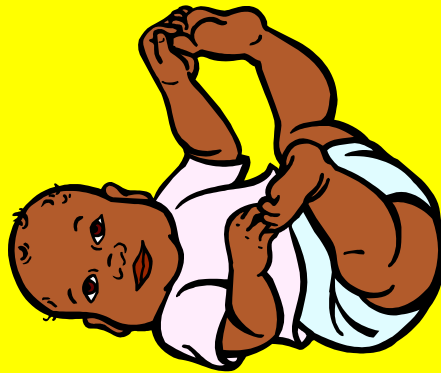


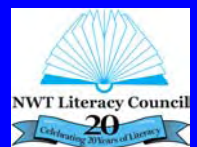
How to Kit



Let's Play and Learn

2010

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Other How to Kits & Literacy Activities

This *How to Kit* was developed to help organizations celebrate literacy in the NWT. It is one in a series of *How to Kits* that you can download from the NWT Literacy Council website at www.nwt.literacy.ca. You are welcome to photocopy and use the activities in your programs, or adapt them to your needs. You will also find other activities on our website that you are welcome to download and use.

Other How to Kits you will find on our website:

- 1-2-3 Rhyme with Me
- Community Book Swap
- Family Reading Party
- Games Night
- Literacy Treasure Hunt
- Pyjamas and Book Party
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Family Literacy Activities Night
- Book Making
- Literacy Games for Adults
- Get Caught Reading & Other Promotion Ideas
- Election
- Environmental Print Games
- More Literacy Games
- Read for 15
- Writing and Publishing Children's Books
- Literacy Survivor
- Writing Contest
- Plan a Family Fun Day
- Music and Literacy
- Writing Ideas
- Making Family Books
- Involving Families in Children's Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine's Day, Easter, Birthdays
- Puppet Making
- Culture and Traditions
- Books in the Home
- Facilitating a Workshop
- Talking Books
- Family Math
- Family Cooking
- Readers Theatre
- Family Literacy Activities Night 2
- Word & Picture Bingos
- Plan a Family Literacy Fair
- Storysacks
- Science Fun
- Reading with Your Child DVD
- TV Free from A to Z
- Puppets
- 20 Outdoor Family Literacy Activities
- Nutrition and Literacy
- Active Literacy

Learning through Play

We created this *How to Kit* for parents with young children. You will find many ideas for fun activities that help your child to learn new things. Children love to play. It comes naturally to them. Encourage your child to play. It is essential to her development. Gross motor skills, fine motor skills, thinking skills – children learn everything through play!



Organize a playgroup

Playgroups help give parents extra support while giving children time to play and interact with other children.

- Find a space that you can use. Be sure it can be “childproofed.” One idea is to rotate between each member’s home.
- If you are using another space in the community, make sure it’s a space where everyone feels comfortable.
- Talk to other parents and tell them about the playgroup. You should focus on parents with children who are close in age to your own.
- If you know of parents who need extra support, reach out to them.



Let's Play and Learn

- Decide how often you will meet, and for how long. Once a week for about 2 hours will likely be the best. Talk to other parents to figure out the best time based on energy levels of the children.
- Advertise! Put up posters around the community.



- Once you have a list of people for the playgroup, make sure you call or email them the day before. This will give them a reminder, and also allow you to see how many people will be there.
- Meet and share the ideas in this kit. Share other knowledge with each other, what has and has not worked for you.
- Talk about struggles you are having, and work together to find solutions. Remember the playgroup is just as much for parent support as it is for the children's learning and fun.

Celebrate Literacy in the NWT

- Decide ahead of time how you will handle the responsibilities of snack and activity preparation. If you are rotating between homes, perhaps the host of each week will be responsible for the snack and activities that week.
- If you are holding the playgroups in a home, the host should remove distractions before the group meets. This includes favourite toys that the host child will not want to share, television or pets.
- At the first session everyone should discuss ground rules. After the discussion the group will have established rules that each person is expected to follow.
- Tell the children 5 minutes before the play group will end. Then you can have a cleanup activity, followed by a special goodbye song. These are helpful because many children have a hard time with leaving, especially after so much fun.



Learning through play

- Did you know that a baby's brain isn't fully developed when she is born?
- A lot of brain development happens in the first three years of a baby's life.
- There is more brain development in the first three years of her life than at any other time.
- The experiences you give your baby in her first three years of life can help her brain grow.
- The more her brain grows in her first three years, the easier it is for her to continue to learn and to grow as she gets older, even when she is an adult.



Give babies the attention, love and care they need to grow healthy brains!

