



Winter is here and there are many opportunities to have fun inside and out. Remember the words of Alfred Wainwright, "There's no such thing as bad weather, only unsuitable clothing." So rug up, get your coat, umbrella and gloves and enjoy the great outdoors.

Developing play ideas

Children have a fantastic imagination and with some simple things found around the home they can engage in play for hours on end.



Inside play ideas

Build a cubby, fortress, nest or hideout

Things you could use - towels, blankets, sheets, cushions, plastic containers, tubs, cups, cardboard boxes, etc. Grab some sheets and blankets to build a fortress between some chairs or drape them over a table. Fill the area with cushions and create a new world inside your home. Hop inside with your child and a few books and read with them, or let your child turn it into a zoo / nursery for their stuffed toys. If using a box, decorate it with textures or make a sign for the door. If you like some noise, or your child has good rhythm encourage them to play along with some music on a home made instrument, plastic tub or pots and pans. This is great for their fine motor skills and coordination.

Inspire creative thinking

Turn a box into a vehicle - car, plane, boat, train or submarine. What adventures will your child go on?



Outside play ideas

Rug up and go outside with your child

Rug up with a coat, beanie, gumboots and an umbrella and get outside for a walk or play. Go for a bush walk to see how the rain sits on the leaves of the trees and the grass. Make a leaf boat and watch it travel down the gutter - or race your leaves with each other. Get active - warm up with some simple exercises like star jumps, jogging on the spot or skipping.

Will you put your hand up?

Did you know that around 33,000 Australian kids are presented to a hospital emergency department each week as a result of injury. This August, the KIDS Foundation are launching 'Put Your Hand Up' a new campaign to help keep Aussie children safe, free from harm and injury.

Wear your gloves proudly and Put Your Hand Up for every child to be safe, free from harm and injury.



Scan this QR code to buy your pair of gloves today!





Wherever you go, no matter what the weather, always bring your own sunshine.
Anthony J. D'Angelo

Keeping your home safe in winter

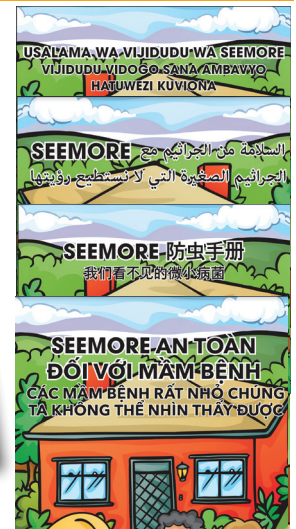
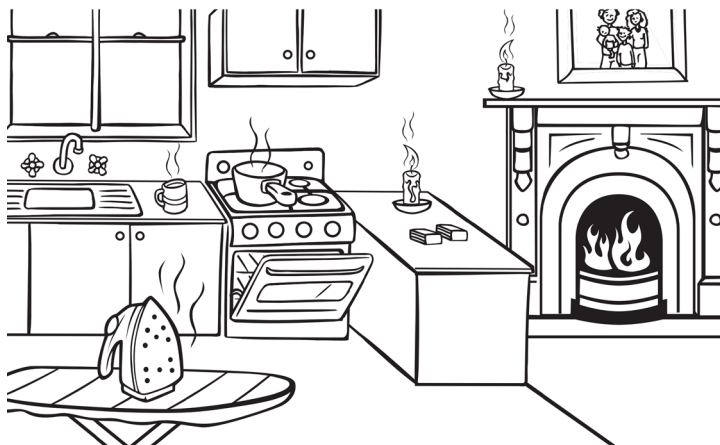
Complete a quick safety check around your home.

Safety Check...

- Test the smoke alarms
- Have your gas heater serviced
- If you have a fireplace make sure you have a fire extinguisher handy, a guard to keep little people safe and get the flue checked regularly
- Check for draughts around doors
- Remember to clean the lint from the clothes dryer
- Keep clothes a safe distance from the heater



Can you find all the hot things in this picture?



SeeMore Bug Safety

SeeMore has some great tips on staying safe during a pandemic, which are also relevant for personal health and hygiene throughout winter. Read our book, "SeeMore Bug Safety - The tiny germs you can't see" with your child to refresh their minds on things to do to stay safe, hygienic and healthy.

www.kidsfoundation.org.au/seemorebugssafety

These books are also available in Arabic, Swahili, Vietnamese and simplified Chinese.

These translations have been made possible thanks to

Newcastle Permanent Charitable Foundation

Cold and Flu Season is here

Remember to pack some tissues and hand sanitiser to maintain good hygiene practices wherever you go to stay well. If you're not well, stay home and rest up to get better.



NEWCASTLE PERMANENT CHARITABLE FOUNDATION

SEEMORE'S TIPS FOR BEING A GOOD FRIEND



Colour in the picture and fold the sheet in half to create a card for someone you are missing.

CUT ALONG THIS LINE

Missing your hugs



SEEMORE'S TIPS FOR BEING A GOOD FRIEND

Colour in the picture and fold the sheet in half to create a card for someone you are missing.

CUT ALONG THIS LINE

I'm missing
your smile

