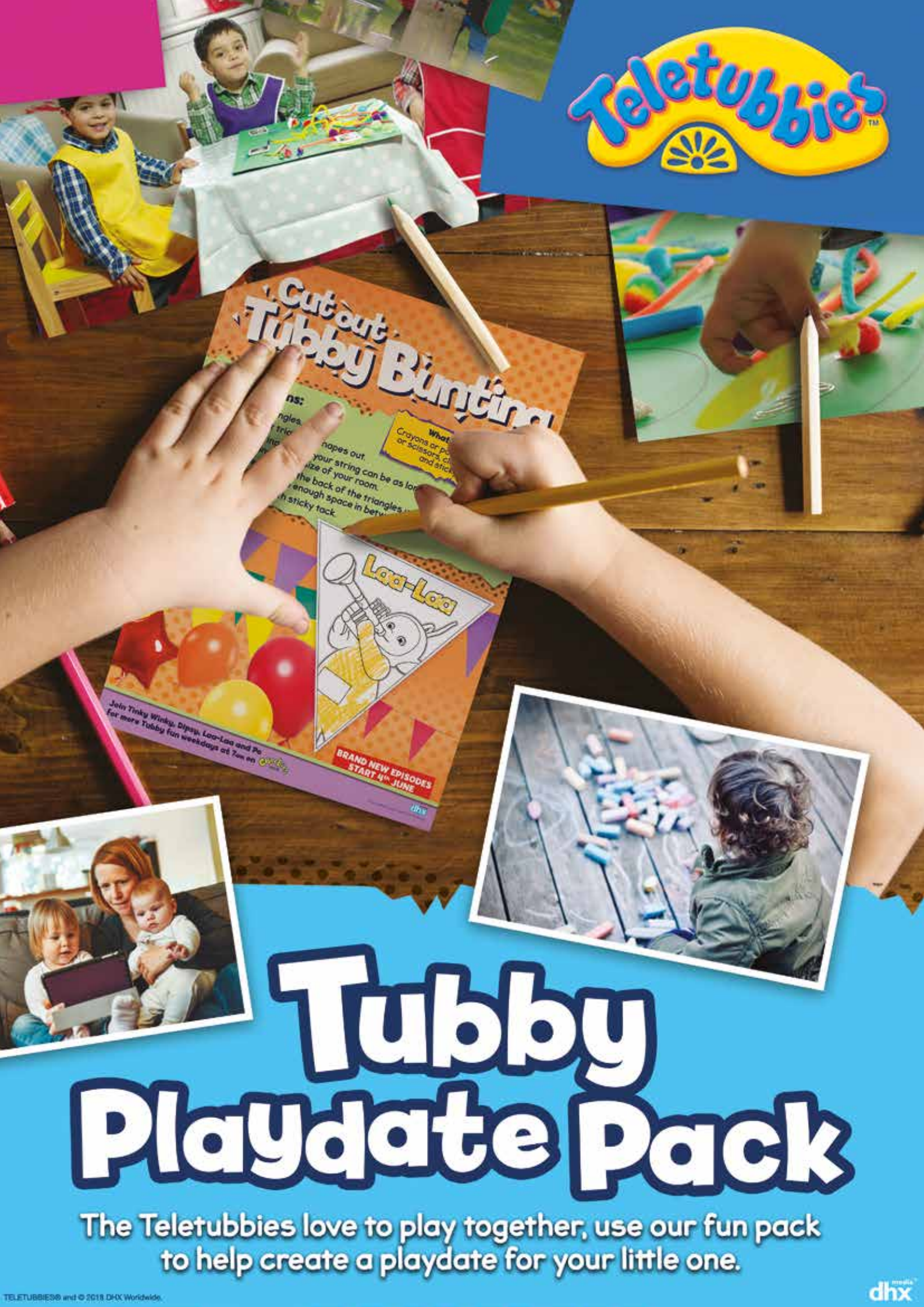


The Teletubbies logo is displayed in a stylized, bubbly font. The word "Teletubbies" is written in blue with a yellow outline, set against a yellow, rounded rectangular background that resembles a lemon slice with a white outline and a yellow center. The logo is positioned in the upper right corner of the advertisement.

Tubby Playdate Pack

The Teletubbies love to play together, use our fun pack to help create a playdate for your little one.

