



30mins awareness time table

1mins : greeting

2mins : aim of today's session



20mins : interactive activity
with parents

2mins- introduction



8mins- group/individual
exercise

10mins- exchange ideas

2mins : summary video by
Academic



5mins : review a session

Topics and contents

A: Learning Through Play

A-1 : 10 Fun Activities to Try at Home!

A-2: A: Let's Explore How Play Changes
Over Age

B: Healthy Food

B-1 : Nutrition in the first 1000 days and
Lunchbox Ideas for Children

B-2: The Meaning of Snacks and
Choosing Healthy Ones



C: Positive Parenting

C-1 : Parent-Child Time – Play Well, Eat
Well, Sleep Well

C-2: The Magic of Words – Phrases
That Affirm and Support Children



Awareness
Instruction



Guide for Instructor

of Facilitator, nursery
manager and Modereya
In Egypt

- This instruction guide has been developed for fathers and mothers of children aged 0–4 years.
- "One of the roles of nurseries is to collaborate with parents and provide them with parenting-related information. Awareness activities contribute greatly to building trust and stronger relationships with parents, while enhancing the value of the nursery itself."
- Each awareness session duration is 30 minutes. The content is divided into six small topics that provide useful knowledge on parenting. You can start with the topic you like. These sessions are expected to be conducted when parents come to pick up their children from the nursery, or as part of events such as Fun Days, by gathering parents together to carry out the awareness activities.

A-2: Let's Explore How Play Changes Over Age

1min : greeting

2 mins : Aim of today's session

Let's think about how play can develop according to age using one tool.

[Preparation: yogurt cups – one per participant]

20 mins : Interactive activity with parents

2 mins – There are many types of play, but today we will play using yogurt cups. Let's think of ideas for children aged 1, 2, 3, and 4: how they would play and what skills they would use.

8 mins – Work individually or form groups of 2–3 participants for group exercises.

10 mins – Exchange ideas.

Each group has 1 minute to present their play ideas.

▶ 2 mins : Summary video by Mr. Ahmed XXXX from Cairo University

- Breakdown of play ideas using yogurt cups
- Play evolves according to the child's age; ways of playing change and develop

5 mins : Review the session

- As children grow, their world of play expands.
- Play develops from solitary activities to small group play (2–3 children) and then to larger group play (5–7 children), where children establish rules, cooperate, and compete with each other.
- The types of play also change—from activities that involve direct sensory experiences and things children can touch, to play using tools, and then to more complex forms of play such as stacking and combining that correspond with the growth of spatial awareness.
- Even From experiences such as stacked blocks collapsing, losing in a competition, or not being able to do something well, children also develop intellectual curiosity that encourages them to try again.

A-1: 10 Fun Activities to Try at Home!

1mins : greeting

2mins : aim of today's session

learn 3 types of play that can be enjoyed at home.

▶ 2mins : summary video by Mr. Ahmed XXXX from Cairo university

- The importance of learning through play
- Types of play and key points for how to play
- Tips for parents

20mins : interactive activity with parents

2 mins – Think of three types of play that children can do at home, either alone or with their parents. You can also select from the activity booklet.

Please write down the name of the play, target age, required materials, and playtime.

Form groups (3–4 people per group).

8 mins – Start the group exercises.

★ Move around the groups and announce the remaining time.

10 mins – Exchange ideas.

Each group has 1 minute to present their play ideas.

5 mins : Review the session

- Remember 3 types of play and try them with your child at home.
- During play, adults should not intervene too much; instead, maintain a supportive and observant attitude so that children can experience fun and a sense of success.
- Children grow through play. Surprisingly,, a child's motivation for learning in elementary school is greatly influenced by the skills developed during early childhood play, such as concentration, willingness to take on challenges, and experience in solving problems independently.
- The activity booklet is provided to all nurseries, so you can always refer to it, take photos, and use it as a reference.

A. Learning Through Play



Play is an important time for children to grow in mind, body, and thinking skills. Through block building, drawing, singing, and physical play, children naturally develop concentration, creativity, and cooperation. Special toys are not necessary—cups, boxes, or paper can be more than enough.

Play can happen anywhere: at preschool, at home, in the car, while waiting, or outdoors. What matters most is respecting the child's wish to “try,” and warmly supporting them even when they make mistakes. By playing together and saying things like “That's great!” or “How did you do it?” children gain confidence and deepen their learning. When parents also enjoy playing, it builds positive communication and strengthens trust between parent and child.



