

Toddler Activity Calendar

Ideas for children from 18 months to 3 years old



References

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Dear parents,

You are your child's best teacher. They will learn the most about the world from you. This calendar has been created to provide you with an activity to try with your child every day.

These activities do not require a lot of time, materials or preparation so you can fit them into your daily routine.

Activities are designed to encourage development in the areas of:

- communication- the language they understand and the language that they express
- gross motor skills-how they move their bodies in physical activities
- fine motor skills-how they use their hands
- self-help skills and further independence
- social skills
- problem solving skills-with focus on both auditory attention, visual attention and memory building

Recipes, rhymes and parenting tips are included also to inspire and encourage. Please use caution and supervise all the activities.

Take time to play and enjoy creating special moments with your little one. Your impact on their overall development will be significant and will last a lifetime!



Ideas for toddlers from 18 months to 3 years old

Recipes:

Toasted Egg Smiles

Take a bread slice and cut out 2 circles for eyes and mouth. Spread non-hydrogenated margarine on one side of the bread and place in a frying pan on low. Scramble one egg with 1/4 cup with milk. Pour scrambled egg over the bread. Flip bread/egg when the egg showing through the "eyes" and "mouth" becomes firm. Cook until egg is no longer runny . Enjoy!

Parenting tip: Sleep and your toddler

A toddler (18 – 24 months) needs on average 13 hours of sleep, with 11 of those hours occurring through the night and the remainder during 1-2 daytime naps. Usually in their second year and by the age of three they are beginning to not need as much sleep during the day, and may sleep longer at night.

When your toddler starts to slow down at night, and seems physically tired, then provide them with some quiet activities to wind down further. Consider establishing a bedtime routine at roughly the same time each night. If they get overtired or past the point of no return and they get their "second wind" it will be more difficult to put them to sleep.

Make their bedtime special with good loving interaction, read a story or sing a song, in a darkened room. Tuck them in, give a kiss and a hug, maybe turn on a CD or music on a low volume and turn out the lights, and say "it is time to go to sleep".



Rhymes:

Where is Thumbkin?

Where is thumbkin, where is thumbkin?

Here I am, here I am

How are today sir/girl?

Very well I thank you

Run and hide, run and hide!

(Continue with

"pointer" , "middle," "ring man" and "pinky" fingers)

Animals on the farm

(tune: *Wheels on the bus*)

The cows on the farm go

moo, moo, moo,

Moo, moo, moo; moo, moo,

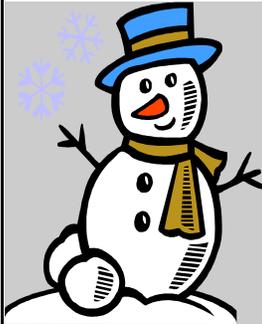
moo

The cows on the farm go

moo, moo, moo

all around the farm

(Continue with: the pigs go oink, the dogs go woof, the goats go maa, the cats go meow...etc.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Create an obstacle course for your toddler, scatter pillows and stuffed animals around a room and play a "chase" game, make sure hard furniture is out of the way.	With two cups, hide a small toy underneath and let your child watch. Ask them to find the toy. Move the cups around for further challenge.	While having breakfast hide your face behind a cereal box and peek a round it for a game of peek-a-boo. Let your child hide and peek also.	Place some snow or ice cubes in a bowl and let them explore, if they do not want to touch, allow them to wear mittens to play or use a spoon. Talk about how it feels.	Crawl with your child on the floor and play "hide and seek" games around the furniture.	Sing a finger play like "Where is thumbkin?", or the "Itsy-bitsy spider" with your child.	In an empty spice bottle or baby food jar, place some bite size cereal or raisins inside. Show your child how to turn it over to get the snacks out. Say "shake it out!"
When taking toys out of a toy box, label them and place in front of your child. "Block, ball, cow," etc.	While you and your child walk up or down stairs. Count them as you go, "1,2,3,4,5 etc."	Give your child a bubble bath. Let them grab and scoop bubbles and place in a container. Hide a bath toy underneath, and say "where is that toy?"	With several cardboard boxes cut the ends out and allow your child to crawl through. Drape blankets over the ends, place cushions inside also for them to crawl over.	With two different colored towels, hide a toy underneath while your child is watching and then ask "where did it go? Is it under the blue one? "		Talk about talking loud and soft with your child. Show them how to whisper, and tell them a secret. Whisper to them when you need them to attend.
Go to your local library, check out children's programming for a rhyme time or storytelling group. Check out the board book section and take some home!		With a puppet or stuffed animal, act out scenarios. Talk about being hungry and what to eat and not to eat, or about losing something, and trying to find it etc.	With a box or a laundry basket, help your child balance to get in and out of the container. Say the words "in" and "out" while they move so they learn about directions.	With pieces of masking tape, place a line on the floor and have your child walk heel-toe on the lines, or try jumping over the tape.	With two flashlights, give one to your child to hold and see if they will imitate and move the flashlight around a dark room.	Make up a song together like "bee-bi-oh, bee-bee, bi-bi oh, bee bi bo, I love you oh..."repeat. See if they will copy you.
Color with your child, allow them to scribble, show them how to draw circles, and lines. Color on paper and in coloring books.	With some stickers, place on your child's and your index finger and thumb. Show your child how to wiggle the stickers, and how to pull them off.	Say each vowel sound "a, e, i o, u" And see if your child will copy these sounds. Then try pairing two sounds together like "uh-oh", "ee-oh" and "i-ee" etc.	Copy your child's movement get down on the floor, and roll, crawl, stand, squat etc. with them. Talk about your actions as you go through them.	Play blowing games with your child. Show them how to blow tennis balls across a table, blow feathers up in the air, or later blow a candle out.	Let your child try on bigger shoes or slippers and try walking around in them. Say "look, what a big girl/boy"	Place some toys in a bag, and when your child reaches in and pulls them out, ask "What's that? wait a moment and then label the item ..."Ball" Continue and repeat.

Ideas for toddlers from 18 months to 3 years old

Parenting tip: Toilet teaching

Help your child learn to use the toilet :

- Show the child the process of toileting: let them see you empty the contents of their dirty diapers into the toilet then flush and wash your hands together and talk about and repeat!
- Take your child to the toilet right after they wake up, before and after naps, after meals, and right before they go to bed.
- Watch for signs that they are about to go and then take them to the bathroom for the process– even if they do not make it– talk about the process and use words that are familiar to your family.
- Help your child learn how to pull clothing down and up as well as following simple directions
- Try to make sure that your child's feet touch the floor if using a potty chair, or if using an adaptive seat on a toilet use a stool for their feet– this will help them to feel grounded which will allow their muscles to work.



Recipes:

Peanut butter and banana sandwich

Spread peanut butter and thinly sliced bananas on 2 slices of whole grain bread. Cut into fun shapes (triangles, squares, rectangles) and serve.

Salsa and potato:

Bake a potato, in the oven or microwave. Cut open and scoop potato out of skin. Serve with plain yogurt and/or salsa, mix and mash until cool.

