



Register on the free ECDmobi App for playful early learning activities for children under 5. Search for ECDmobi or scan the QR code. It is free and fun.



## What other support is there?

The low-data resources below are proven to support you at all stages of your child's development - from pregnancy through to adolescence.



- PARENTAPP (10 - 17 years)

A web-based resource for parents of adolescents. Access on-demand resources and log positive parenting behaviours as you customise your experience.

- PARENTTEXT (0 - 17 years)

Interactive parenting ideas for all stages of your child's development - WhatsApp SUPPORT to +27 83 283 8620.

- SIDE-BY-SIDE (Pregnancy - 5 years)

Join the national campaign on Facebook supporting caregivers to provide children with the nurturing care they need to thrive.

- MOMCONNECT (Pregnancy - 2)

Dial \*134\*550# to subscribe and receive parenting tips and reminders at all stages of your pregnancy and baby's development.

FOR MORE, VISIT [WWW.UNICEF.ORG/SOUTHAFRICA/UNICEF-PARENTING](http://WWW.UNICEF.ORG/SOUTHAFRICA/UNICEF-PARENTING)



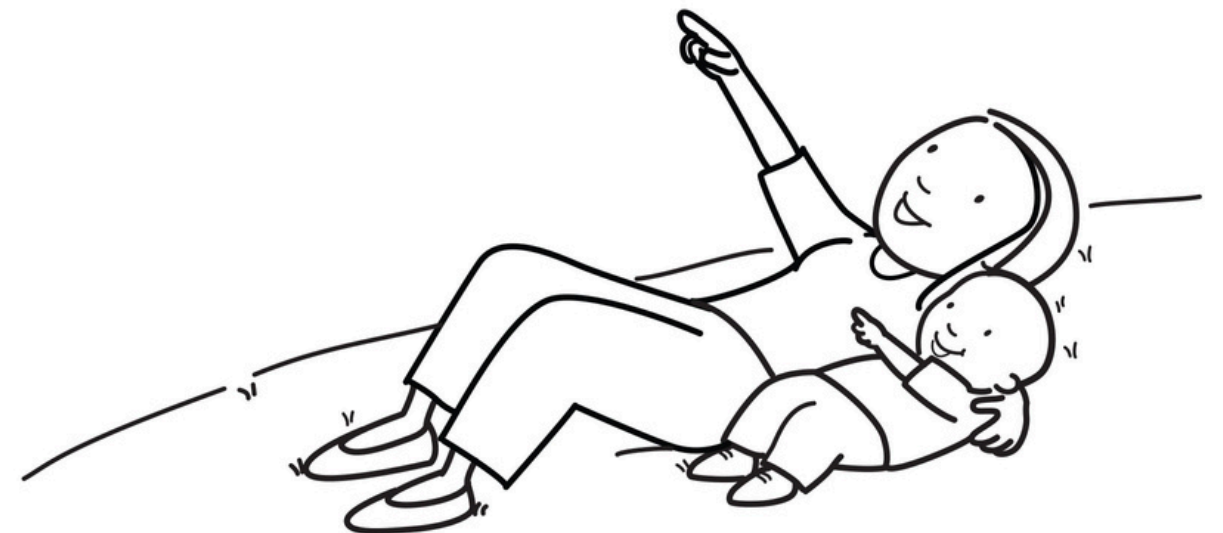
## Take the #PledgeToPlay

On 11 June, join the whole world in celebrating the first International Day of Play to recognise the importance of play in our lives.

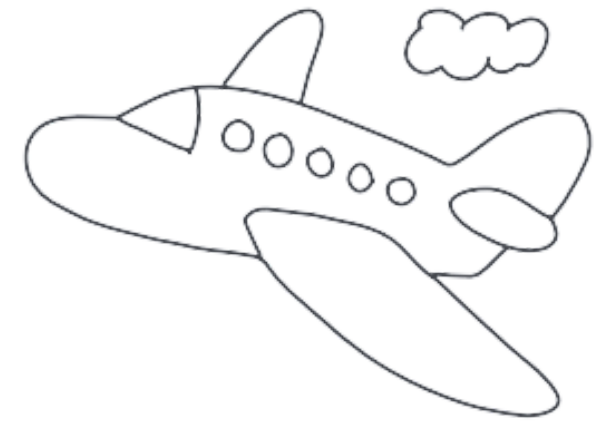
Every child has a right to play because it is crucial for our development and it gives us the best start in life.

## What can adults do?

PLEDGE TO PLAY and make a commitment to value and support the importance of play in the lives of your children.



# MY PLEDGE TO **PLAY**



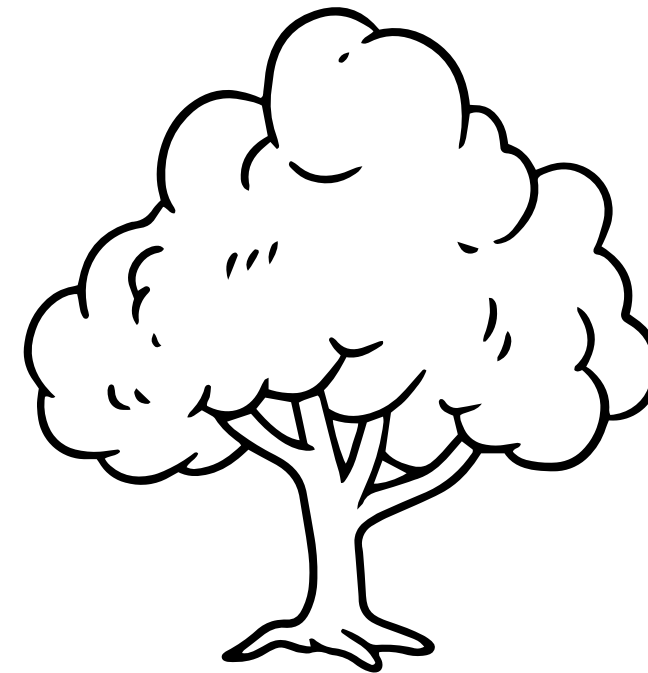
In many countries across the world, we ask adults and decision makers to:  
INVEST in children's well-being by protecting our right to play.  
PROVIDE children with more time and opportunities to play, including in school.  
PROTECT our right to play by creating safe and accessible places to play,  
including for those of us with special needs.  
RESPECT our rights to be heard in decisions impacting our right to play.  
SUPPORT us in developing social skills through play.

## #PledgeToPlay

I, ..... Pledge To Play with my  
child, ....., more often and everywhere!

I commit to:

- HAVING FUN with my child.
- LISTENING to my child about what they would like to play.
- GUIDING my child to develop knowledge and skills playfully.



The International Day of Play is supported by:



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Cotlands

