



MESSYPLAY • ACTIVEPLAY • LITTLE CHEFZ PLAY

Our FunkyKidz instructor of the MONTH is

Izelda Cruz

Congrats

"I joined the Funkykidz group (messy play) when I realized my son is sensitive to sensory play. I didn't only want him to attend a class but I wanted to be apart of the Funkykidz family. I believe in the positive impact it makes assisting children to learn through play and I am a proud ambassador. I am a full time career driven mom and wife in the Civil Engineering industry, with limited available time, but I am persevering to make my mark in my area (PMB), although I am new, open communication and support from Chantal and brand is very motivating and inspiring."





FunkyKidz offers:

FunkyKidz Educational classes are around South Africa, book a spot with one of our instructors. Our classes are beneficial for your little ones development.

Messy play - 4 months to 8 years, this program offers sensorpathic activities which help develop all learning areas.

Active play - 2 to 10 years, this program offers gross motor activities which help develop your little ones develop large muscles.

Little Chefz Play - 3 to 12 years, these classes promote healthy living and teach the Kiddies how to cook in a fun Creative way.

We are also looking for instructors in certain areas of South Africa. So if you want to find out more about becoming an instructor please email us

info@funkykidz.co.za or gayle@funkykidz.co.za





Find an instructor in your
area!

AREA	MESSY PLAY	ACTIVE PLAY	LITTLE CHEFZ PLAY
PMB	Izelda Cruz 076 803 1507		Carine Jones 0823120577
Richards Bay Empangeni	Tenaj Narain 071 188 2230		
Westville	Catherine Bronze 071 559 6387		
Kloof and Hillcrest		Cathy Robson 083 427 1218	
Ladysmith	Shamelda 072 331 4198		
Ballito	JaClyn Pillay 083 393 0444		
Durban North	JaClyn Pillay 083 393 0444		
Umhlanga	JaClyn Pillay 083 393 0444	Juanita Verster 060 419 1070	
Mount Edgecombe, Sunningdale La Lucia	Toyah Bush 072 787 6441		
Boksburg	Nikita Erasmus 072 183 8200		
Krugersdorp	Claire Pringle 062 233 5651		
Midrand	Christine Kilian 082 593 7452	Trish Soobramoney 076 562 2123	Trish Soobramoney 076 562 2123
Roodepoort	Elana Van Der Merwe 074 240 3615		
Sandton	Tahera Essay 081 447 4294	Tahera Essay 081 447 4294	Tahera Essay 081 447 4294

Germinston	Kathryn Diniozos 082 882 1716	Kathryn Diniozos 082 882 1716	Kathryn Fourie 082 822 1716
Kuils River			Priscilla Diergaardt 073 168 4270
Parys	LeMichell 084 718 9629		
Pretoria East	Sam Gower 076 751 5811	Sam Gower 076 751 5811	Sam Gower 076 751 5811
PTA Moot	Masurick van der Walt 082 701 5345		
Grahamstown	Tamaryn Richter 083 776 9934		
Uitenhage/Despatch	Leanne Van Der Mescht 081 503 9947	Adrienne Diedericks 078 500 6198	Adrienne Diedericks 078 500 6198
East London	Kimble Genis 060 973 1441	Kimble Genis 060 973 1441	
George	Lindsey Dickson 071 113 2616		Lindsey Dickson 071 113 2616
Durbanville		Ashleigh Byrne 076 953 4004	
Midlands	Gayle Roberts 082 696 1300	Gayle Roberts 082 696 1300	Gayle Roberts 082 696 1300
South Coast	Chantal Hartley 083 411 9422	Chantal Hartley 083 411 9422	Chantal Hartley 083 411 9422
Carolina		Blanche Harvey 079 491 4200	Blanche Harvey 079 491 4200
Middleburg	Leandri Kapp 082 385 3860		





I know it's hard these days to juggle work and other commitments, but moms get your kids in the kitchen to help you, it is very beneficial for them as it teaches them a life skill and gives you an opportunity to spend quality time with your children.

I've been cooking with my own kids for many years. I have also run kids healthy cooking classes from my home, at events and schools, and now each school holiday I have holiday classes.

It can get a bit hectic cooking with crazy, energetic kids. I absolutely love it though, because the kids really get into it! The biggest challenge for me isn't convincing them to taste what they make, but rather, to learn patience and co-operation as they work in groups. Kids of all ages are so enthusiastic to take on any task and want to do all the cutting, beating, spreading, rolling, stirring, stuffing and pouring!

