

REPUBLIC OF KENYA



MINISTRY OF HEALTH

FLIPCHART

PLAYBOX SESSIONS IN A HEALTH CENTER WAITING ROOM



“PLAY AND LEARN AS YOU WAIT”

PATH
10::▲O◆//2□O

CONRAD N.
Hilton
FOUNDATION

PLAYBOX SESSION STEPS

Select one page (age group) on the flipchart and prepare the play items you will need.

Step 1:

The healthcare provider introduces a playbox session and explains that s/he will follow up on what caregivers learned, during the consultation.

Step 2:

Explain the importance of talking and playing with young children in the first 3 years.

Step 3:

Explain that today we will talk about children aged and ask caregivers who have children of that age to raise their hand.

Step 4:

Open the flipchart on selected page. Show and demonstrate the first activity. Ask 1 to 2 caregivers to try out the activity. Praise them.

Step 5:

Continue to show, demonstrate and practice with the caregivers the remaining activities on the selected page.

Step 6:

Invite all the caregivers to play with their children. Take the play items out of the box for them to use.

Step 7:

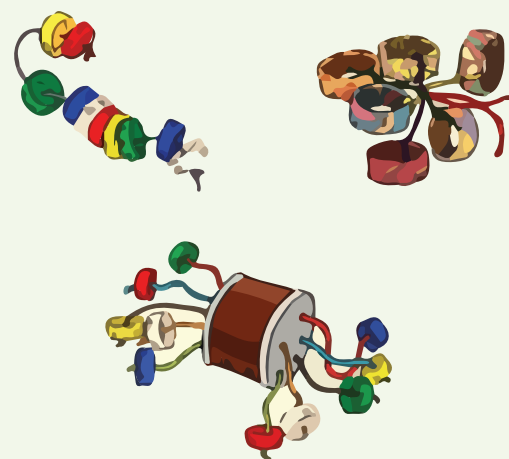
Encourage everyone to talk and play with their children at home, especially during daily household tasks, and to make their own playbox.

Step 8:

During the next hour, observe whether caregivers play and talk with their children. Praise publicly those who do.

Step 9:

Register the activity.



THE PLAYBOX SHOULD HAVE:

- 3-5 containers such as metal tins, cut up bottles or yoghurt cups
- 4-5 movable play items
- 2-3 balls
- 4-5 dolls
- 4-5 cloths for the dolls
- 4-5 cars
- 10-15 cardboard cards with drawings of cars, animals, plants
- 20-30 wooden blocks (colored is best)
- 10 short sticks & 10 long sticks
- 20-30 plastic bottle caps of different colors
- Other play items based on your ideas!

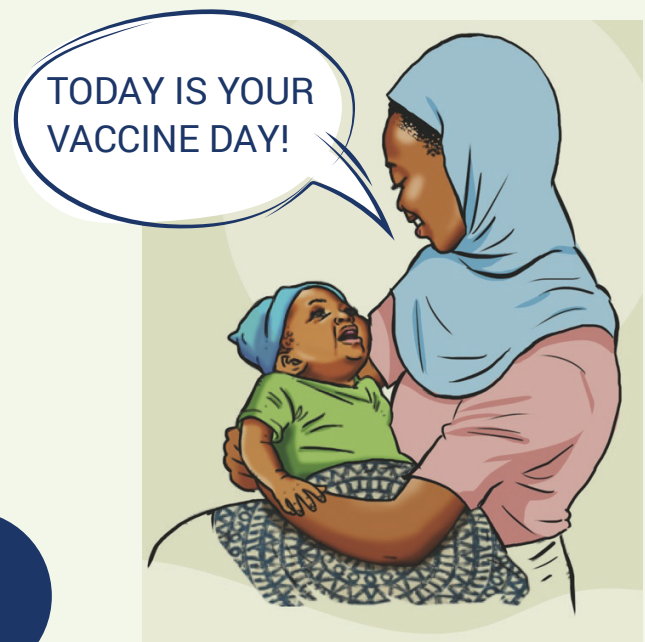


NEWBORNS AND BABIES THAT DO NOT SIT ON THEIR OWN

ALWAYS TALK WITH YOUR BABY . SHE WILL RESPOND BY LOOKING AT YOU, MOVING OR MAKING SOUNDS!



1



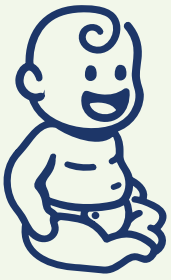
PUT THE BABY ON HIS BACK OR STOMACH. USE COLOURFUL THINGS FOR THE BABY TO LOOK AT AND REACH



2



3



CHILDREN THAT SIT ON THEIR OWN BUT HAVE NOT STARTED WALKING YET

GIVE THE CHILD MOVABLE TOYS TO EXPLORE AND TALK TO HER AS SHE PLAYS



BAM BAM BAM!
HERE COMES THE
TRAIN!

1

GIVE THE CHILD MOVABLE TOYS TO EXPLORE AND TALK TO HER AS SHE PLAYS



WHERE DID
THE YELLOW
CAP GO,
MONICA?



2



CHILDREN THAT HAVE STARTED WALKING BUT ARE NOT 2 YEARS OLD YET

ASK THE CHILD TO FILL AND EMPTY CONTAINERS OR TO PUT SIMILAR THINGS TOGETHER



1



TALK TO YOUR CHILD AS THEY PLAY WITH CARS AND DOLLS



IS THIS DRIVER GOING TO KISUMU? CAN YOU GIVE ME A RIDE?



2



WHAT DID YOU COOK FOR YOUR BABY'S BREAKFAST?





CHILDREN THAT ARE 2 YEARS AND OLDER

PLAY GUESSING GAMES WITH PICTURES



1

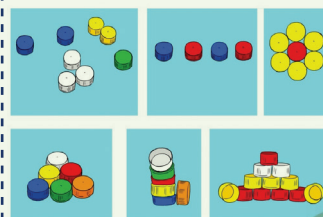


BUILD HOUSES AND BRIDGES WITH BLOCKS



2

MAKE PATTERNS OR DRAWINGS WITH BOTTLE CAPS OR STICKS. SORT THEM BY COLOUR OR SIZE.



3