Tubby Playdate Pack

The Tubby Playdate Pack is a guide to help parents and carers organise a fun playdate for their little one. The pack is full of useful tips from parenting expert Dr Amanda Gummer and includes a number of fun activities and tasty recipes.

What's inside?

Recipes

Invitations

Decorations

Top tips


Activities

Checklist



**BRAND NEW EPISODES
START 4th JUNE**

Join Tinky Winky, Dipsy, Laa-Laa and Po
for more Tubby fun weekdays at 7am on 


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Tubby Playdate Top Tips!

Leading research psychologist Dr Amanda Gummer who specialises in child development shares her top playdate tips.

- 1.** For the first few playdates invite the child's parent over too, this will allow your child's friend to get to know you and become familiar with the routine of the playdate. If the child's parent won't be there, make sure you have their contact details and are aware of any allergies or other needs their child has.
- 2.** Show the guests around and offer them a drink so they feel more comfortable – this models good manners to your child who can do this with you.
- 3.** Let the guests choose what they watch on TV or play with to help them feel more relaxed, but give them limited choices so as not to overwhelm them.
- 4.** At this age children may be potty training, so ask the child's parent if they have any special routines (e.g. going to the potty straight after having a drink).
- 5.** Consider hiding particularly favourite toys (including comforters) somewhere safe before the playdate, so they don't get fought over or damaged.
- 6.** Have some quick and easy games tucked up your sleeve in case you need them. - Head, Shoulders, Knees and Toes is often a favourite with children at this age.
- 7.** Double the children double the mess! Allow the children to tidy up at the end. Make it playful by putting on some music, and having a race to see who can collect the most toys.
- 8.** Try and judge the mood and energy levels of the children and plan activities accordingly. A little TV time is fine if balanced with lots of active, free play. Age-appropriate educational shows can even provide a springboard for make-believe play afterwards.
- 9.** Don't expect young children to play cooperatively together without adult input. They'll be happy playing in the same space and will gradually take more notice of each other as they get older and more comfortable in each other's presence.
- 10.** Match the activities to the length of the playdate. First playdates can be short - maybe just an hour or so for very young children – little and often is a good approach, especially if children are likely to be tired, e.g. after nursery.

"Playdates are a great way for children to socialise and develop skills such as communication, turn-taking and sharing. Children benefit from being left to play with their peers." - Dr Amanda Gummer

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Teletubby Playdate Invitations

Are you ready for your Tubby-tastic playdate?
Use the invites below to share with friends, simply cut them out.

To _____

Come to my playdate!

At _____

Date _____ Time _____

From _____

RSVP _____

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To _____

Come to my playdate!


At _____

Date _____ Time _____

From _____

RSVP _____

© 2018 DHX Media. All rights reserved. dhx

To _____

Come to my playdate!



At _____

Date _____ Time _____

From _____

RSVP _____

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To _____

Come to my playdate!

At _____

Date _____ Time _____

From _____

RSVP _____

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You can also download our
Whatsapp friendly invitation
from our website!

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Tubby Treats

Jelly Cups and Tubby Custard

What'll you'll need:
4-6 cups or large tumblers

Ingredients:
270g jelly, 500ml raspberry yogurt or strawberry yogurt

Method:
Make jelly as per instructed on the pack, divide jelly between the cups, making sure you have an even layer, place in fridge to set and repeat creating as many layers as you'd like. Once the jelly has set, gently top with raspberry yogurt.



Tubby Toast

Ingredients:
Wraps, hummus or cream cheese, 1 sweet pepper and 1 cucumber or 2 tomatoes

Method:
Use a wrap as the base for your Tubby Toast, spread hummus or cream cheese on one side of your wrap, then with cucumber or tomatoes for the eyes and slices of pepper for the smile!

Remember to cut veg into small bite size pieces for very young children.