Healthy quick snack ideas

- Hummus dip and veggies
- Hard boiled egg
- Chopped and peeled fruit
- Whole grain crackers and cheese
- Yogurt

Rhymes:

Number Rhyme

1,2,3,4, 5,6,7,8,9,10 and 1 makes 11
Cats and dogs and baby sheep
When I count I go to sleep
1,2,3,4,5,6,7,8,9,10 and 1 makes 11

Skin-a-mer-ink

Skin-a-mer-ink-e-dinke-dink
Skin-a-mer-ink-e-doo
I love you (*point to eye, cross arms over heart, and point to "you"*)
Repeat
I love you in the morning and in the afternoon
I love you in the evening, underneath the moon
Repeat chorus and add : I really mean it
I love you too, boo, boo, be doo!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When dressing your child encourage them to pick out clothes to wear. Name the color of the clothing as they pick it out and see if they can match colors.	Help your child to set the table for a meal. Give them the spoons, cups etc. and direct them to place them on the table. You may need to point and help them to reach.	Give your child directions in your daily routine “Can you put this toy in the box?” “Bring the book to me”, “ Put the ball under the couch” etc.	Place your child’s snack in a container with a lid. Close it and give it to your child to open. Be encouraging and show them how it need be.	Tape or record your child’s voice as they are playing or singing with you. Ask them questions like “What sound does an elephant make?” Or “what makes this sound?”	With some pitted and sliced olives or cherries for a snack, place one on the tip of your finger as a hat and show them how to wiggle. See if they can imitate you also. Make sure pieces are small enough for them to eat. Supervise!	Make a tunnel or a tent by draping a blanket over two chairs or a table. Roll a car or a ball in and encourage your child to go in and get it.
Make a car out of a box or a basket and give your child a ride, go side to side, bumpy and smooth, tip it to the sides, go fast and slow.	With some rolled up sock “balls”, encourage your child to throw them into a basket or a box. See how far they can stand back to hit the target.	After your child’s bath, when drying them off, name their body parts as you dry them. After, wrap them up and give them a big hug and carry them to dress them up.	Sing this month’s featured rhymes: “A Number rhyme”, and “Skin-er-mer-rink”	With plastic knives or “heart “ cookie cutters, roll out play dough and cut out hearts. Place on the table, tray or lid.	If your child receives valentines let them tear open the envelope to retrieve the card inside.	
While your child is playing, hide behind some furniture and then call out to them to come and find you. When they find you describe where: “you found me behind the couch”.	Listen to music together and allow your child to “tap” a wooden spoon to a pail or bowl in rhythm to the music.	Give your child a blanket ride. Place them in the middle of a large blanket, hold two corners and drag them across the floor. Wheel!	With a box, cut three sides of a square for a door. With a small animal or car, make a game of going in and out of the barn/ garage. Ask “Where did it go?”	Make cookies with your child. With the dough allow them to explore it by squishing it, and poking it. Try to make sure they do not eat the dough however.	Cut a card or a cereal box picture into three or four pieces and see if your child can put it back together.	With a ring toy, encourage, your child to stack the rings in the correct order from biggest to smallest on the peg.
With some pudding or some yogurt allow your child to finger-paint with it on a tabletop or on their highchair tray while they eat it.		To learn body parts, use lotion with your child and ask them to rub it in on different body parts– yours and theirs. “Let’s rub it in my arm, your leg etc.”	Play “Ring around the Rosie” with your child. Hold them or walk in a circle together, then fall down together on a couch or a bed.	Place a pair of your child’s socks on a stuffed animal or doll and encourage them to take them off. Say “sock off” or “take it off”.	Dance the “Hokey Pokey” with your child encourage them or show them to put the different parts “in” when you sing the parts.	Attach a string or rope to a toy with wheels. Help your child pull it and say “Come here (toy) or pull!”

Ideas for toddlers from 18 months to 3 years old

Parenting tip: Exercise and your toddler

Include daily physical activity into your regular routine and be active with your child. Model and practice being active together.

Kick balls to learn about balancing. Listen to music and dance. Play walking and running games (tag, “red light green light” etc.) Play follow the leader. Set up obstacle courses. Try ball play, hitting and batting, throwing and catching. Teach them how to ice skate with assistance. Involve them in water play and swimming. Try hopping and jumping activities together.

The Canadian Physical Activity Guidelines recommend that children 1 to 4 years old need to be active for at least 180 minutes (3 hours) at any intensity spread throughout the day. Your toddler needs time and space for active play!



Rhymes: Clap, clap, clap your hands

(tune: “Row, row row, your boat”)

Clap, clap, clap, your hands

Clap your hands together

La, la, la, la, la, la, la, la, la, la

Clap your hands together

Stomp your feet, nod your head etc.

I saw a little bird

I saw a little bird go hop, hop, hop (*hop*)

So I said “little bird, stop, stop, stop”

I was going to the window to say

“How do you do?”

But he shook his little tail and way he flew!

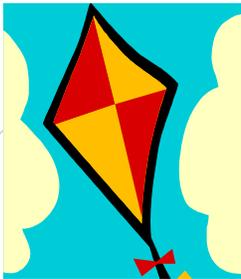
Recipes:

Pancake power: Add 1 mashed banana and 1/2 cup of iron fortified infant cereal to your favorite pancake recipe.

Tomato pita: In half a mini pita, place diced tomato, (mixed with diced cucumber and avocado– optional), with feta cheese crumbles or grated cheddar cheese.

Cantaloupe supreme: Cut cantaloupe in bite size cubes into a bowl, Mix with vanilla or plain yogurt.

Snacking tip: Children’s stomach are small. Provide 2-3 healthy snacks between meals. Remember one cup of milk or water could fill them up so try to balance between offering food and liquids at snacks and meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When you are filling the bathtub for your child's bath, give them a container of bath toys and have them put in one at a time and say "there goes the boat in the tub" etc.	Play with a large ball, see if your child can throw it from standing position and then see if they can kick it also.	With a beach ball, bat it back and forth. See if they can use hands or feet to bop it back and forth with you. Roll it back and forth also.	With an old newspaper crumple up balls and fill a laundry basket or box. Then hide a toy in the container and ask your child to find it. "Where's the (toy)? " and "There it is!"	Give your child different size cups to pour from one into the other in the bathtub, or in a sink. Say "pour it out" and "all gone".	Give your child an assortment of foods on a plate: yogurt, fruit chunks, pretzel sticks, cottage cheese, raisins and applesauce) Name each food and talk about tastes.	Make faces in a mirror together with your child. Talk about your emotions -make a happy face, a sad face, an angry face, a silly face etc.
Dance with your child. Hold hands, change the tempo- fast and slow, back and forth, round and round, and then try tipping them backwards also. "Dip"!	When doing laundry, especially, have your child help fold washcloths, or tea towels, also help them sort and match socks.	When playing with a doll or an animal ask your child to make them "jump, sit, lie down, fall down, eat, drink etc" to expand their knowledge of verbs.	When eating breakfast, or making a snack, write out a number or letter on a paper and have them find on the cereal or snack package.	Take turns throwing stuffed animals, balls, or bean bags into a box or basket. Talk about taking turns "my turn, your turn, good throw, nice try, you got it in," etc.		Set a box or basket on its side and roll a ball into it. Or make a stack of blocks and then roll the ball and knock them over.
Mix shaving cream with food coloring in a container and during bath time allow your toddler to paint the walls, the tub, and themselves with the "paint".	Place your child's snack in a paper bag and roll down the top. Encourage them to unroll it and open it to get the snack inside. Use words like "open, and where's the snack?"	Have your child help to make a special snack, give them a plastic knife to cut cheese, have spread hummus on whole grain crackers, place food into a bowl or a plate etc.	Practice hand washing with your child, before and after meals and after diaper changes or using the toilet, after cleaning noses or even playing elsewhere. Wash hands regularly!	Play a listening game in the kitchen. Turn on a timer, blender, pop some toast, clink glasses or pots and then ask your child "What was that?"	When dressing your child, lay the clothing out, and then ask them to "get your shirt, pants, socks etc," to expand their clothing vocabulary knowledge.	Cut an oval shape out of a piece of paper and with cut out facial features (eyes, nose, mouth) also, have your child glue on to the face. Talk about where they go.
During bath time, give a washcloth to your child and have them wash a plastic toy or doll, and have them use it to wash their body also. Direct them as to what to wash.	Sing this month's featured rhyme with your child: "Clap, clap, clap, your hands" and "I saw a little bird"		Place a broom on the floor and encourage your child to step or jump over the handle as well as the bristles.	Roll a quilt or large towel into a bolster shape. Put it on the floor, and see if they can climb over it, sit on it like a horse and then get off. Great for practicing balance.	With a toy phone or old phone, have a pretend conversation with your child on the phone. Take turns initiating.	With five cotton balls, place a different "smell" , (perfume, vanilla, vinegar, lemon juice, etc.) on each and then have your child smell and guess.

