



At Home Activities You Can Do With Your Two-Year-Old

When your two-year-old is at Growing Room we provide key experiences that focus on language development, physical development, cognitive development, social and emotional development, and self-expression. It is important that this learning and development continues. We want to help you continue to nurture your child's development by providing you with activities that you can do at home with your child. These activities will help your child master concepts needed in order to grow and develop.

Routines provide a sense of certainty and security, which is particularly important in early childhood. Children thrive on having structure and regular routines throughout their day. They need predictability. Below is a very simple daily schedule that you can follow at home.

TWO-YEAR-OLD DAILY SCHEDULE

7:30am – Wake Up and Eat Breakfast
8:30am – Sing Songs and Storytime
8:45am – Music and Dancing
9:00am – Playtime
10:00am – Outdoor Play
11:00am – Activity Time (select from the activities below)
11:30am – Lunch
12:00pm – Nap Time

COLOR SORTING AND COUNTING



This activity will nurture your child's love for colors as he uses cognitive skills and hand-eye coordination. Gather a collection of similar items, such as blocks, Legos, cars, play food, etc. Have your child sort the items by color. Next, have him count how many items he has of each color. Then encourage him to put all the items back where they belong.

DRESS-UP TIME

Pull out a pile of old clothes and let your child play dress-up. Ask him open-ended questions as he dresses up. Questions such as: What color is your shirt? Who are you dressed like? Where are you going in your new outfit? Etc. When children play dress-up it increases their creativity, imagination, language skills, and social development.



SIMON SAYS

While the rules are simple, the options for movement are endless. Simon can have your child jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving his hands high over his head. With this activity, your child will learn to follow directions, use gross motor skills, and be receptive to language.

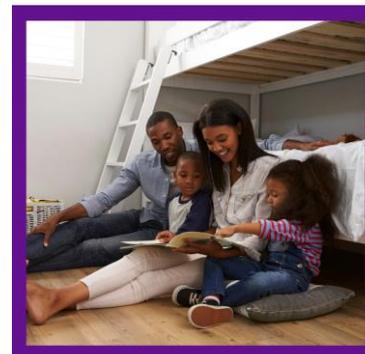
RECYCLED BUILDING STEM ACTIVITY



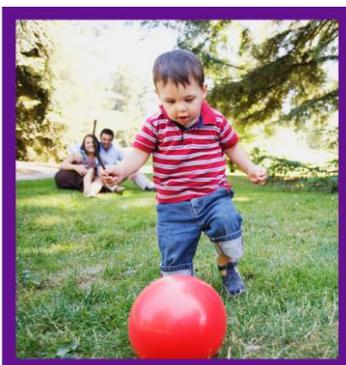
One man's junk is another child's building supplies...I'm pretty sure that's how the saying goes. All you need are some recycled items that are appropriate for your child. Items such as: empty plastic bottles, toilet and/or paper towel rolls, empty boxes (cereal boxes, pasta boxes, etc.), egg cartons, milk jugs, etc. Recycled items like this invite so much creativity. You will be amazed as you watch your child tackle this activity. He may build a bridge, a road, a tunnel, or even some really tall towers. Through this activity your child will learn engineering and problem solving as he makes unique creations.

WHAT'S NEXT

Reread a story book that you have read before to your child. Before turning the page, ask him what he thinks, is going to happen next. If he needs help, give him a hint as to what happens next. If he still cannot remember, just tell him "Let's find out" and turn the page, then talk about what happens next. You can also read a new book and make him guess what happens next in the story.



OUTSIDE OBSTACLE COURSE



Mastering gross-motor skills, like running, jumping, kicking, and throwing, is an essential part of a child's development, so this backyard obstacle course is just the ticket. Your child can do a set of challenges: kick a ball toward a fence, then jump on and off a step, hop one-footed along a garden path, and, finally, throw a ball into a bucket. The ideas are endless when planning an obstacle course, you can add in so many other skills of your choice.

TONG TRANSFER

Introducing tongs to your child is a great way to build hand strength, develop fine (finger, hand) and gross motor (arm, shoulder) skills, build coordination and provide an opportunity to cross the midline. Using tongs with transfer work allows your child, through repetition, to develop focus and concentration. Give him two bowls, some tongs, and some type of age appropriate item to transfer from one bowl to another. For example, large pasta shells/noodles, cotton balls, small animals or cars, etc. Simply have him use the tongs to pick up the items from one bowl and transfer them to the other bowl. You can also have him count as he transfers the items from one bowl to the other.

ICE WORLD

Your child will love the chance to explore with ice and water in this sensory ice tub. Use a bin filled with ice, water, and some animals, cars, or any other prop of your choice. Allow your child to explore with the items in the sensory bin. Ask him open ended questions as he explores. Questions such as: Is the ice hot or cold? How does the ice feel? Is the ice wet or dry? Etc. The amazing thing about sensory play is that it opens the door to so many wonderful learning opportunities such as imaginative play, language exploration, fine motor development for pre-writing skills, coordination, social interactions, and so much more.

BLOCKS – BUILD IT UP!

Blocks are one of the most basic brain games for your child. Blocks help with all aspects of your child's development as they are exposed to shape and color recognition, creativity, spatial awareness, and so much more. Expose your child to blocks of different colors and sizes — and that's it! Let your child explore with the blocks and let his imagination run wild. Ask him open-ended questions as he plays with the blocks. Questions such as: What are you building? What colors are the blocks you are using? How many blocks are you using? Etc.



ADDITIONAL TECHNIQUES TO DEVELOP YOUR TWO-YEAR-OLD'S LANGUAGE SKILLS

- Speak clearly to your child. Model good speech.
- Repeat what your child says to show that you understand. Add on to what she says. Use words like, "Want juice? I have juice. I have apple juice. Do you want apple juice?"
- Cut out pictures of favorite or familiar things. Put them into categories, like things to ride on, things to eat, and things to play with. Make silly pictures by mixing and matching pictures. Glue a picture of a dog behind the wheel of a car. Talk about what is wrong with the picture and ways to "fix" it.
- Help your child understand and ask questions. Play the yes–no game. Ask questions such as, "Are you Marty?" and "Can a pig fly?" Have your child make up questions and try to fool you.
- Read, Read, Read to your child!

ADDITIONAL TECHNIQUES TO DEVELOP YOUR TWO-YEAR-OLD'S MATH SKILLS

- When giving your child cookies or crackers, count them out to your child. Have your child count aloud with you.
- When you are outside, encourage your child to describe or compare shapes of leaves, colors of flowers or sizes of birds. Use words such as big, little, large, small, etc.
- Sing songs and read books that have numbers in them that repeat, rhyme and have rhythm. This will help your child understand patterns.