

Toddler Play!

AGES 1 AND 2

Hi, Folks!
It's me—your toddler!
My job is to play!

Play makes my brain and
body develop.
It helps me learn.

Let's play together!
You are my first and
best teacher—
and I love you!



I'm your toddler. My job is to play!

When I play:

- I learn about the world and how it works.
- I develop strong muscles and bones.
- I learn new skills.
- I learn to use my imagination.
- I find out that I can do things.
- I feel good about who I am.

Active play, every day!



I love active play, like walking, running, and climbing as high as I can.

Active play keeps me healthy and happy. Can we find a safe place outside for me to run and play? I need active play at least an hour a day.

Quiet play every day, too!

I like a routine of doing the same things each day at the same time. This helps me know what to expect and makes me feel secure. I like to do things that calm me down before I eat and sleep.

- a few minutes to work a puzzle or look at a book before meals
 - playing with toys during my bath
 - reading with you before bed
-

When I am 1 year old

I am into everything! Please don't say I'm "bad."
I'm just busy learning. I learn a lot by touching things.

I like to play with you. I also like to play by myself. I won't really play with other kids until I am older, but I will play next to them. I am not able to share toys yet.

You can easily distract me from what I am doing. Just give me something new to do.

I like to:

- play in a box
- walk, run, climb, and dance
- hold one special toy, blanket or "lovey"
- do things over and over again
- pile things up and push them over
- copy what you do
- play with my food and feed myself
- use a small cup
- drop things from my high chair

I also like:

- toys I can push or pull
- boxes and blocks
- bubbles
- foam balls, sock balls, beach balls,
- plastic balls

Books I like:

- picture books with things to name
- touch-and-feel books
- books with cardboard pages
- family photo albums



When I am 2 years old

I want to do it *my* way at age two.
My favorite words are “NO” and “MINE!”

I’m happier if you let me make choices. I like you to ask me, “Do you want to wear this or that?” or “Do you want to read this book or that one?”

I am starting to make friends but I can’t share yet.

I like to:

- play with a ball
- run and jump
- play hide and seek
- have you chase me
- build things with blocks
- scribble
- sing songs and dance
- feed myself
- help you with housework
- do things by myself

Read to me every day!

I’m ready for:

- stories that rhyme
- books I can look at on my own
- stories you make up about me

Naming Games

Ask me to name:

- foods
- animals
- parts of my body



Please teach me words that help me tell you how I feel.

MAKE THIS DOUGH AND PLAY WITH ME

With your hands, mix 3 cups of flour with 1 cup of salt, 3 tablespoons of cooking oil, and about 1 cup of water. Add food coloring if you have it. Then add more water until the dough is soft and smooth. Have fun with it! Then cover it well and refrigerate it. It will last a few weeks.

I love to play with you!

You are my best teacher.

It's fun when you:

- get down on the floor and play with me
- play what I want to play
- play with me often, even if it's only for a few minutes at a time

We can do a lot of things in just a few minutes!

We can:

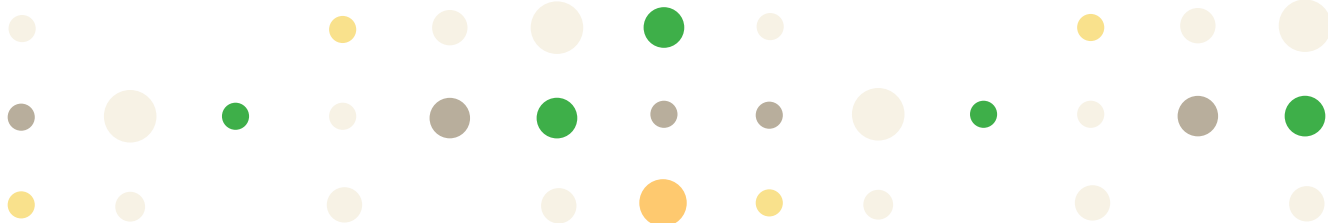
- go for a walk
- roll a ball between us
- dance to a song
- put my doll to bed
- play with "action figures"
- stack empty boxes and knock them over
- play with one of my toys
- chase and pop bubbles
- sing the alphabet song

Keep me safe

- Childproof all my play areas.
- Make sure all my play things are bigger than the inside of a toilet paper tube.
- Watch me every second around water.

We can be playful:

- picking up toys
- cooking
- doing housework
- working in the garden
- waiting in lines



Let's play outdoors!

I like to:

- collect leaves
- play in a sandbox
- play ball
- go for a walk
- help in the yard
- visit a playground



**A hat
and sunscreen
(at least SPF 15) will
protect me from
too much sun.**

Keep me safe outdoors

- Keep your eyes on me at all times. I am fast and fearless. Let me explore but keep me safe.
- Never leave me alone near water.
- Check playgrounds for safety.
- I need to learn street and playground safety. Hold my hand when crossing the street and around swings. Help me climb safely.
- Insect repellent will protect me from mosquitos.



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