Ideas for toddlers from 18 months to 3 years old

Parenting tip: Dental Hygiene

- Brush your toddler's teeth twice a day with their own toothbrush and fluoride toothpaste. Use an amount the size of a grain of rice. It might help to sing a song or set a timer for about 2 minutes, so they learn how long it takes to do a good job.
- Give water or milk in a cup at meal times. When thirsty offer them water during the day. Choose 100% juice and limit to 1/2 cup for the whole day!
- Avoid eating sweet, sticky foods and sugary drinks like pop, sports drinks, fruit flavored beverages, ice slush's and punches. Do not give your kids energy drinks or drinks with caffeine!
- Avoid using sippy cups or using cups with straws built in or bottles, to serve milk or juice. Only use water in these types of cups.
- If you notice white lines or brown spots at the gum line, this is a sign of tooth decay.
- Visit a dental professional once a year, with your child. Contact your local Community Health services office for a dental program, or see a dentist. There are dentists that specialize in pediatric care also.

Rhymes: Hide and seek

(to the tune of "Where is thumbkin?")

Where is *(child's name)*?

Where is *(child's name)*?

What should we do?

What should we do?

Peek-a-boo *(child's name)*

Peek-a-boo *(child's name)*

I see you, I see you

Go Bananas rhyme

Act out actions

Peel, peel, peel bananas *(pretend to peel)*

Slice, slice, slice bananas *(pretend to slice)*

Mash, mash, mash bananas *(pretend to mash)*

Eat, eat, eat bananas *(pretend to eat)*

Go bananas, go! *(move and shake body)*

Recipe: Whole-Wheat Banana Bread

2 ¼ cup whole-wheat flour

¾ teaspoon baking soda

¼ teaspoon salt

3 ripe bananas, mashed

¼ cup plain yogurt

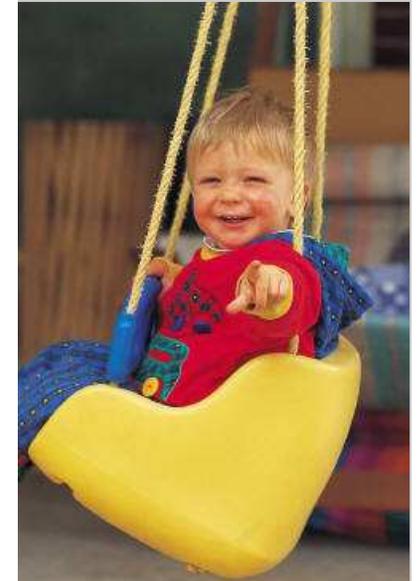
¼ cup honey

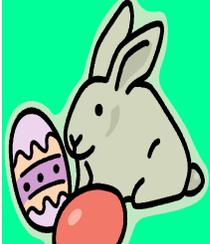
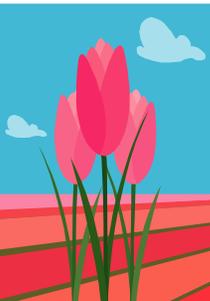
2 eggs

⅓ cup oil (canola or vegetable)

1 teaspoon vanilla

Preheat oven to 350 degrees F and grease pan. Whisk together the flour, baking soda, and salt. In a separate bowl mix mashed bananas with yogurt, honey, eggs, oil, and vanilla. Fold the banana mixture into the flour mixture until blended. Pour batter into pan. Bake for 40 – 50 minutes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gather a cup or container, and a small toy. Then ask them to place the toy "in, under, on top of, behind" the cup or container.	Have an egg hunt with your child, hide plastic eggs with age appropriate prizes. Give them a basket to put their eggs in, count to make sure all eggs were found.	Read a book or a magazine with your child. Ask them to point to the pictures you specify and see if they can turn the pages, without ripping.	Help your child to crawl up stairs and show them how to come down safely. Use words like "be careful", "on your bum", "turn around", etc.	Make a puppet with your child. If you do not have one, then with a mitten or sock, super glue googly eyes or sew on buttons, nose (pom-pom) and tongue (cut from felt)	Gather spoons and forks and two cups for sorting. Then ask them to put the spoon in one cup and the fork in the other. Place and sort the pieces all together.	Create a special book "All about Me" with your child. Fill with pictures of them and of family, pets, their house etc. Include their name, their handprint, and age. Read often!
Ask you child to name their body parts. "Where are your eyes, your nose, your feet, you arm, your head etc" and see if they will point to them.	Pretend to be a bunny with your child. Help them to hop with both feet. Say "hop, hop, hop" as you bounce.	Sing this month's featured rhyme with your child: "Hide and Seek" and "Go Bananas"	When dressing your child, give them choices. "Would you like to wear the red shirt or the blue shirt?...the white or the gray socks?"	Go for a longer walk outside with your child, talk about walking up and down as you go. Count their steps.	With an assortment of containers, bottles and lids. Show your child how to match the lids and see if they can make it fit. Good problem solving activity.	
Have your child copy your movements, shake your head (for yes and no), move your right hand then your left hand, wiggle your right foot then your left foot etc.	With a large box, make it into a car, cuts doors that open, have them color or paint wheels and lights on. Have them give "push" rides to their toys or fasten a rope on to "pull".	Have a circle day. Cut out a "circle" and have them find circles throughout the house or outside. Give them circle shaped snacks—crackers, cut cheese into a circle etc.	With masking tape, create different shapes on the floor, Encourage your child to jump into the square, the triangle. Or ask them to drive their car or place a toy in the circle, etc.	With blocks or books create a special maze in a room that they must drive a car through from one side to the other.	During snack time, sit one of your child's favorite stuffed animals or dolls beside them. Pretend to feed them and give the toy a drink using an empty cup.	When playing with a ball, encourage your child to pass from the one hand to the other and talk about "right" and "left" when playing.
With your child pretend to be different animals like dogs, cats, frogs, ducks etc. Mimic the animal movements and sounds, sleeping, eating and drinking, with your child.		With a large ball, practice kicking with your child. If they have trouble with balance, sit them on a stool and have them try kicking the ball. Say "kick!"	Cover your kitchen table with a large sheet, so that it touches the ground. Place a few pillows, toys and even share a special snack inside the tent!	Sing "Old McDonald had a farm" with animal toys or pictures. When singing the animal sounds show the corresponding animal.	Place a bunch of pots and pans out on floor with lids. See if your child can match the lids to the pots.	Count the numbers on a clock face. Draw a number and have them point to the number to match. Say the number.

Ideas for toddlers from 18 months to 3 years old



Rhymes:

On my Face (*Tune: Twinkle, twinkle little star*)
(*point to body parts*)

On my face I have a nose
On my feet I have ten toes
I've got five fingers on each hand
Got two legs to help me stand
There are so many parts of me
That I am learning as you can see

Wash the dishes rhyme

Hold your child's hands
Wash the dishes, wash the dishes (*swing their arms side to side*)
Dry the dishes, dry the dishes
Turn the dishes over (*on "over" swing your child's arms over their head and spin them around*)

Recipes:

Fruit dip

Encourage your child to dip pieces of fruit like strawberries, grapes and banana and then dip into plain yogurt and eat!

Tuna dip

Mix tuna with mayonnaise and then use it as a dip for crackers or veggies like carrots and celery.

Rabbit Roll-up

Wrap cheese strips in a lettuce leaf. Cut into bite sized pieces and serve.

Parenting tip:

Language development warning signs

If you have answer "no" to any of the following questions with respect to your child's language development and they are between the ages noted below, then please contact your local community health service office or a speech and language pathologist for further assessments.

