

TAKE HOME ACTIVITY

Dear Families,

Today Life Education and Healthy Harold visited our centre and your child participated in an interactive learning experience called **Being Safe – Harold's Summer Holiday**. We had so much fun learning about important topics around road safety, sun protection, water safety and safety around medicines.

Please take time this week to discuss the important messages we learnt today with your child, to reinforce their learning.

At home we encourage you to enjoy the following experience with your child.

Being Safe at Home

After discussing what your child has already learnt from Healthy Harold during the centre visit about safety, talk to them about safety at home. This will encourage them to transfer their learning and knowledge into the home and other places where you spend time together.

The aim is to enhance your child's knowledge and awareness about safety and safe practices at home to help them make safer choices.

Create a map or floor plan of your home with your child. Allow your child to do most of the drawing, creating their own interpretation from their perspective.

After this, proceed to walk around your home co-learning with your child, encouraging them to point out areas that are already safe or that may be a hazard and therefore need to be made safe. This is an opportunity for you to share your knowledge and reinforce your safety guidelines in your own home environment with your child.

Ask your child to place a red X on their map in spaces where safety is a priority, such as the medicine cupboard, the bathroom, or the balcony or porch. If you feel comfortable, make a mark or do a drawing on a sticky note and place on any items in your home, which correspond, to the map. This will reinforce their learning and act as ongoing safety reminders of safe practices, along with building a sense of responsibility in your child.

Safety aspects to consider:

- Car park, driveway etc.
- Bathroom cabinets or medicine chest
- Pool/bath/spa/pond and any other areas of water

Other identified safety issues such as:

Loose cords; Power points; Balcony; Storage of cleaning products; Medicines; Heaters/fireplace; Electrical appliances.

We would love to share your child's learning at our centre. Please send your child's map back to the preschool for sharing and collaborating. This will reinforce their safety knowledge and awareness with their peers and educators.



Visit LEA website:
<http://lifeeducation.org.au>



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App - Healthy Harold, Healthy Me