Cooking with kids has endless benefits, so if you are ready to give it a go, check out my top nine tips first.

9 tips you NEED to remember when cooking with kids

1. *Age and ability*

Make sure to note your kid's age and cognitive development. A toddler is better off stirring, washing fruit or veggies, or handing over ingredients. Older children can stir-fry, chop or invent recipes.

2. *Plan a menu and shopping list together*

Kids feel empowered when you let them make choices, so offer them a limited selection of recipe options to cook, then together make a list of everything you will need to pick up at the store.

3. *Time for shopping!*

Shopping together provides so many learning opportunities - discovering new foods and ingredients, explaining seasonality, or discussing the cost of food. Always encourage your child to pick out a new fruit or veggie to taste.

4. *Safety and hygiene*

Teach kids to tie long hair back, and to wear aprons. Ensure hands are washed before and after handling food. Younger children are best kept away from the stove and knives, while older children can be taught knife-handling skills and safety around electrical appliances.

5. *Top kitchen tools*

The following items always get a good workout in my classes – scales, measuring cups and spoons, graters with handles, peelers, cutting boards, safety knives, egg beaters, wooden spoons, whisks, rolling pins, small and large bowls, baking trays, muffin tins, blender, food processor, baking paper and a stepping stool.

Once you've started cooking, remember to breathe! Despite the mess, mistakes and accidents, cooking together should be about connection, fun, creating memories and imparting life skills – not anxiety! After all, we'll probably want them cooking for us one day!

6. *Surrender!*

You know you have other tasks to complete and also that cooking with kids will take a little extra time, so relax. Accept it and roll with it. You'll all have a better experience for it.

7. *Expect mess*

Once you've started cooking, remember to breathe! Despite the mess, mistakes and accidents, cooking together should be about connection, fun, creating memories and imparting life skills – not anxiety! After all, we'll probably want them cooking for us one day!

8. *Mix it up*

While kids love baking, they also love making a garden salad, stirring pesto through pasta, stuffing potato with yummy fillings, and chopping and topping ingredients for pizza dough they have made from scratch. Adding variety is the best way they can learn about nourishing, tasty food.

9. *Praise*

My favourite part of the cooking class is the pride on the kids' faces when eating their own meals and sharing with family members. The primal urge to provide food for our loved ones is well entrenched in our children. So feel free to rave away at their accomplishment which will definitely encourage them to want to help even more next time.

The busier life gets, the more we are losing the art of cooking simple, delicious meals from scratch and passing this lifelong skill onto our children. Cooking with our kids not only nourishes the soul and makes precious memories, it goes a long way to improving their health and wellbeing. We all need to teach our children to cook nourishing, well balanced meals and to live a healthy lifestyle. We need to take the time to teaching our kids this very valuable life skill.

Try out this lovely healthy Recipe

DATE & SEED BALLS

Ingredients

250g pitted dates

2 tbsp sunflower seeds



1 tbsp chia seeds

100g pecan nuts

1 tsp ground cinnamon

2 tbsp almond butter

Method

Blend all the ingredients in a food processor. Add a little water if the mixture is too stiff. Roll into balls and place on a dish lined with baking paper. Refrigerate for 1 hour. Serve.



THIS IS OUR FOCUS

GOOD NUTRITION IS VERY IMPORTANT AND TEACHING CHILDREN FROM AN EARLY AGE TO EAT HEALTHILY IS A VERY GOOD FOUNDATION FOR A HEALTHY LIFESTYLE, WHICH WILL CONTINUE INTO ADULTHOOD. TEACHING THEM TO PREPARE THESE HEALTHY MEALS IS AN EXCELLENT WAY TO GUIDE THEM TO EAT NOURISHING FOOD.



Why Messy play?

Many parents are put off by messy play, as although the idea of finger painting or crafts sounds fun at first, the reality of paint, glue and glitter getting everywhere and the inevitable operation clean up that follows it soon sets in. However, many studies have shown that messy play is one of the best ways for our children to learn and develop, so now is the time to embrace it and get messy!

Here at Schoolhouse Daycare, we encourage our children to engage in messy and sensory play as much as possible as the many benefits are worth it. Plus, we clean up all the mess! To help you get involved in messy play activities with your children, we've outlined the main benefits that it provides.

It Fosters Curiosity, Imagination and Exploration

There is no right way to carry out messy play, it is all about letting children explore and experiment with different objects and raw materials without any end goals to restrict them. For example, although toys can be fun, such as a toy car, children are restricted in the ways that they can use them. With raw materials such as sand, water, chalk, paint, play dough or paste, children's imaginations can run wild and they can spend a long time exploring these, making their own discoveries, stimulating their curiosity and developing their knowledge.

