



**Healthy lunches with plenty of water is great for growing bodies.
Wearing a hat will also protect you from the spring and summer sun.**



Some simple things like fresh air and sunshine are hard to beat

Spring is here and summer is just around the corner. As some of us come out of the restrictions of the past 6 months we must remember to stay safe, hygienically as well as while we are out and about.

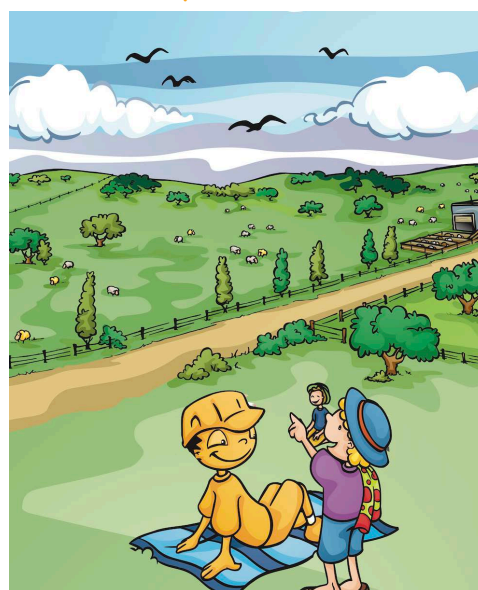
For some parts of the country children are returning to parks and playgrounds, parents and families are beginning to come together for social gatherings for the first time in many months.

Remember to keep an eye on your child while they are playing to make sure they are making safe choices. They may have grown since they last visited the playgrounds and new equipment is now within reach.

Open your mind to open ended play

The best toys for your child are ones they can play with in different ways. Simple toys like blocks and everyday objects, like pots and plastic containers, provide endless play and learning opportunities. Sheets and towels can become costumes, cubbies and beds. Try making these things available and watch where your child's imagination takes them.

**Take a blanket outdoors,
lay on it on the ground
and look up to watch the clouds.**



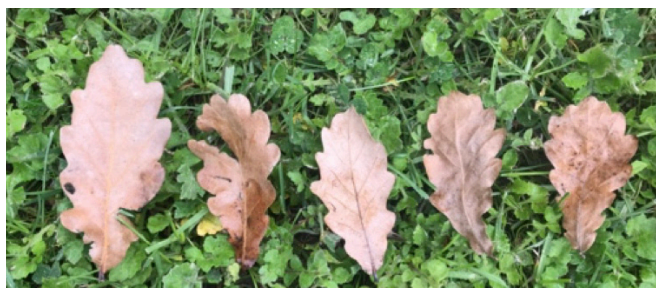
The SeeMore Safety Program received funding from the Australian Government Department of Health.





**Greeting friends with a wave is a simple way to stay germ free.
Keeping 1.5m apart helps keep people safe.**

SeeMore's Collection



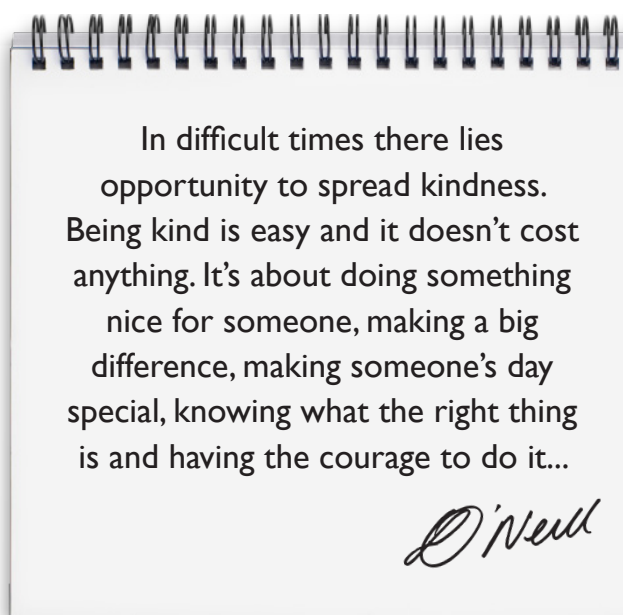
Next time you are walking let your child collect a mix of leaves, pebbles and other natural items. At home line them up from biggest to smallest or put them in groups based on colour or shape. If you're walking, notice the street numbers and how they count. Why not trace a finger around the number?



Visit www.kidsfoundation.org.au/classroom to read all the SeeMore Safety books with your child.