B-2: Select the Good Snack for kids!

1min : greeting

2mins : aim of today's session

to learn about the importance of snacks and how to choose the proper ones to your child

2mins : summary video by Mr./Ms. XXXX from Cairo university

- The Importance of Snacks for Children Aged 0–4
- The idea that snacks can serve as alternatives!

20mins : interactive activity with parents

2 mins – Today, we will create a substitution map that can be used at home. Learn how to replace the snacks children usually buy easily from kiosks with alternatives using ingredients you have at home, and explore ways to use them.

7 mins – Each parent receives a sheet of paper to think about substitutions and how to use them. You are free to write in any format. time: 7 minutes.

10 mins – Exchange ideas

The trainer Selects 5–6 participants to share their ideas in 30 seconds. It's recommended to notedown the useful ideas and try making them at home.



5 mins : Review the session

- Remember that snacks for children aged 0–4 are considered complementary foods that help meet their daily nutritional needs.
- Snacks are also a source of enjoyment for children. Use safe and varied ingredients to create a rich and enjoyable snack time, fostering excitement with thoughts like, "I wonder what snack we'll have today!"
- Start with just one simple action: combine homemade and store-bought snacks, vary snacks by day, or prepare them in batches over the weekend.
- Setting aside time for parents and children to make snacks together can help nurture a lifelong interest in food and health.

B-1: Nutrition in the first 1000 days and Lunchbox Ideas for Children

1min : greeting

2mins : aim of today's session

to know the first 1000days and effective lunch box ideas.

2mins : explanatory video by Mr./Ms. XXXX from Cairo university

- the first 1000days
- balance, variety of foods for Lunch box

20mins : interactive activity with parents

2 mins – Let's plan a 5-day lunch box menu! The theme is a nutritious lunch box that children will enjoy. Include protein, vegetables, carbohydrates, and dessert. You have 7 minutes to come up with ideas.

7 mins – Print the Lunch Box Plan Sheet (A or B) from the reference materials and use it to organize your menu.

11 mins – Exchange ideas

Each person has 30 seconds to share one idea from their menu. By the end of today's session, add ideas from others to your sheet to complete a full 5-day menu.

5mins : Review the session

here is the Importance of Healthy Nutrition Lunch box for Children aged 0–4 years:

- Supports physical and mental growth
- Enhances cognitive abilities and concentration
- Strengthens the immune system
- Prevents obesity and chronic diseases
- Provides children with a sense of warmth, care, and positive relationships

Tips to Parents

- Introduce the variety of food ; nutrients, color of food, different types of meal
- Allow your child to use their fingers to touch food. this gives them a chance to learn how to eat.

B. Healthy Food



The foundation of your child's healthy growth and happiness starts with everyday food choices. This booklet introduces key nutrition points from pregnancy through early childhood, including breastfeeding, complementary feeding, and tips for choosing lunchbox items and snacks. Balanced meals together with warm, loving care nurture both your child's body and mind.

What Should We Focus On During This Early age for food?

◆ Nutrition During Pregnancy

A mother's diet directly impacts the baby's development in the womb. Iron, folic acid, and protein are especially important.

◆ Early Breastfeeding

Giving breastmilk within the first hour after birth boosts the baby's immunity. Exclusive breastfeeding for the first 6 months is ideal.

◆ Complementary Feeding from 6 Months

At 6 months, start giving nutrient-rich foods in addition to breastmilk. Include protein, vegetables, and carbohydrates in balanced amounts. Adjust texture and portion size as your child grows.

◆ Warm and Loving Care

Holding, smiling, talking, and playing with your child provide emotional "nutrition." This is essential for healthy brain development.

◆ Regular Health Checks

Keep up with regular growth monitoring (height and weight) and check for anemia or other deficiencies. Early detection can prevent serious problems

C-1: Parent-Child Time – Play Well, Eat Well, Sleep Well

1mins : greeting

2mins : aim of today's session

Let's learn positive words to use with children.

10 mins: Interactive Activity with Parents

Now, we will use paper to think of encouraging words to say to children when they fail and when they succeed.

Try writing five words or phrases. Then, we will watch a video and add five more. Let's start!

2mins : summary video by Dr. Jackleen from Cairo university

- magic of word= The influence of words
- recommended word to all child

10 mins: Interactive Activity with Parents

The video introduced many "magical words." From these, choose five words (or more) and write them down to create your own personal list of magical words.

