

Let's play, learn and grow together

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Me!



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

unicef 
for every child

Let's play, learn and grow together

I am me. I am special. My family loves me very much.



- * When a child is newly born, she or he sees, hears and learns many things.
- * Most early development learning takes place from birth to three years.
- * Positive experiences like cuddling and talking contribute to the development of a child's brain.

**Let's cuddle and
talk to our children
every day!**

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I have a beautiful name. It is special.



- * Children need to appreciate their names.
- * Children like to draw pictures of themselves.
- * Children should be told about why their names are special.

**Let's tell our
children stories
about themselves
and their names.**

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I am a South African child.



- * Children should be taught about the South African symbols.
- * Every South African child should have a birth certificate.
- * Children should be taught early in their lives about their South African identity.

Let's talk to our children about their heritage, and where they come from in South Africa!

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Healthy food helps my brain to grow big and strong!



- * A child's brain grows very rapidly from birth to three years.
- * Good nutrition is very important for brain development.
- * Every child should have lots of nutritious food every day.

Let's give our children well-prepared, healthy food every day!

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I can help my family.



- * Young children sometimes like to participate in adult chores.
- * Young children are not usually aware of gender roles.
- * Children enjoy being part of family activities in a playful way.

**Let's encourage
our children to play
around the home!**

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When I am sick, my family looks after me.



- * New-born children get their “Road to Health” cards.
- * Parents should keep the “Road to Health” card in a safe place.
- * Young children should be taken to medical facilities for health checks and the necessary immunizations.

Let's ensure that our children get their health check-ups regularly.

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I love to draw, and to paint, and to “write”.



- * When children start learning to sit, they can grip sticks and pencils.
- * At an early age, young children like to scribble on surfaces.
- * Children feel encouraged to develop writing skills when they are praised for scribbling, drawing or painting.

Let's provide our children with opportunities to scribble, paint or draw.

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I love to play with numbers and patterns.



- * When they are learning to speak, children like to count things around them.
- * Children identify patterns and shapes in their environment.
- * Through matching activities, children can recognize numbers and shapes.

Let's draw and talk about patterns and shapes with our children.

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I love to listen to stories!



- * Children enjoy being told stories.
- * The stories can be about their families, themselves, or where the family lives.
- * Children enjoy it when stories are read to them.

**Let's spend time
reading and telling
our children stories.**

Let's play, learn and grow together

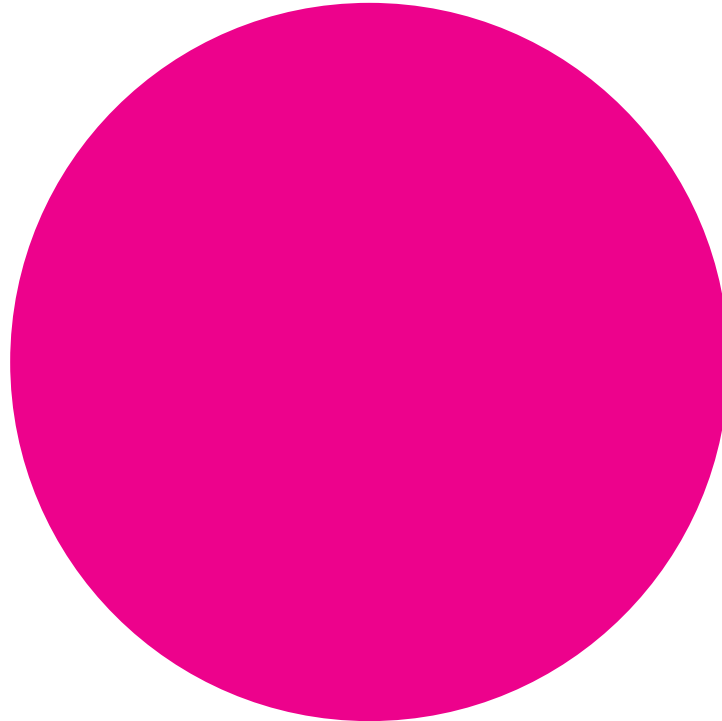
I like to talk and sing and laugh.



- * Singing encourages children to learn new words.
- * Dancing can be used as a form of exercise for children.
- * Talking to children helps them to develop a sense of belonging.

**Let's find time to
talk, sing and dance
with our children!**

Let's play, learn and grow together



circle

Obtainable free of charge from: Directorate: Early Childhood Development, Department of Basic Education, Private Bag X895, Pretoria, 0001
Email: ecd@dbe.gov.za Website: www.education.gov.za