

What's

Family learning?

Family is where **learning** starts!

- Children spend a long **time** at home
- Home is full of **opportunities** to learn
- Learning in the family can be **relaxed** and **fun**
- **Adults** can learn from children too



Successful family learning

Family learning always involves more than one generation and takes place in the family or the community. Here are some useful tips:

- Make learning **safe, fun,** and **personal**: relate it to your child's interests and experiences
- Be very **patient** and allow your child to **make mistakes**, learning takes time
- Make family learning a **natural part** of what you're already doing
- Do some **games** and **activities**

Children from 0 to 5

Sing the **handwashing song** to the tune of Baby Shark.

Ask about why it's important to wash your hands after going to the toilet. Talk about germs and how they spread.



Children from 6 to 11

Look at **food packaging** together, some of the labels will have the traffic light system (green means it's healthy, red means it's not).

Set the challenge of who can find the healthiest foods first!



Teens from 11 to 15

Write down **7 fun active things** on individual pieces of paper, fold them up, and put them in a hat.

Each day pick one out of the hat and do the active activity together.



Find more resources

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