Between the ages 18 and 24 months old:

Does your child talk? Does your child use more gestures than actual words? Does your child understand simple directions?

Between 24 and 36 months of age:

Does your child show frustration when trying to talk?
Is your child's speech difficult for you and other people to understand?
Does your child put two words together in meaningful phrases?

Early detection of difficulties can make language acquisition easier for your child especially with early speech and language interventions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take your toddler swimming. Start out with short sessions and increase the time as they get used to it, consider attending parent-tot lessons also.	Play “what do you see?” with your child. Encourage your child to point to objects and then label the objects they do not know.	Scribble with your child on paper. Talk about colors. Take turns making marks and switching crayons. See if they will trade you.	Give your child measuring cups or spoons or bowls to stack or nest inside one another.	Play with cars, and make car sounds with your child (boy or girl) and make car sounds like “vroom,” “beep-beep” when something’s in the way or “erch” when they stop.	Play an “over /under” game by providing items (ropes, poles, hoops, pillows/ cushions stacked) that they can climb, walk or jump over.	With some stickers, decorate a page together. Help them remove, place on their finger and have them “stick” to the paper.
Play a reaching game. Hold an object over your child’s head and just out of reach. Encourage them to reach up with their arms and possibly up on their tiptoes to grab it.	Make a house and a garage with books and blocks. Drive a toy car into or put people or animals in and pretend play with your child.	Lay your child on their back and then ask them to lift different body parts like two arms, two legs. Then place a ball between their feet or their hands and lift up and down.		Gather five objects (spoon, toy car, ball, cup, sock,) put them in a pile and mix them up. Then ask “Where is the ___?” And then “there it is!” Make mistakes also: “that’s not a ___” etc	Try a “paint with water” book, (can purchase at drugstores and toy stores). Pictures appear when painted with water, use a paintbrush or cotton swab. Magic!	Look at a book together, point and ask “what’s this?” if they do not respond label the picture, but if they do respond then say “yes that is a ___” .
When grocery shopping allow your child to “touch” different items. Talk about what they feel and smell like. Use words like “yummy”, “big”, “cold”, etc	Build a tower of blocks with your child. See if they can stack and balance over five blocks.	Have a “rectangle” day. Cut out a rectangle and have them find rectangle shapes throughout the house and yard. Cut their snack (cheese, bread, fruit) into a rectangle.	Play hide and seek with another person. Have them hide and then seek them out with your toddler. Say “Where are you?” “Are you under the table?” “Behind the door?” etc.	Encourage your child to help clear their dishes from the table for washing. Have them place in dishwasher or in the sink. Let them help wash dishes in the sink.	Go for a walk with your child and another person, have each person hold hands with your child. When walking count to three and then swing your child and say “Whee”	Use matching game cards, or playing cards (“Go fish”, or “Old Maid” cards) and lay them out and see if your child can make matches, of the cards that are the same. Label too!
Draw a tree on a paper, then with your child, place green paint on their pointer finger and make prints for leaves.		Before dressing your child lay your child’s clothes out on the floor. Use words like “let’s put on your shirt, where is it?”	Place masking tape x’s on the floor, and encourage your child to jump from one “X” to another. Try playing music at the same time, and when the music stops they sit!	Show your child how to crumble up newspaper, and then practice throwing it into a container bucket or bowl. Say “throw it in, or oh you missed”	When driving talk about what you see. “red light means we have to stop,” “oh green light means we can go” When you go over a bump , say “whoa, bumpy” etc.	Encourage your child to copy you as you draw with crayons. Draw lines, side to side, up or down and circles. See if they will copy.

Ideas for toddlers from 18 months to 3 years old

Parenting tip: Sun safety:

Have your child wear a hat always when going outside. Try to also have them wear sunglasses. Apply children's SPF 30 (or higher) sunscreen on all skin that is exposed to the sun, every time you go out and especially when playing near or on water. Re-apply sunscreen every 2 hours. Try to play in the shade or bring an umbrella to the beach or park.

Mosquito safety:

For children 18 months to 2 years, ONLY if a high risk for mosquitoes is present than use a repellent (with less than 10% DEET) only 1 time a day. Use only sparingly, and avoid prolonged use.

For children (2-12 years) of age use a repellent (with 10% DEET or less) no more than three times day. Have your child wear long pants and sleeves, at dawn and at dusk when mosquitoes are at their worst. Avoid putting repellent on faces and hands. Put repellent on after sunscreen for most effectiveness.

Rhyme: Slowly, slowly, very slowly

Slowly, slowly, very slowly goes the garden snail
 Slowly, slowly, very slowly up the garden trail (*Walk your fingers up their leg or arm*)
 Very quickly goes the bee (*fly your fingers like a bee*)
 Quickly, quickly, very quickly
 You can't catch me (*try to "sting" them*)
 Quickly, quickly, very quickly runs the little mouse (*walk your finger fast up their leg or arm*)
 Quickly, quickly, very quickly into his little house (*then tickle them under their arms*)

Recipes:

Smoothie

1/2 cup of frozen fruit of your choice (bananas, blueberries, peaches

strawberries)

1/2 cup plain yogurt

1/2 cup milk

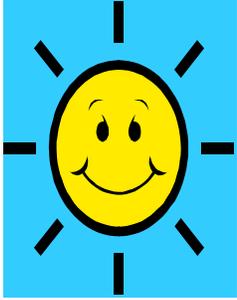
Place ingredients in blender and blend until smooth. Enjoy!

Fruit Salad

Cut apples, peaches, bananas and grapes (halve or quarter grapes as needed). Arrange fruits on a plate around a small bowl of plain yogurt for dipping.

May be made into a parfait by layering fruits, with yogurt



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk barefoot with your child through the grass or sand at the beach. Give them a variety of walking surfaces to walk on to strengthen this skill.	Make a sandwich for lunch together. Talk about the steps, give your child a dull or plastic knife for spreading condiments. Talk about each step.		With a paper streamer let your child run around your yard or in the park with it. Try to chase and catch them.	When you are outside for a walk, play a look and find game. Say "I see a flower, do you see it?" Continue with other things you may see like rock, swing, car, fence, etc.	Color a sidewalk with sidewalk chalk and then squirt it with a water gun and watch it transform.	Have a "square" day. Cut out colored squares and glue them on a paper. Find squares in your house, have a square shaped snack (cheese cubes, crackers etc)
Dress one of your child's larger stuffed animals with one of their T-shirts and diaper and socks. Encourage your child to undress and dress their buddy.	Make a ramp with books and a tissue box. Drive cars or trains up and then let them go down the ramp. Balls are fun to do this with to especially if they are going to catch.	Mix together two different kinds of snacks (cut grapes and raisins) then separate them into two piles. Once sorted then eat!	Make a bridge or a tunnel by placing blocks and books together. Push cars or balls through the "tunnel" or over the "bridge".	Encourage your child to help with little jobs. "Can you bring this to your sister?", "Can you help pick up toys?" Then praise with "what a good helper you are !"	When washing your child at bath time, give them a washcloth and ask them "Where is your foot?" "There it is, let's wash it."	Have your child help "clean up" toys. Give them directions as you clean. "Can you put his book on the table, please?" "Can you put this toy in the box?" Always praise and thank!
Stack some blocks or containers. Then present a ball to knock them over. But first ask: "What will happen?" Then "oh no, blocks fell down."	Look at a book together and say "I see a _____. Do you see the _____?" When they point to it, then say, "there it is, you found it!"	Play with play dough and make snakes with your child. Poke forks or toothpicks into the snakes and give them spots!	Cut out shapes and then have your toddler glue the shapes onto another piece of paper with a glue stick.	Give your child a bucket of water and an old paintbrush or rag and encourage them to "paint" the sidewalk or the house. Always supervise your child near water!	Fill an inflatable ball partially with water and the rest with air. Have fun rolling, shaking, and throwing it to one another.	
After washing the silverware have your child place the forks and spoons etc, in their corresponding place in the tray or drawer.	Go to a park and swing on the swings together. Try to catch their feet when you give them a push.	When changing their diaper, talk about the smell. Say "Pe-yew! stinky, stinky!" And hold your nose! When they are all clean say "mm, you smell much better!"	Sing this month's featured rhyme with your child: "Slowly, slowly, very slowly..."	With a sticker placed at the top of a paper and one at the bottom. Ask your child to draw a line straight from one to the other. You can also ask them to circle around a sticker.	Have your child practice brushing or combing with a doll or an animal and then ask them to brush your hair and then their hair. "Pretty girl! or Handsome boy!"	Gather five or six items and place them in a line on the floor. Then ask them "Where is the _____?"

