

## Why is it important for my child to be active and play?

- ① Young children need to be active to grow and develop.
- ① Children need to do things over and over in order to learn them and do them well.
- ① Children need to explore, try new things and discover for themselves.



## What kinds of play do children like?

- ✦ Copying parents doing things
- ✦ Playing with toys they can push and pull
- ✦ Repeating movements or activities
- ✦ Dumping things out of containers



Give your child the gift of health. Take time to play with your toddler.



## Some activities to do with your toddler:

### Super Kids

Help your child to jump and land safely by grasping his or her hand while jumping from low steps, curbs or boxes. Practice landing on both feet and bending the knees.



### Let's See, I'll Be...

Ask your child to act like:

- A tree swaying in the wind
- The sun rising
- A cat arching its back
- A kangaroo jumping
- A train chugging along a track
- A butterfly in the sky



### Chase Me, Chase Me

Playfully chase your child safely in the house or playground and hug your child when you catch her.



### Balancing Act

- 1 Lift one foot while holding on to a chair
- 2 Next lift the other foot
- 3 Now try it with no hands
- 4 Don't forget to switch legs

### Body Part Follow the Leader

Move your body parts as you repeat the words and encourage your child to:

- Bend one knee and an elbow
  - Nod your head, look high and low
  - Shake a leg
  - Clap your hands
  - Wave your arms
  - Make circles with your hips
  - Wiggle your fingers
  - Smile
  - Put your feet together
  - Pick up your legs
  - Stomp your feet!
- Put on music and do this together!*



## Toys to play with:

- ① Large and light balls
- ① Blocks
- ① Push and pull toys
- ① Rhythm instruments
- ① Ride on toys (push with feet)
- ① Tricycle
- ① Toys that look like adult tools:
  - Lawnmower
  - Rake
  - Vacuum
  - Broom
  - Shopping cart
- ① Toy cars and trucks



## Things at home to play with:

- ① Plastic or metal bowls
- ① Plastic measuring cups and spoons
- ① Pots and pans
- ① Wooden spoons
- ① Paper or plastic cups
- ① Oatmeal box
- ① Aluminum foil (make into a ball)
- ① Pillows
- ① Sock balls
- ① Newspaper balls
- ① Dress up clothes



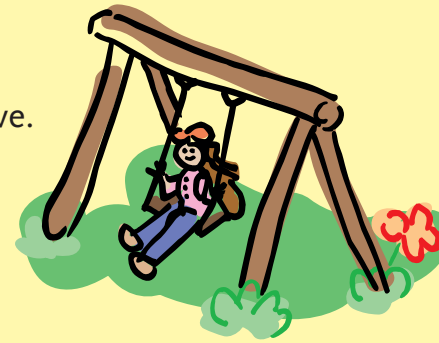
## Games to play:

- ✦ Dance to music
- ✦ Follow-the-leader
- ✦ Hide-and-seek
- ✦ Make believe (that you are cooking, in a band, cleaning house...)

Playing with your toddler helps your child grow smarter, stronger, healthier and happier.

## Play helps your child:

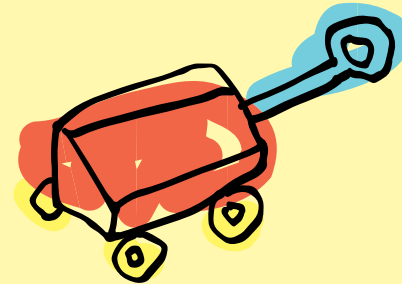
- ✦ learn about his body and the world around him.
- ✦ be creative and imaginative.
- ✦ sleep better at night.
- ✦ have strong bones, lungs, muscles and heart.
- ✦ be healthy.



Play is a child's "work." This is how they learn!

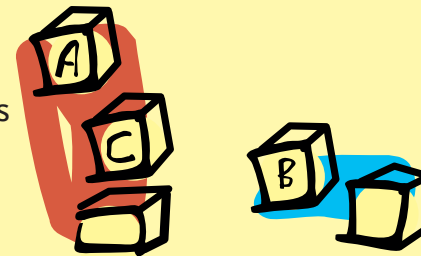
## Activities to build large muscles

- ✦ Dancing
- ✦ Riding toys
- ✦ Pushing and pulling
- ✦ Jumping
- ✦ Throwing
- ✦ Hopping



## Activities to build small muscles

- ① Piling blocks
- ① Using a spoon
- ① Drawing with jumbo crayons
- ① Picking up small objects
- ① Putting toys and puzzles together



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# Playing with Your Toddler



This is my goal for my toddler: