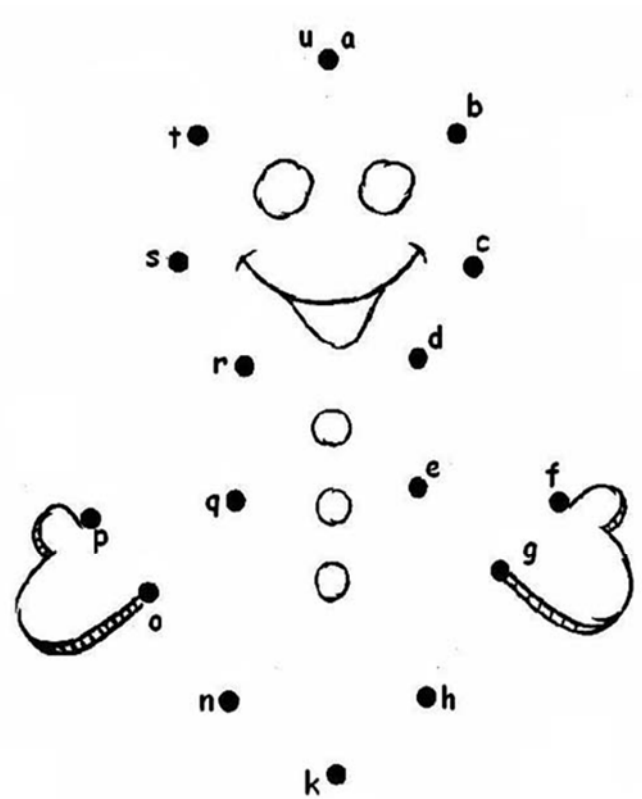
March in place, stomping your feet as hard as you can.

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EXTRAORDINAR
TOOLS FOR RAISING AN EXTRAORDINARY PER!

FUN ZONE!

If you have any suggestions for fun activities, send them to cnapoli@schs.com.au

Dot to Dot



Take Care,
Your SCHS Team