Ideas for toddlers from 18 months to 3 years old

Rhyme:

Grand Old Duke of York

The grand old duke of York (*lift child in the air*)
 He had ten thousand men (*set back on knees*)
 He marched them up to the top of the hill (*lift up*)
 He marched them down again (*lift down*)
 And when they were up they were up (*up*)
 And when they were down they were down (*down*)
 And when they were only halfway up they were neither up
 nor down (*up then down*)
 He marched them to the left (*lean left*)
 He marched them to the right (*lean right*)
 He marched them round and round the town (*move in cir-
 cle*)
 And he marched them out of sight (*drop knees and tilt
 them back!*)

Recipes:

Bull's eye

Slice a hard boiled egg and put slices on a round whole wheat cracker.

Cheese and applesauce

Cut cheese into sticks and provide a bowl of applesauce for your child to dip their cheese in.

Sweet pepper snack

Cut up red, yellow and green peppers and provide hummus for your child to dip it in!



Parenting tip: Learning to regulate emotions

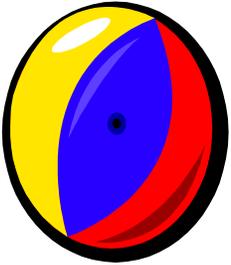
When you stay calm, you help your child to calm themselves, and can then help them to regulate emotions. If you are out of control, their behavior can also escalate.

Provide warmth

- Be patient— remember they are learning.
- Accept your toddler's feelings and let them know you understand.
- Do not make fun of them or laugh at them when they are upset or afraid.

Provide structure

- Name the feeling and show them that you understand, and then limit the behavior that could hurt them or other people (e.g. "I see you're angry. It's okay to be angry, but it's not okay to bite")
- Explain your reason. Keep it simple. (eg: Biting hurts people)
- Give them some 1 or 2 ideas they can try instead. (Examples: sit and calm down, take deep breaths, make a mad face, use words to tell how they are feeling, walk away, hug a stuffed toy)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When washing your child create lots of bubbles and foam when lathering their hands. Sing the alphabet song while you lather, so they get in the habit of scrubbing.	Cut a stencil shape (circle, square) in the middle of a paper plate. Place a sheet of paper underneath and have your child color in the middle. You may have to hold or tape down the stencil.	Go for a walk, and ask your child "Which way should we go?", "How far?" "Now what?", etc. Let them take the lead.	With blocks, sort out the colors with your child. Place all the blue ones together, all the red ones together...etc. Children can match colors before they know their names.	When brushing their teeth, encourage your child to make an "aaah" sound when you want to brush their molars and an "eee" sound when you want to brush their front teeth.		With newspaper or an old magazine show your child how to rip strips of paper. When you have finished ripping tape or glue to another paper and make a collage.
In a basin or bucket outside, give your child a washcloth and a toy or doll to wash. Talk about what to wash first, next and label the parts of the item. Always supervise around water!	When outside stand in front of fence or your house with the sun behind you and talk about shadows, your shadow and theirs.	Give your child a small riding toy to push with their legs. Help them to climb on and off and give them a push if they need.	When preparing a meal encourage your child to cook too! Give your child a mixing bowl and a spoon. Have them mix a salad, stir batter, mix pasta etc.	Sing this month's featured rhyme with your child: "The Grand Old Duke of York".	When walking down a sidewalk encourage your child not to step on the cracks but jump over instead. "Jump!"	On a mattress, or an air mattress, support your child and jump by holding their hands.
	When walking with another adult or a teen, each hold one of their hands and then on the count of three say "jump" and swing and lift your child off the ground	When sitting at the table give your child a straw and have them blow cotton balls or other straws across the table.	Have a "triangle" day. Cut out triangles and glue them on a paper. Find triangles in your house. Have a pizza with triangle pieces to eat; or cut cheese into triangles together.	With a plastic margarine or yogurt container, cut an "X" into the matching lid. Then show your child how to push different objects like a ball, spoon, toys, through the hole.	Stage a puppet show for your child from behind your couch. Use stuffed animals, dolls or even socks to act out a little skit.	With a medium sized ball, encourage your child to throw, hold and try to catch the ball.
Blow bubbles with your child, or show them how to move their hand so the wind catches the bubbles also.	When outside, play some music, hold hands and dance on the grass or run through a sprinkler to keep cool.	"What was that?" ask your child to listen for a sound, either inside or outside. Talk about what it must be, and ask them to try to copy the sound.	When walking, play "stop and go". Practice starting and stopping, pretend to be cars, while you walk or run. Talk about slow and fast also.	Pretend to be a dog with your child. Together "wag your tail, sit, lay down roll over, dig and bury bones, even drink water out of a bowl."	Collect some rocks with your child on a walk together. Then give your child a small basin with water, and wash the rocks. Talk about the difference between "wet and dry".	Play with a bag that has a zipper closure, show your child how to open and close, put a toy in and close; then open and get it out!

Ideas for toddlers from 18 months to 3 years old



Recipes:

Mini pizza

On a whole grain mini pita, spread 1 tbsp pizza or spaghetti sauce. Then top with cheese, peppers, pineapple, mushrooms etc. Mmm... Yummy!

Berry– Mango frozen yogurt

Place 1/2 a mango (remove pit and skin), 2 cups of frozen mixed berries and 1 cup plain yogurt into a blender. Serve immediately soft or place into a popsicle mold. Freeze, run under warm water to pop out to serve. Note popsicle sticks can be a choking hazard.

Rhymes:

This is the way we ...

wash your face, wash your face, wash your face.

This is the way we wash your face so early in the morning.

(change tune to fit the task and time)

Tony Chestnut

Tony Chestnut

(point to toes, knees, chest and head)

Knows I love you

(point to nose, eye, cross arms over chest and point to "you")

Tony knows, Tony knows

(point to toes, knees and nose)

Tony Chestnut

Knows I love you

That's what Tony knows

(point to toe, knee, nose)