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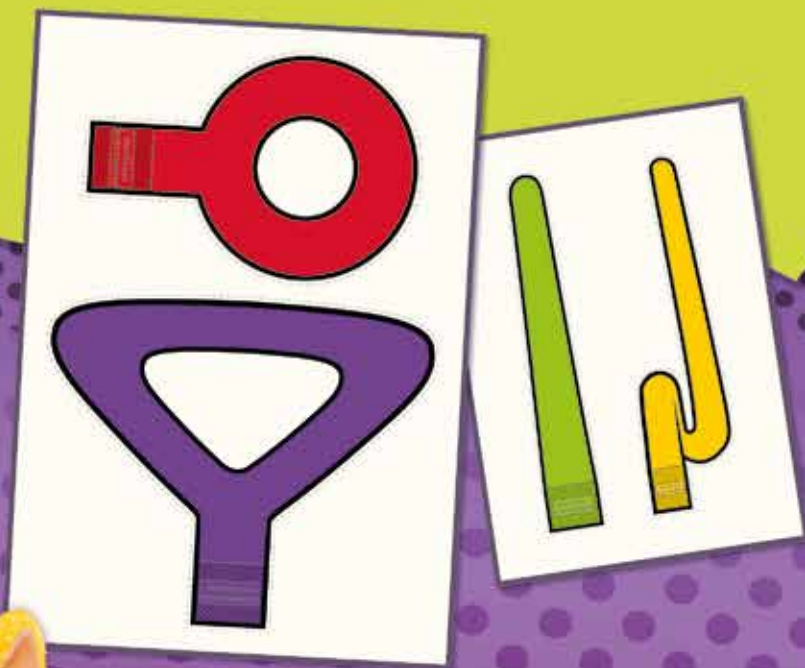

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Cut out Tubby Antennae

What you'll need:
Paper cutter or scissors
and clear tape

Instructions:

- Print out the antenna headband templates onto paper or thin card.
- Help your little one to select their favourite, then cut it out to form the front of their headband.
- Cut out an additional strip of card (the same width as the bottom of the antenna) to form the headband.
- Encourage your little one to decorate both parts of their headband – the brighter the better!
- Talk about the different colours and shapes in their design.
- Carefully stick the back and front of the headband together using glue or sticky tape, making sure it's the right fit. You may find the antenna needs some extra support.
- You can attach a lolly stick or small strip of thicker card to the back of the antenna's stem to make sure it stays standing.



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Cut out Tubby Antennae:

