



News Story – Self Care Day

Babies

In celebration of Self Care Day, our babies took small but meaningful steps toward independence and spiritual well-being. During snack and mealtimes, the children were encouraged to wipe their own hands and faces.

Every baby tried, practicing their hand-eye coordination while learning the importance of cleanliness. Alongside physical self-care, we introduced the habit of saying “Bismillah” before eating, helping the little ones understand its spiritual meaning.



These gentle reminders are part of building positive habits from an early age, combining the values of self-care with the teachings of Islam. The babies really enjoyed doing this, and we spoke about why it is important. These small steps help the babies learn to take care of themselves and understand what Islam teaches us.





Toddlers

Today, toddlers have been focusing on developing their ability to care for themselves physically, emotionally, and socially, encouraging independence to form a positive sense of themselves. Today we have been discussing routines such as hand washing, dressing, and eating, as well as managing emotions and building social skills with their peers.

Apa created tuff tray activities, one was on the importance of washing their hands, where we drew hands on the tuff tray with germs that the children had to wash away using paint brushes and some hand soap, this allowed them to use their fine motor skill by using the paint brush to scrub off the germs off their hands.



We linked these activities to cleanliness in Islam, and we spoke about the importance of cleanliness and how it is encouraged by the Prophet Muhammad (pbuh). We spoke about how it is sunnah to keep yourself clean throughout the day. The second activity was on their selfcare of brushing their teeth, the children role played, brushing their teeth and increased their knowledge through practicing. We had teeth moulds put out, with toothbrushes along with some toothpaste, children washed bacteria off the teeth, and we talked about how long we should be brushing our teeth twice a day as well as identifying healthy and unhealthy foods for our teeth.





Pre-School

The preschool children have been learning about how to take care of themselves by taking part in different exciting activities that were set up for the day.

Children took part in making perfume using fresh flowers, lemons and peppermint oil. We talked about keeping ourselves clean such as having a bath, wearing clean clothes, and smelling nice. This activity encouraged children to interact with each other, working together, developing their vocabulary and building their fine motor skills.

During this activity we also introduced maths such as more and less. We also learnt about taking care of our oral hygiene such as how important it is to brush our teeth regularly.



Children also took part in making fruit cocktails using fresh fruits. Children were encouraged to cut their own choice of fruits, we provided children with child safe knives and chopping boards. We learnt how important it is to eat healthy foods daily to keep us strong and healthy. Children enjoyed talking about healthy and unhealthy foods.

