



Parenting Resources | Health

Here you'll find a collection of free resources, which we hope will be useful to anyone caring for young children during this particularly challenging moment in time.

NAME	LINK	DESCRIPTION	FORMAT
Movement Guidelines	https://innovationedge.org.za/wp-content/uploads/2020/03/EYMG-SA.pdf?fbclid=IwAR2G7RdHNM7FQ-agqD9oSJKYbV9EHLmfOoDssLOVEiD8ZaM4CAPnUXvDrl0	Movement Guidelines for what a healthy 24 hours looks like for each age group between 0-6.	PDF Download
Ubongo (Kiswahili & English)	https://drive.google.com/drive/folders/1lNtpOw4UWp-ITYqv6-HRZ9MDXR5WikFp	Health and hygiene learning materials from films and songs to engaging ebooks.	Video
Active for Life	https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/	49 Fun physical activities for children aged 2- 4.	Website
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga	Yoga, mindfulness and relaxation designed specially for kids aged 3+	Video
Smartstart	https://innovationedge.org.za/wp-content/uploads/2020/04/Tippy-tap-web-2.jpg	How to make a Tippy Tap: a simple to make hand washing device.	PDF Download
Smartstart	https://www.smartstart.org.za/covid-19-resources-and-guides/	Easy to understand resources on how to keep your young children safe and happy.	PDF Download
Thuthuzela Care Centre's	https://innovationedge.org.za/wp-content/uploads/2020/04/2c9100b9-9bee-48cb-8ebe-0c9ec7a51170.jpg	Contact numbers for TTC's across South Africa. Open 24/7.	PDF Download
Hello Doctor	https://innovationedge.org.za/wp-content/uploads/2020/04/9f6802d3	Talk to a doctor on your phone for free before you go	SMS Messaging

	-b366-4467-82b2-a44a4b4607a4.jpg	to a clinic or hospital. (isiXhosa)	
Hello Doctor	https://innovationedge.org.za/wp-content/uploads/2020/04/827a7197-ed16-460b-a8ea-a9724f8d3701.jpg	Talk to a doctor on your phone for free before you go to a clinic or hospital. (English)	SMS Messaging
Hello Doctor	https://innovationedge.org.za/wp-content/uploads/2020/04/ab7a43eb-bda3-4d51-bef2-a5d3ddf49e4c.jpg	Talk to a doctor on your phone for free before you go to a clinic or hospital. (Sesotho)	SMS Messaging
Hello Doctor	https://innovationedge.org.za/wp-content/uploads/2020/04/bd018bc0-99f9-4333-a96f-bb3836456a9c.jpg	Talk to a doctor on your phone for free before you go to a clinic or hospital. (isiZulu)	SMS Messaging
Hello Doctor	https://innovationedge.org.za/wp-content/uploads/2020/04/c16d1942-8a4f-4ac9-ae5b-f57260120840.jpg	Talk to a doctor on your phone for free before you go to a clinic or hospital. (Afrikaans)	SMS Messaging
SASSA	https://innovationedge.org.za/wp-content/uploads/2020/04/WhatsApp-Image-2020-04-12-at-08.38.01.jpg	Regional contacts for Social Relief of Distress Applications	PDF Download