Template B - Laa-Laa
and Dipsy



Glue this part
to the headband

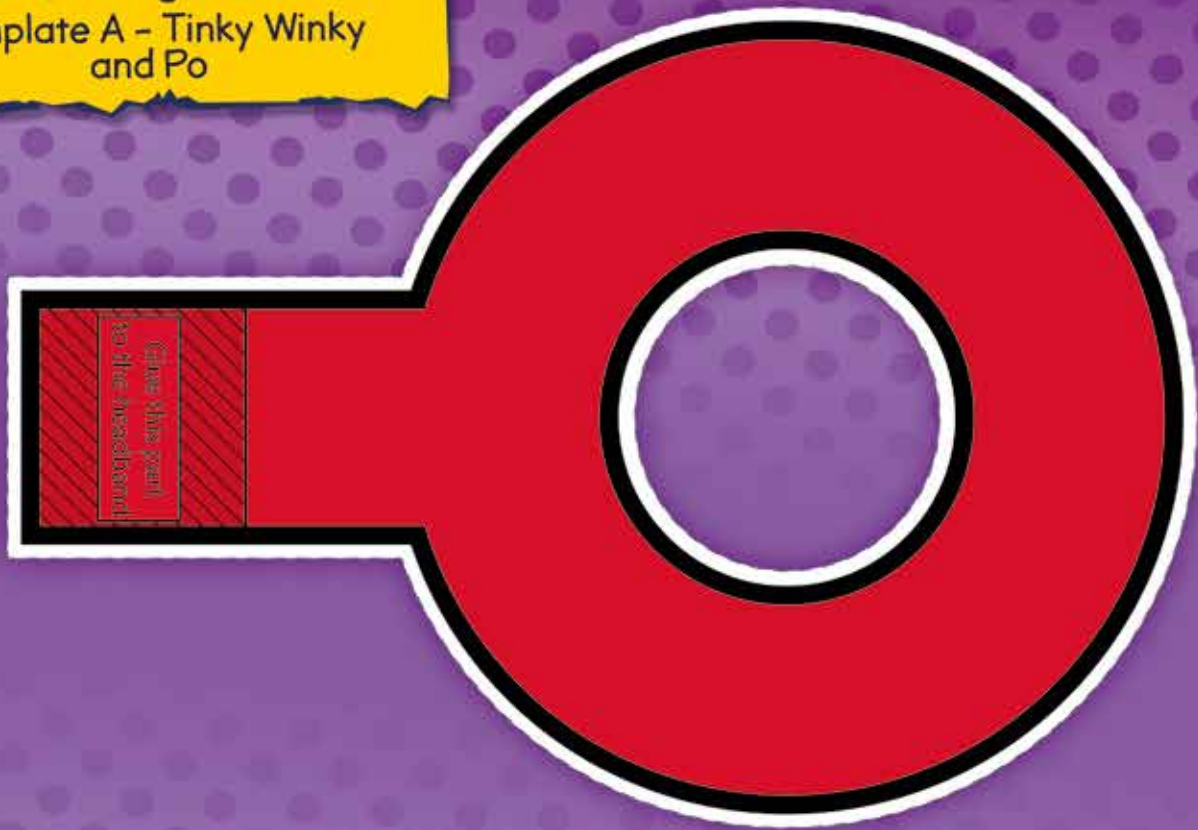


Glue this part
to the headband

Remember to cut an extra strip of plain card to form the headband (Approx 3 cm wide)

Cut out Tubby Antennae:

Template A - Tinky Winky
and Po



Remember to cut an extra strip of plain card to form the headband (Approx 3 cm wide)

Cut out Tubby Bunting

Instructions:

- Colour in triangles.
- Carefully cut triangles shapes out.
- Cut your string to size, your string can be as long or as short as you like depending on the size of your room.
- Secure the string to the back of the triangles using clear tape. Make sure you leave enough space in between each triangle.
- Secure bunting with sticky tack.

What you'll need:

Crayons or paints, paper cutter or scissors, clear tape, string and sticky tack.