Create a challenge for independent growth and development

Giving your child a small challenge encourages them to grow, become more independent and builds a sense of achievement. Can they get their own breakfast? Start small by being able to collect their own bowl, spoon and cup. Move on to allowing them to pour their own cereal and milk.



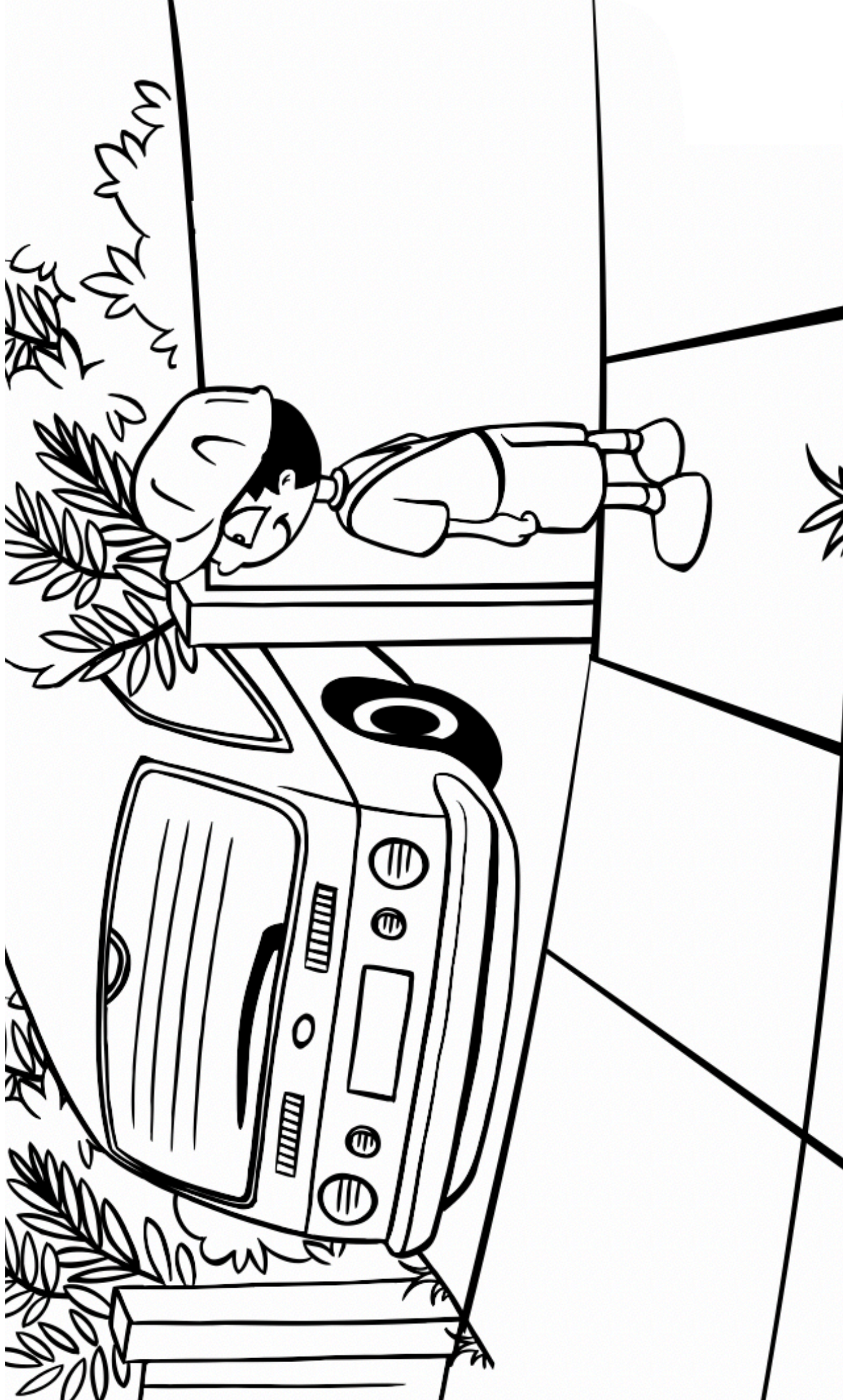
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SEEMORE'S TIPS FOR STAYING SAFE



SeeMore Says, "when out walking, remember to check for cars reversing out of driveways."



SEEMORE'S TIPS FOR STAYING SAFE



Draw yourself and your friends playing safely on the playground equipment.