Parenting tip: Car Seat safety

- It is safest for a child to stay rear facing until at least 2 years old, or they reach the maximum height and weight for the car seat as stated by the manufacturer.
- Once a child switches to the forward-facing car seat, they need to reach the maximum weight or height limit of the seat (as stated by the manufacturer) before they can use a booster seat.
- All child safety seats must be held in place with a seat belt or with the Universal Anchorage System (UAS). Every vehicle is different so you need to check the vehicle owner's manual for how to use the UAS in your vehicle. All forward facing child safety seats must also be secured with a top tether strap. Follow the installation instructions that come with the seat. Pull the straps tight enough so that the seat moves less than 2.5 cm (1 inch) in any direction.
- For installation instruction refer to the safety seat instruction manual and your vehicle manual. Take the child safety seat yes test on line at www.myhealth.alberta.ca or www.healthyparentshealthychildren.ca
- For more information contact Health Link Alberta at **811**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When doing the laundry, do a sock load together. Once dry, pair them up with your child. See if they can find the match!	Make a play piggy bank with a coffee can with lid you have cut a slit into. Then with lids or saved frozen juice can lids, have your child place the "coins" into the slot.	Have a "teddy bear" day. Have your child do all their activities with their doll or stuffed animal. They can eat, sleep, play together all day.	Take a ball to the park. Have your child roll it down the slide, and then roll it back up to them. Play catch!	When your child is in the bath tub, create cool hairdos with shampoo. Spike it or curl it and show your child in a hand held mirror their fancy do!		Give your child a straw and in a pan of water and dish soap encourage them to blow and make bubbles. Add food coloring for extra fun. Supervise...make sure they blow not suck!
Play with a shape sorter or a puzzle. Assist them with words say "it fits" or "no that one is different, it does not work, try another one".	Have a "red" day. Wear red clothes, serve foods that are "red". Color a piece of paper red and then take it throughout the house and match things to it that are red.	When eating, give your child only a little bit of a food they love and see if they will ask or gesture for "more". Encourage but do not frustrate them.	Encourage your child and show them how to whisper. Tell them something very special in a whisper. Teach them how to change their voice.	When getting ready to go outside ask your child to get their shoes. Then to get your shoes. Can they bring the right ones?	Give your child an egg carton to play with. Put some crackers, raisins into the egg cups and practice opening and closing as well as snacking.	Throw a Frisbee or an ice cream lid to one another and try to catch. Great exercise!
With your child decorate coloring pictures. Use different colors, don't worry if they don't color in the lines, just direct them as to what they should color.	Fill a pan with water outside and have your child put their feet in it. Then encourage them to get out and make footprints on the steps or on the sidewalk. Supervise!	Have your child practice going up and down stairs. Encourage them to crawl or walk. Let them decide. If walking support by holding their hands.	Bury some toys or rocks in the sand and then help your child dig them out with their hands or with a shovel.	Place different size boxes, containers or baskets on the floor, make a train. See if your child "fits" into any of them. Which one do they like the best? Help them to climb in and out.	Give your child a small box to push around to pick up toys, pretend it is a "pick up" truck. Pick up toys, put in truck then drive to drop them off!	Place a shoe, a spoon and a cup in a line and ask your child. "which one do you.....drink with?, eat with? wear? See if they gesture to the object, then do the action with the object.
Play doctor or nurse with your child. Pretend that their stuffed animal or doll is sick. Take their temperature, put on Band-Aids, listen to their heart, etc.	Sing this month's featured rhymes with your child: "This is the way we..." and "Tony Chestnut"	Make a picture puzzle. Cut the picture of a cereal box or a greeting card picture into three pieces. Then have your child try to put them back together.		Give your child a choice between foods "Would you like peaches or banana? Show your child the two as well and see if they will point or say the word. If not say "banana?" "peaches"?"	Play a rolling game together. Roll on the lawn, roll down a hill at the park, roll across the floor, or on a blanket with pillows under it.	When bathing your child, fill only a little bit, then seat your child facing the taps and let them put their hand under the running water. Talk about and let them feel "cold" and "hot".

Ideas for toddlers from 18 months to 3 years old

Parenting tip:

To help your child strengthen their listening skills:

- When you are giving your child a direction- make sure you connect before you direct.
- Speak within three feet of your child.
- Establish good eye contact. Instead of saying “look at me” direct your child’s eyes, try “I see your eyes are looking at the toy could they look at my eyes”.
- Use your child’s name in the direction “Kim, I need you to...”
- Keep the direction short and simple. Ask them to repeat it, so you know they processed it.
- When they are talking to you make sure you model good listening skills in return, show that you are listening, get down to their level, use good eye contact etc.
- When they have mastered responding to one direction, then try to give them two directions one after another and see if they can complete both tasks like: “Can you close the door and then put your ball away in the toy box.”

Recipe:

Pumpkin soup

Cook 1 1/2 cups of diced onion and 1 1/2 cups of diced red pepper in a soup pot over medium heat until soft.

Add 2 cups canned pumpkin and 2 1/2 cups milk.

Blend mixture in food processor or blender until smooth.

Return to pot and add 1/4 tsp. cumin and pepper to taste. Cook on low heat for 15 minutes and serve.



Rhymes:

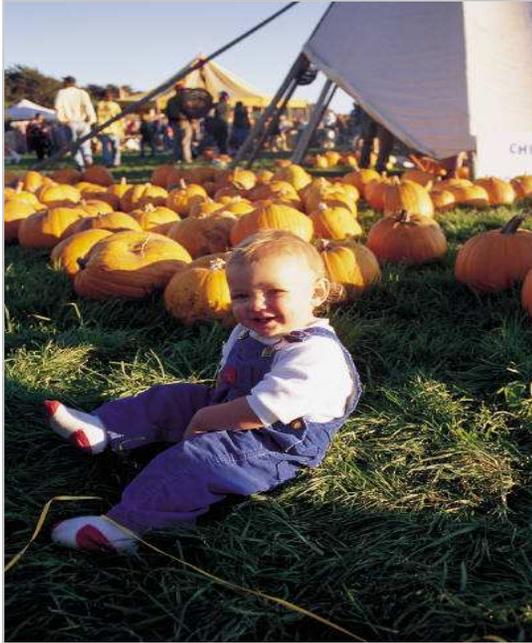
Where are my clothes? (Tune: Frere Jacques)

Shoes and socks, shoes and socks
Where are they?
Where are they?
Get your shoes and socks
Get your shoes and socks
Thank you (child’s name)
Thank you (child’s name)
Can use other clothing items also!

Sitting in my high chair (Tune: Shortening Bread)

Sitting in my high chair, high chair, high chair
Sitting in my high chair banging my spoons
Bring on the carrots, bring on the peas (substitute other foods)
Won’t somebody feed this baby please!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make some cookies or a cake together. Let them help put in the ingredients. Mix and stir together and take turns. Talk about each step. Bake and watch. Enjoy!	Have your child stand on a stair, on a curb or even a thick book and then have them jump off towards you.	When dressing your child. Ask them "what goes on first?", then "what is next?", and "what is last?" Then say "All done!"	Place your child's hand on a piece of paper and trace around it with a crayon or pencil. Let them trace around your hand also. Try feet too!	Hide one of your child's stuffed animals in a room. Then say to your child "Your teddy bear's hiding. Where is it?" "Is it on the chair?" "Is it under the couch?....etc.		Wash an empty milk jug and cut off the bottom, tape the edges with masking tape so it is not sharp. Use it like a megaphone or trumpet and make sounds together.
Tape or record your child singing or talking. Then watch or listen to it together after.	When cleaning up toys together, make up or sing a clean up song, sing it until everything is put away.	Have a "blue" day. Wear blue clothes, serve foods that are "blue". Color a piece of paper blue and then take it throughout the house and match things to it that are blue.	Go for a walk and collect rocks and leaves in a bag with your child. When you get home separate them into two piles.	Sing an action song with your child and move to the movements like: "Hokey Pokey", "Wheels on the Bus", "Ring around the Rosie" etc.	When looking at a book with your child, ask "what's this?" If they respond, then repeat the word again. If they do not respond, talk about the picture and what it is and does, and sounds like.	Spin in a circle with your child. Talk about going around, and around, faster, slower, stop and go.
Play an "on/off " game with your child. Allow them to turn lights on and off or the radio. Describe the action as they turn things off and on.	Tape shapes to the floor, like a circle, square, triangle. Then have your child move to jump onto a shape. Talk about which one they are on.		With a broom, or a short hockey stick pretend that it is a horse. Show your child how to ride it and say "yee haw!" "ride em cowboy/ cowgirl!"	Play dress up with your child. With an assortment of hats, scarves and capes (towels). Put on different combos of items on yourself and encourage your child to put on also.	With some aluminum foil, crumple into a loose ball, then with a wooden spoon have your child hammer the foil into a small ball. Then after, pretend to play hockey with it and the wooden spoon.	Hide three noisy items such as a timer, a rattle and a squeak toy under a towel. Make a sound with one and uncover to see if your child chooses the one that made the sound.
Collect six smooth stones, place three in the freezer and three in a pan of hot water. Then put them all the table, talk about which ones are hot and cold.	Give your child a ride on a blanket swing. Have your child lay down on a blanket. Hold the corners of a blanket with another adult. Lift your child slowly and gently swing them.	Sing this month's featured rhyme with your child: "Where are my clothes" and "Sitting in my highchair"	When cleaning up after a meal or after play dough or a craft, tape a picture of an animal to the wastebasket and say "Feed me!" Encourage all the scraps get placed inside!	Make magic mud with your child. Mix 1 cup of cornstarch with 1/2 cup with water. Allow your child to feel, scoop and play with it. Easy clean up!	Rake a pile of leaves and let your child jump and roll in the pile. Alternatively if you do not have leaves you could jump or roll in a pile of cushions and pillows.	When grocery shopping with your child. Ask them where are the bananas/ the cheese etc...and see if they can find and point them out to you.