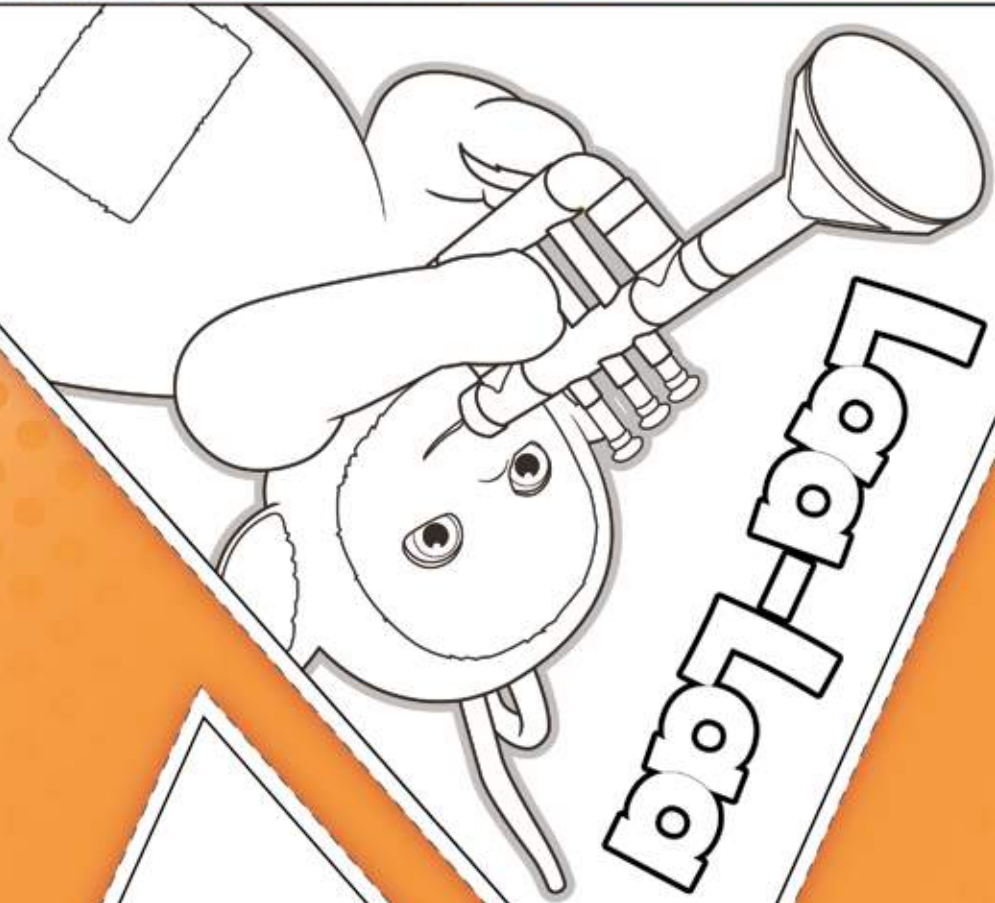


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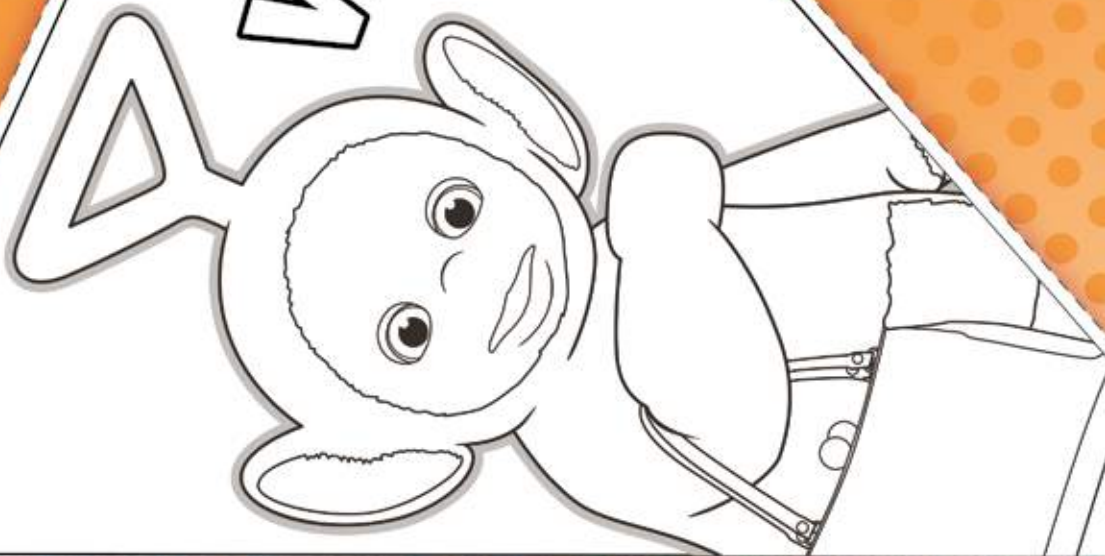