Finally: Place your magical words list somewhere visible at home (for example, on the refrigerator). This will help you remember to use positive words in your daily life.

5mins: review the session

For children from birth to 2 years, it is important to use "magical words" that acknowledge them as they are, so they can feel safe and engage in activities. Examples: "You are wonderful, I love you.", "You are safe with me." "I love the way you play." "You are very helpful."

After around 2 years, when children begin to express their own intentions in words, you can use phrases like: "I'm proud of your progress." "Which part do you like the most?" — to encourage your child to share their feelings.

In other situations, when a child faces difficulties, you can say: "I'm here to help you. Don't worry, which part can I help with?" — to support your child.

1min : greeting

2mins : aim of today's session

Let's explore how parents can support their children in everyday routines—through play, eating, and sleeping.

2mins : summary video by Mr./Ms. XXXX from Cairo university

- Benefits of positive parenting
- approach in playing, eating and sleeping
- practical exercises

20 mins: Interactive Activity with Parents

2 mins – We have learned that positive parenting is fostered through various everyday interactions between parents and children. Now, we will look at two examples and share ideas on how to respond. Game rule: Do not deny the other's opinion. First, listen and accept, and then share your own idea.

18 mins – Exchange Ideas

- Situation 1: Four and half year-old child wants to play with his friend's toy and grabs it from his hand. How would you respond?
- Situation 2: Three and half year-old child says they don't want to go to bed yet. How would you respond?

5mins : Review the session

- Let's try to spend time with your kids during everyday moments like play, meals, and bedtime. Even just 10 minutes of focused attention—such as listening to them eye-to-eye or talking together before sleep—can make a big difference.
- Children grow by learning from their mistakes and failures. Parents can either respond with negative words and strict discipline, or take the time to listen to the child first and then gently guide them toward appropriate behavior. Let's think about which approach better encourages growth and helps children become independent thinkers.

C. Positive Parenting

Positive parenting is essential for creating an environment where children feel secure and grow as themselves. When guiding parents, emphasize the power of small daily moments.

- Value everyday moments: Just 10 minutes of eye-to-eye listening or talking before sleep makes a big difference.
- Turn mistakes into learning: Instead of scolding, listen first and then guide—this nurtures independent thinking.
- The power of words: For ages 0–2, phrases like "You are wonderful," "You are safe with me" provide security. After age 2, questions like "Which part do you like the most?" encourage children to share feelings.

Through these practices, help parents realize the importance of believing in their child's potential.

In this awareness activity, please guide the sessions with a focus on what parents can practice at home. At the same time, both teachers and principals are expected to serve as role models for children and parents alike, using appropriate words in daily life and guiding children's growth. Each day's words accumulate and help us grow together.





Learning Through Play

Positive Parenting

Positive words for encouraging the child

- When the child learns to walk: “You’re amazing! You’re walking so well.”
- When the child learns to talk: “You’re speaking wonderfully! I love hearing your voice.”
- When the child learns to play with others: “You’re playing so nicely with your friends! I love seeing your smile.”
- When the child succeeds in a task: “You’re great at doing this! I’m proud of you.”
- When the child faces a challenge (e.g., struggling with a puzzle): “I’m here to help you. Don’t worry, we’ll face this together / Let’s try again.” This way, the child feels supported and safe.
- When the child learns something new: “You’re learning something new every day! I love the way you learn.”

“I love you”:

This simple phrase has a powerful impact on children. When parents use it throughout the day, it gives children a deep sense of safety and love.

“I’m proud of you”:

For example, when the child shares toys with friends. This phrase strengthens the child’s self-confidence and encourages them to keep trying, achieving, and making efforts.

In other situations, such as when the child is struggling, you can say:

- “I’m here to help you. Don’t worry, which part would you like me to help you with?”



Learning Through Play Activity Booklet



Nutrition Worksheet



Nutrition during the first four years is directly linked to children’s brain growth and physical .development, making parental awareness essential Exclusive breastfeeding is recommended until six months of age, followed by the introduction of diverse complementary foods rich in iron and ,protein. It is also advised to include fruits vegetables, whole grains, and legumes, while limiting processed foods high in sugar and salt. Family mealtimes and a positive dining environment help shape children’s eating habits, highlighting the importance of creating a safe and enjoyable atmosphere. It is also important to provide parents with practical, easy-to-apply strategies they can .incorporate into their daily lives



References

MoSS



JICA Egypt



UNICEF - Egypt



ECD Project Website



Facebook Page

