



At Home Activities You Can Do With Your Toddler

When your toddler 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 toddler. These activities will help your toddler master concepts needed in order to grow and develop.

Routines provide a sense of certainty and security, which is particularly important in early childhood. Toddlers 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.

TODDLER 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

PASTA PLAY



This pasta play activity will keep your toddler busy while working on his fine motor and concentration skills. Dried pasta activities make very little mess and they can be tidied away again very quickly. Using a colander and spaghetti noodles have him put the spaghetti noodles through the holes in the colander.

RECYCLED BUILDING STEM ACTIVITY

One man's junk is another toddler'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 toddler. 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 toddler will learn engineering and problem solving as he makes his unique creations.



POT AND PAN PLAY WITH YOUR TODDLER



There are many educational games that you can play with your toddler using pots and pans to foster his development. Through these activities, your toddler will be working on his fine motor skills, gross motor skills, and thinking and concentration skills.

- Lid Mix Up – Separate all the pots, pans and the lids. Scatter them around a room. See how quickly your toddler can find the correct lid and match it up to the pot.
- Musical Band – Pull out some pots, pans, and spoons. You can even add some bowls and other containers, too. Then have your toddler make some music! He will become quite the little drummer!
- Water Fun – Lay out a large towel on the floor, pour some water in the pot, and hand over a ladle or large spoon to your toddler. Put another pot next to it so your little one can transfer the water from one pot to the other. This will be a little messy, but such a great learning activity for your toddler.
- Hide the Animal – Place some pots around the room upside down. Have your toddler hide his eyes. Pick a small stuffed animal and hide it under one of the pots. Encourage him to open his eyes and search for the missing stuffed animal.

WATER PLAY

Splish splash! You don't have to save water play for bath time. Fill a small plastic tub with water and various squirty toys, plastic cups, kitchen ladles, and other items that you and your toddler can use to make a splash. Non-toxic bubble bath adds another fascinating element to water play. Just remember never to leave your toddler unattended near water, even for a moment.



TONG TRANSFER

Introducing tongs to a toddler 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 toddler, 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.

FINGER PAINTING

Finger painting has many developmental, educational, and creative benefits. This type of activity is good for your toddler's brain development, sensory integration, and fine motor development as it strengthens finger and hand muscles.

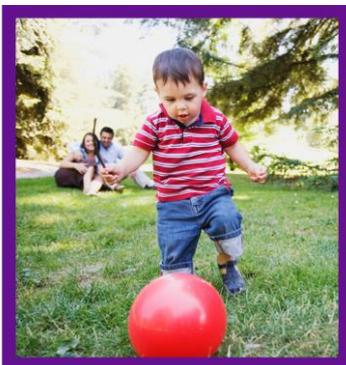
The great thing about this activity is that if you do not have access to washable finger paint, then you can use things like applesauce, pudding, yogurt, or cool whip. Add some of the paint to a piece of paper, cookie sheet, plate, or clean surface. Have your toddler dip their fingers into the paint and make designs.



OBJECT EXPLORATION

It's amazing how your toddler can learn and play using basic items that can be found around the house. Re-use an old tissue box or wipe container. Fill it with scarfs, scraps of fabric or paper, or any other items of your choice. Encourage your toddler to pull out the items, explore them and put the objects back into the box. Talk with your toddler about the textures, how the objects feel, the colors of the objects, and even the shapes of the objects. This exploration will help enhance your child's sensory development.

OUTSIDE OBSTACLE COURSE



Mastering gross-motor skills, like running, jumping, kicking, and throwing, is an essential part of a toddlers' development, so this backyard obstacle course is just the ticket. Your toddler 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.

ADDITIONAL TECHNIQUES TO DEVELOP YOUR BABY'S LANGUAGE SKILLS

- Encourage speech.
- Narrate what you are doing as you go through daily routines with your toddler.
- Tell stories and be descriptive.
- Connect words to objects.
- Enjoy music together and sing to your toddler.
- Read, Read, Read to your toddler!