Ideas for toddlers from 18 months to 3 years old

Rhymes:

Criss Cross Applesauce

Criss Cross applesauce (*make an "X" on your child's back*)
 Spiders crawling up your back (*walk your fingers up their back*)
 A spider here and spider there (*tickle in different spots*)
 Now there's a spider in your hair (*tickle hair*)
 A tight squeeze, a cool breeze (*a hug and blow on their neck*)
 Now you've got the shiverreeze! (*ask them if they have the shivers?*)

Itsy Bitsy Spider

The itsy bitsy spider climbed up the water spout (*climb fingers*)
 Down came the rain and washed the spider out
 Up came the sun and dried up all the rain (*hands over head*)
 And the itsy bitsy spider climbed up the spout again

Parenting tip: Eye health

- Consider booking an eye appointment for your child every year.
- Most vision problems go undetected. Remember 80% of learning in the first 12 years is visual.
- Alberta Health Care covers the cost for all eye exams for children under the age of 18!
- Active play activities with eye-hand exploration are very important to strengthen your child's vision.
- For more information contact your local Community Health Services office or The Alberta Association of Optometrists at 1-800-272-8843 or check out www.optometrists.ca

Recipes:

Homemade applesauce

Peel, core and chop apples. Place apples in a saucepan with a 1/4 cup of water. Simmer over low heat until the consistency of applesauce. Can blend further in a blender if you want a smoother texture. Add cinnamon for flavoring if you choose.

Cinnamon sweet potato cubes:

Peel and chop sweet potato or yam into bite sized cubes. Place in a stovetop steamer and steam for 10 minutes until soft. Sprinkle with cinnamon and serve in cube pieces or mashed!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At bedtime, say the words "on and off" as many times as you can think of. Take your pants off, socks off, put your pajamas on...etc Then say "all done" See if they will copy words.		Sing this month's featured rhymes with your child: "Criss cross applesauce" and "Itsy Bitsy Spider"	With some different objects from your house, trace around them on a piece of paper. Place the objects in a pile and have your child match the objects to their shape.	With a plank (1inch X 6 inch) on the ground, have your child step up on it, jump off it or walk along it. You may have to hold their hand for balance.	When cleaning up, sort the toys together. Put all the blocks in a container, all the books on the shelf, all the cars in another box etc.	With play dough make balls, then add facial features, with smaller balls and roll pieces for a mouth, hair etc., use tooth-picks for arms/legs etc.
With a doll or stuffed animal, talk about body parts. Point to the doll and say: "here is her eyes, where are your eyes? my eyes?" etc.	From flyers or magazines cut out some pictures. Then give your child a picture and walk around the house to find an object that is like it. Use the words "same and different"	"Is this a ___?" With three or four different objects like (shoe, cup, sock, and a spoon) Hold up the sock for instance and say: "Is this a spoon? No it is not". Repeat.	Play dress up with your child. Put on hats, shirts, shoes, scarves and jewelry together. Make sure to check each other out in the mirror.	When preparing a meal, place your child in their high-chair and give them a bowl, cup and spoon to pretend to feed a doll or animal. Show them first and see if they will copy.	Sing a familiar song to your child and leave out a part of it and see if they will fill in the blank. Like "Old MacDonald had a farm E-I-E-I ___."	When cleaning the entrance to your house or garage put all the shoes in a pile, and then have your child sort them out and match the pairs and place in a line or on the shelf.
Introduce using a fork to your child. Use a plastic or dull one at first. Let them practice with cheese, bananas, potatoes and pancakes.	Talk about "up and down" when playing with a balloon. Hit it "up" and watch it come "down".	Play animal charades with your child. See if your child can guess the animal from the movements you make. Flap your arms: bird; walk wide on all fours: bear; etc.	Read a book with your child under a blanket with a flashlight. Have them hold the light steady while you read.	Have your child practice walking backwards while pulling a toy on a string with wheels or without.	Have an "orange" day. Wear orange clothes, serve foods that are "orange" Color a piece of paper orange and then match it to things that are orange.	Cut an orange paper into a pumpkin shape. Glue on eyes, nose, and mouth with black pieces of paper. Talk about where each part goes.
Trace your child's feet on a piece of paper. Cut out your child's feet, with extra papers underneath. Then tape your child's footprints to the floor and have them follow.	With a variety of colored vegetables and fruit, sort the colors. Match all the green ones, all the red ones, etc. Taste and talk about which one tastes the best!	Carve a pumpkin together. Help your child scoop out the seeds, and the pulp. Have your child draw on the face with paint or markers and then cut it out.		At bath time, give your child some cups to play with. Talk about "full" and "empty" and let them practice pouring and dumping. "oh no my cup is empty" ;"oh now it is full thanks"	Gather four or five balls, all different sizes and three containers of different sizes (bucket, laundry basket, shoe box). Talk about "big and small" and see which fits in what.	At meal time, introduce new descriptive words to your child as you present their food. Words like "sticky, crunchy thick, sweet, salty," etc.

Ideas for toddlers from 18 months to 3 years old

Parenting tip: No screen time for your toddler!

- The Canadian Pediatric Society recommends no screen time (TV/computer/electronic device) for children under the age of two years of age, encouraging parents to take time for more interactive play in its place. For children two years and older, they recommend less than one hour of screen time of (TV/computer/electronic device) per day.
- Many homes report always having the TV on, even when there is no one watching. This reduces speech for both children who are then listening to the TV and for the caregivers as they are not engaging as much with their child when the TV is on.
- Instead of watching screens promote language development through talking, playing, reading, singing and enjoying music with your child. Increase your child's physical activity through movement activities, instead of sitting in front of a screen!

Recipes:

Chicken sticks

Ingredients: thinly sliced strips of chicken breast; plain yogurt; plain crushed cereal (shredded wheat, cheerios, bran flakes).

Roll chicken strips in yogurt then coat with crushed cereal of your choice. Bake on lightly greased baking sheet at 400 degrees for approximately 20 minutes until it reaches an internal temperature of 185 degrees F. Serve with a dipping sauce and the family's favorite veggies.

Lemon noodles

Mix the zest and juice from one lemon with 2 cups of whole wheat spaghetti noodles and 2 tbsp. of olive oil and 1/4 cup of parmesan cheese. Serve warm with cheese.