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Laa-Laa

Tinky Winky

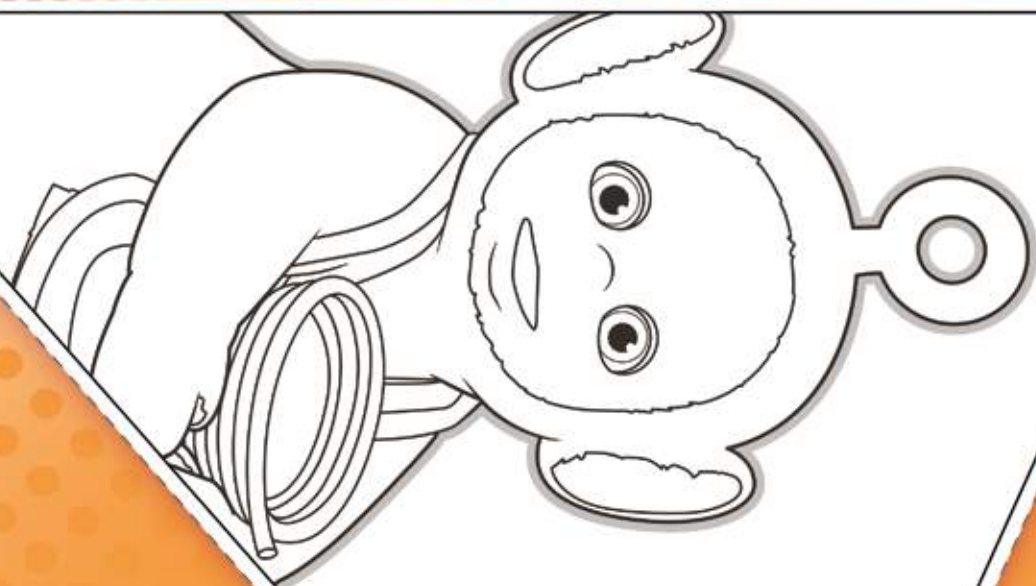


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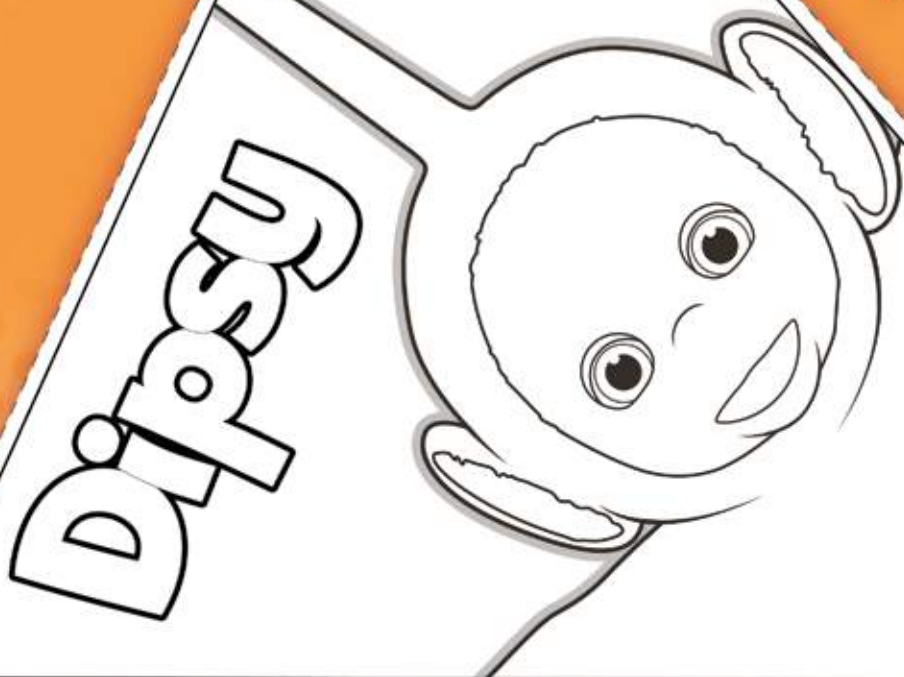
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Po



Dipsy

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Home Hill Flowers

1



Take four sheets of colourful tissue paper and fold it into a fan.

2



Pinch in the centre and secure with elastic band or tie with string.

3



Cut a curve at each end of the folded paper (this creates a petal shape once unfolded).

4



Carefully separate each sheets of paper from the fan.

5



Scrunch and shape to make your flower. Great decoration and fun sensory item for little one!



What you'll need:
Tissue paper
Scissors
Paper Cutter
String or elastic bands



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Tubby Playdate Messy Fun

Help your little one explore their creative side using our finger painting template.

What you'll need:
Finger Paints

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Tiddlytubbies Bubble Playtime

What you'll need:
Washing up liquid
and water

The Tiddlytubbies love bubbles and children do too! Support your children to do the same - you can use some bought bubbles or make your own by mixing washing up liquid and water. Blow the bubbles all around your little one and talk about what you are doing. Encourage your little one to try to catch and pop the bubbles, watch them float up into the sky and follow them with their finger.



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Head, Shoulders, Knees and Toes

Verse 1

Head, shoulders, knees and toes
knees and toes

Head, shoulders, knees and toes
knees and toes

And eyes and ears

And mouth and nose

Head, shoulders, knees and toes
knees and toes

Repeat verse



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dhx

Dipsy's Obstacle Course Fun

Dipsy loves to move and groove, he's always dancing and bouncing on his bottom. Children love being active like Dipsy too!

Have Tubby-fun with your little one by creating an obstacle course using everyday household items. This could be a chair you can crawl under, a small mat you have to bounce around like Dipsy, some string that you can make a track and walk along or a cardboard box you can crawl through.

Choose objects to match your child's age and physical skills. The course should encourage them to move, and jump around, just like Dipsy.

Top Tip:

When your child is confident with the course add new items or rearrange the items in new ways to keep it fun and interesting.



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Tubby Playdate Checklist



Step 1: Arrange a suitable date for your playdate.

Tick when done

Step 2: Send out your Tubby Playdate invitations.

Tick when done



Step 3: Prepare recipe ingredients.



Tick when done

Step 4: Decorate your play space and set up activities.

Tick when done



Step 5: **Play!**

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