Module: Psychology in health and social care

- **Assessment title: individual presentation**
- **Working with children in a social care setting**
- **Module code: LCHS4006**
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As a lead volunteer at a women's refuge center, I will be Working with children aged 0-2 years of age. Here today I have put together 2 age-appropriate activities for the children to take part in.

- Flour sensory tray:
- So, I have put together flour sensory activity as this could encourage imaginary play as well as sensory. I would put together some lining paper, paper plates or even large trays to pour some flour onto also in the corner I would have utensils even some toy cars and measuring cups. With all utensils the children could explore finger drawings also, handprints or mix the flour around they will become creative as this will encourage imaginary play.

- (image)
- (Flavin,2022)

Age-appropriate activities children aged: 0-2 years

Physical activity

There are a wide range of activities such as:

- painting
- musical instruments
- Play mats
- playdough

physical activity is good for children from a young age it will help stimulate the children and help keep them a healthy weight. Physicality of these activities could help strengthen children's bones, muscles, hearts, and lungs. This could also lower their risk later in life from getting cancer or even heart disease.
Could also improve posture in the children from this young age also help with balance and coordination.

(image)

(Greutman, 2021)

Conclusion

- Babies are born social creatures. From 0-2, children are responding to their caregivers in rhythm when they are communicating with them. At this age children not only seek security but also trust from their loved ones. From about 6 months on the thought processes can be observed. For instance, when an infant is playing with a toy, they may not make sense of it right away but when the sensory stage in them kicks in i.e. touch and smell then begin to get an understanding for what it is they are playing with. Smaller infants that have not reached this stage will benefit from tummy time or even noisy toys like rattles which you can encourage them to hold. (Greutman, 2021)

References

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