With messy play, the sensory experience also helps children to understand their senses. By exploring how things feel, smell and taste, this type of play nurtures an awareness and understanding of the world that surrounds them.



It Encourages Communication and Language Development

Messy play is a sociable activity, whether with family or other children, so naturally, it will enrich relationships through social interaction. As young children can't explain things verbally, it allows them to share their discoveries in different ways through the use of objects and gestures and in order to do this, they need to think through their actions so they can communicate this explanation which also helps develop their cognition.

Depending on what you make the messy play activity, you can also use it to develop language skills and encourage speech. For example, using letters in the activity helps develop an understanding of the written language, by describing sensations and textures to your children you can help them build their vocabulary, and by talking through what you're doing and asking open-ended questions such as "I wonder what happens when I do this?" you are providing speaking and listening opportunities and encouraging thinking skills.

It Practices Good Concentration and Nurtures Future Skills

High concentration levels are needed while engaging in messy play, from exploring objects and engaging all of their senses to thinking through their discoveries and trying to communicate them. This helps children to develop essential learning skills which then enables them to focus and concentrate when learning and practicing practical skills. Next time when you see your child making marks in the sand, they

could be developing an early form of writing! Or perhaps when you see them swap an object with another child, they are learning to share and negotiate with others.



It Promotes Physical Development

Hands-on play also offers many physical benefits, allowing your children to develop an awareness of their body and personal space whilst strengthening their muscle control. Activities such as pouring, shovelling or drawing in the sand help build strength in the large muscle groups at the top of the arms and it is these muscles that then enable the smaller muscles in the hands and fingers to make precise and controlled movements. In messy play, children can play with tools to develop and practice their fine motor skills as well as their hand-eye coordination, until soon they can hold a pen or eat with a fork!

It Supports the Ability to Play Independently

In today's younger generation especially, children are losing the ability to be able to amuse themselves. With messy play, we can teach them that you can make your own entertainment! In an unrestricted play environment where there is no right or wrong way to do things, this is the perfect situation to allow your child to play how they want to. By using their own mind to plan, explore and problem-solve, they are building a self-confidence and self-esteem that will develop them as independent people.



Ideas for Messy Play Activities to Do with Your Child

Get involved and get messy with our messy play ideas!

Get outside: the natural world is a playground of textures, smells and sensations, so go find some puddles or autumn leaves to jump in too!

Make the most of mealtimes: with younger children especially, allow them to experience eating in its entirety. Allow them to feel, smell and taste their food to engage all of their senses, then when they are slightly older you can teach them about table manners!

Play in the bath: water is one of the best natural materials to play with so why not add some sponges or empty plastic bottles and give your children an opportunity to play and explore.

Invest in a sandpit: sand triggers many sensations so let your child dig, pour and make sandcastles until their hearts are content.

Get creative with the mess: messy play is about the way things feel so go crazy with ideas. Whether you're using everyday objects like paint and washing up liquid or investing in materials such as play dough and slime, your children just need to be given the opportunity to play with it and explore it.

Explore your food cupboards: food provides a great source of exploration and sensory stimulation so hunt for anything you can crunch, mash or manipulate. Dry foods such as cereal and pasta or interesting foods such as mashed potato, baked beans or jelly are perfect!



With messy play, preparation is key to minimising the cleanup. As long as you cover surfaces, allow plenty of time to play and clean your little rascals up before the activity remains, you will have a great time together and reap all the benefits!

Article taken from <http://schoolhouse-daycare.co.uk/news/why-messy-play-benefits-children/>

So, what are you waiting for? Book a FunkyKidz Class now and enjoy getting messy!





Why Active Play?

The key to a healthy life is physical activity at a young age.

Activities should incorporate many different skills through a variety of forms and should be maintained throughout a child's day. Safe, stimulating environments are important, as are positive role models.

Make Sure Children Are Active

Young children need regular, vigorous, physical activity—active play—to develop and grow properly. Active play strengthens bones, muscles and the brain and establishes connections between all of them.

A physically active lifestyle is crucial for life-long health and physical and emotional wellbeing. To develop good habits, children should be physically active every day.

If children don't develop good habits of physical activity when they are young, they increase their risk of being overweight or obese later in life. Obesity is linked to a number of health and mental health problems

So what are you waiting for? Book an Active Play class now!