Rhymes:

Goodnight sweetheart

(adapted from the movie "Three men and a Baby")

Goodnight sweetheart well it's time to go, bo-do-de-o
 Goodnight sweetheart well it's time to go, bo-do-de-o
 I hate to leave you but I really must say
 Goodnight sweetheart, goodnight
(Repeat)

Star Light, Star Bright

Star light, star bright
 First star I see tonight
 I wish I may
 I wish I might
 Have the wish I wish tonight *(Make a wish together)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have a pajama picnic in the living room as a special incentive for behaving, cleaning up, etc. Make a snack, and read a book together on a blanket with your pajamas on.	Make loud and soft sounds together. Try clapping, stomping, shaking a musical instrument, blowing a whistle etc: both loudly and softly.	When cleaning up toys together, set a timer and see if you can race to beat the timer to clean everything up!	At night, shut off the lights in a room and hold a flashlight and shine on the floor. Let your child "catch" or step on it. Then move again. Make sure your floor is clear of obstacles.	Play a game of "Simon Says". Have your child copy your actions (jump, clap, twirl, stomp etc.)	For snack, mix circle crackers with square crackers and then have your child sort and classify into piles, matching all the circles and all the squares. Enjoy eating them after!	Practice pouring with your child. Use two cups and place a large bead or small ball in one cup and have them pour into the other cup.
Play "doctor" or "nurse" with your child. Give them a box of cheap Band-Aids and help them to take apart and "heal" stuffed animals and dolls with "owies" or "ouches"	With different sized containers, stack from biggest to smallest. Talk about "big and small" concepts.	Make a road with masking tape and books/ blocks for ramps and bridges, and boxes for stores and houses. Have fun "driving" toy cars with your child.	Make a marching band with your child. Show them how to march to some music, and give them an instrument to play (drum: a spoon and a pot or plastic bowl; 2 lids; a whistle; etc.		On a cookie sheet sprinkle some cornstarch, flour or baby powder. With your child make handprints, lines, circles faces, etc.	Make a book with your child. Write on one page "I Love you", point to the letters and read. Then ask them to write something on the next page and ask them to read it to you.
When dressing your child have them practice standing on one foot when putting on their pants and socks. They can lean on something if need be, at first.	Talk about what you see outside. "Look I can see_____". Explore many concepts and encourage your child to ask for more information.	Have a "yellow" day. Wear yellow clothes, serve foods that are "yellow" Color a piece of paper yellow and then match it to things to it that are yellow.	Have your child help with setting a table for a meal. Label all the items they put on the table, and show them where they are placed and see if they will copy you.	With a package of colored circles or stars, have your child stick them on to corresponding colored paper. For e.g.: "all the red stickers stick on the red paper," etc.	Feed the birds! With some old bread break it up into crumbs with your child and sprinkle them with some birdseed on a window sill, or table outside. Watch for birds!	While doing laundry, sort clean clothes into piles for each family member. Ask your child "whose is this?" and then "put in dad's pile", etc.
Encourage your child to use the magic words "please and thank you". When giving directions say "would you please...?" then after say "thank you".	When dressing your child ask them "which shirt would you like to wear?" Then refer to them by their color "the red one? Or the blue one?" Continue with other clothing items.		Play with a toy/object that spins with your child like a top, a pinwheel, wheel on a car, a lazy Susan or a chair that swivels. Talk about the object going "around".	Go on a counting walk with your child. Count different items that you see. "One window, two windows", etc.	Tape a square and a triangle to the floor, show your child how to throw stuffed animals or bean bags onto the shapes. Label the shapes, if they make the target, and if not.	When your child is finished their meal, say "all done" or All gone", raise your arms and drop them down, do the same with your child's arms see if they will mimic you.

Ideas for toddlers from 18 months to 3 years old

Parenting tip:

Recommended toys for children 18 months to 3 years old:

Interactive toys: dress up clothes (hats, clothes, jewelry), storybooks, plastic cars and trucks, puppets, kitchen sets, farm sets, construction sets, train sets, bubbles, tops, wind-up toys, toy animals etc.

Creative hand play mediums: play dough, finger-paints, paint set with watercolors or paint by water, even tempera paint, short and wide crayons or markers. (Always supervise when your child is using these items!)

Problem solving toys: shape sorter puzzles, small interlocking puzzles or shape puzzles with knobs, some even have sounds, puzzles, stacking *containers and objects to put in and sort and classify by color or shape, building blocks,

Gross motor toys: tricycles or ride on toys, large ball or a bean bag for playing "catch", music to sing and dance to, cardboard boxes

Recipes:

Potato snowman

Make a mashed potato snowman for your family's meal using an ice cream scoop to scoop 3 mashed potato balls - corn for eyes, string bean for mouth, carrots for buttons. Arrange the rest of dinner around the "snowman". Serve.

Apple pudding

Mix leftover cooked rice with chopped apple or applesauce, plain yogurt and cinnamon. Delicious!

Rhymes:

You are my sunshine (a variation)

You are my mommy, my only mommy

You make me happy everyday

I want you to know mom, how much I love you

Please don't take my mommy away.

(substitute daddy, grandma, grandpa or other siblings names)

A smooth road

(with your child on your lap, vary the bumps according to the tune)

A smooth road, a smooth road, a smooth road

A bumpy road, a bumpy road, a bumpy road

A rough road, a rough road, a rough road

A HOLE! *(let your child fall between your legs)*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
With a wrapping paper tube, show your toddler, how you can roll a car or a ball in one side and out the other.	Encourage your child to dress themselves. See which clothing items they can put on all by themselves.	Practice stringing beads, or “o” shaped cereal, pretzels or dried apple rings onto a string or a lace with a reinforced taped end.	Sing the alphabet song together. Always emphasize the first letter of their name. Point out their letter whenever you see it, also.	Help your child learn the number concept “one”, throughout their daily activities. “Can I have one block?” or “here is one piece of apple.”	Go for a drive at night and look at holiday decorations. Talk about colors, and how they sparkle and shine, and blink.	Make cookies together. Have your child stir, pour, or dump ingredients. Shape and form the cookies. Press in little candy pieces, sprinkles and spread icing together.
Help your child learn the rooms in your house. Say “let’s go to the kitchen for a snack”, or “let’s go to your bedroom to get dressed”.		Let your child encourage their need to gesture and use their voice. Try not to over-anticipate their needs and wants. Encourage sounds and words!	Have your child help with wrapping holiday packages. Encourage them to fold paper, and manage the tape, and stick on bows etc.	Help your child learn action words while playing with animals or dolls. Use words like “jump, walk, hop, sleep, eat, drink” etc.	Take a walk outside together. Talk about snow and making snow angels and how cold it is.	Have a “green” day Wear green clothes, serve foods that are “green” . Color a piece of paper green and then match it to things to it that are green.
Try skating together. Make sure your child is wearing a CSA approved hockey helmet with face protection and take them skating. Hold onto them to let them try.	Sing favorite holiday songs together. Shake bells when singing “Jingle Bells”, or use drums or shakers and beat to the rhythm together.	Play hide and seek with your child. Help them to count and then seek out other siblings, friends, or even stuffed animals. Then have them hide also.	Help your child follow two directions given at the same time. “Can you get the ball and roll it to me?”.	Encourage your child to unwrap gifts on their own, and ask them for help to unwrap your gifts also. Boxes and papers are fun to play with after also!		Make a train with boxes and ropes fasten two or three together and fill with new toys, animals or dolls and carry them to their new homes. Choo-choo!
Gather up a bunch of greeting cards, and look at them together. Label the pictures and talk about emotions “sad” and “happy” also.	Sing this month’s featured rhyme with your child: “You are my sunshine” and “Smooth road”	Place some snow in a basin or a sink , and give your child shovels, containers, and mittens to play with it, and watch it melt and make snow sculptures together. Supervise your child around water!	Play the cookie monster game. Your child is the cookie and you are the “cookie monster”. Chase them until you catch them and hug them and kiss them. Reverse roles.	Trace three different circles on white paper with your child. Cut them out, and have your child glue on to a paper to make a snowman. Add features with crayons or markers.	Mix 1/3 cup dish soap, 1 cup water and 2 tsp. of corn starch. Refrigerate. Blow bubbles outside and watch them freeze on a cold day.	Help your child count ten crackers, candies or raisins. Then eat a few and count again.

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