

Kindergym



Fact Sheet #4

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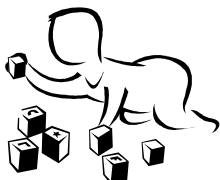
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Moving & Growing.....Together, at Kindergym

Whether you have returned to Kindergym for another exciting Term or this is your child's first Term at Kindergym welcome to a world specifically designed for young children, movement, learning and fun.

Kindergym is a place where you and your child will be able to share many wonderful hours of safe play together, play that is more than just child's play.... it is serious



business as it is one of the key ways that your child will develop skills and gain self confidence. Children need a lot of love and encouragement as they explore their physical abilities and continue to learn new things. Your praise, involvement and understanding will help them develop the self-esteem needed to be confident and successful in life. So, **what benefits should a Kindergym program provide?**

Enjoyable movement programs have many benefits. They exercise the whole body, including the mind, they create a love of movement that can develop into a lifetime desire for physical fitness leading to a health lifestyle.

While the development of both gross and fine motor skills is a key component of Kindergym the intrinsic development that is provided through success-oriented philosophy of Kindergym should never be overlooked. This includes development of a child's confidence, creativity, self-esteem, rhythm, and enthusiasm to learn. Each Kindergym lesson will have a key development focus and with the environment carefully structured there will be endless opportunities for your child to explore and practise skills safely assisting their overall development into a healthy and confident child.....

Our Future at Play

Be Positive

Tell your children you love them!

Make sure you hug and cuddle often. Regularly tell them they are special, loved and wanted. Children need love, even when they misbehave.

Choose your words with care

If the child is misbehaving remember to tell the child it's the behaviour you don't like. Avoid yelling and using hurtful words.

Talk with children about ways they could do things differently.

Let them know when they do things well by using

Returning to Kindergym Safely.....after illness

Kindergym supports a healthy & safe environment and to assist in maintaining this we provide you with a list of some of the Infectious Skin Diseases for children and give guidance on when it is safe to return to Kindergym. Always consult your Doctor for full details and advice.

Chicken Pox

Has a 2-3 week incubation period. The fluid filled sores appear over the body, which then crust. Children may return to Kindergym when all sores have crusted which takes at least 5 days. Please note that ECZEMA is not contagious.

Hand, Foot & Mouth Disease

Has a 3-5 day incubation period. Symptoms are blisters on the palms, sole and in the mouth. A child should only return to Kindergym when the blisters resolve.

Slapped Face Virus

Fifth disease is sometimes called Slapped Face Disease. The rash on the face is red, sometimes itchy and 'lacey' (there are normal coloured areas inside the red areas on the face). It is spread by droplets in the air from sneezing or coughing. They may be breathed in or moved from surfaces by hands to the mouth or nose. People with the infection can pass it on for several days before they become unwell, or when they

have what seems to be a mild 'cold'.

Gastro

The amount of time it takes to develop vomiting and diarrhoea after exposure to someone with gastro depends on the type of infection, but a common cause of gastro is rotavirus and this can develop 1 to 3 days after exposure. Other causes can take up to a week to develop. Keep the child away from other children and be very careful with hygiene, especially hand washing.

be active.