- Let her hear, touch, taste, smell, and feel many different things.
- Hold, cuddle, rock, and smile at him so he feels safe and loved.
- Take care of her when she cries.
- Play, go for walks
- Let him explore and learn about the world.
- Talk to her, tell stories, sing songs, and read books.
- Give him a mix of interesting, colourful (not expensive) toys to look at, hold and chew.
- Be with people who love and care about her, do things with her.
- Give him safe, clean surroundings, free of things that hurt him.
- Do new things, a little more than she can already do, but not too much.
- Do the same things at the same time every day, so he knows what to expect.
Do things over and over.



Connect with your child's five senses

Babies from birth to four months

- ✓ Talk softly with her while you are breastfeeding or cuddling.
- ✓ Sing familiar songs over and over again.
- ✓ Smile at him.
- ✓ Make eye contact and talk with her.
- ✓ Hang a mobile where he usually lies.
- ✓ Put a child-safe mirror next to her.
- ✓ Move a toy slowly back and forth so he can follow it with his eyes.
- ✓ Hold him when you feed him. Caress him. Rub his legs and back. Play with his fingers.
- ✓ Move your baby from time to time during the day so that she sees different things around her.



Babies four months and older

- ✓ Continue singing and talking with him.
- ✓ Give her a rattle or other toys that she can bang and shake.
- ✓ Play peek-a-boo.
- ✓ Smile and praise him.
- ✓ Show your baby her reflection in the mirror and say her name.
- ✓ Talk with your baby about everyday things, like, “Should we have macaroni or soup today?”
- ✓ When she “talks”, answer her. Have a conversation.
- ✓ Ask him questions that he can answer by pointing. For example, “Where is papa?”
- ✓ Play pat-a-cake and clap her hands together.
- ✓ When he begins to crawl, place a toy further away so that he crawls to it.
- ✓ Name people, things and body parts; do this often so that she hears the words repeated.



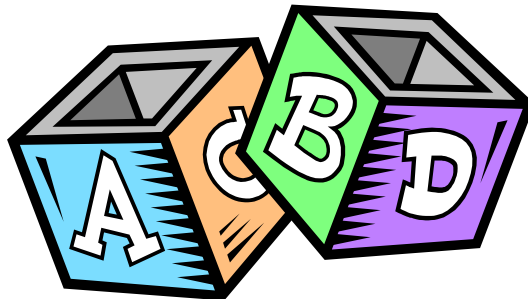
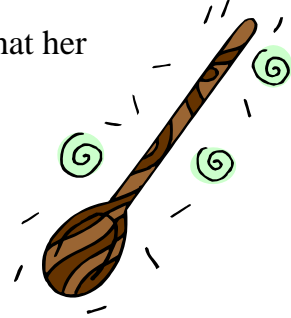
Let's Play and Learn

- ✓ Look at books together. Point to the pictures, name what you see and talk about what is happening. Let him turn the pages.
- ✓ Leave board books where your baby can reach them and look at them on her own.
- ✓ Play with puppets or stuffed animals; make them talk and sing. Make up different voices.
- ✓ Give him things that fit inside each other, things like blocks, plastic cups or bowls.



Toddlers

- ✓ Continue to sing to your child.
- ✓ Talk about things that are happening throughout the day: talk about the colours of her clothes, the food she is eating, and the things that her brother, sister, or father are doing.
- ✓ Name the things he sees around him.
- ✓ Give her pots and pans, plastic containers, wooden spoons, and measuring cups and spoons. Give her a container to sort things into.
- ✓ Repeat familiar stories.
- ✓ Read familiar books: point to the words and pictures, and talk about what you see.
- ✓ Look at family photographs and name the people that you see.
- ✓ Play together with blocks, balls, and toys.



Games to Play with Babies

Movement Games

During the nine months that the baby was in the womb she experienced a lot of movement. She moved around a lot on her own. She also felt her mother walking, bending, and swaying.

- Rock and make swinging motions with your baby. This will comfort her and give her a sense of security. The movements and motions will feel familiar to her.
- Babies need to move! When babies move, crawl, wiggle, and sit on their own they are strengthening their muscles and growing their brains. Play with your baby. Whenever possible hold him, rock him, sing and talk with him, and make lots of eye contact.
- Dancing is an excellent way to have fun with your newborn. When you dance together, your baby experiences rhythm. Rhythm is the basis for talking, walking, running, skipping, and hopping.
 - Find simple, happy, melodic songs on the radio or on a CD.
 - Hold your baby close, and with one hand support his head and with the other hand his back.
 - Rock and sway back and forth to the music.



The Elevator Game

At a quiet time when you are both awake and alert, play the “Elevator Game.” You can start this game as soon as your baby can hold her head steadily.

- Lie on your back and lift her above your head. Bring her back down so you can kiss her on her cheek.
- Speak with her. Tell her, “I’m going to kiss you.” Or say things like, “You are going up and down like an elevator.”
- Lift her up and down as long as you both want to play this game.



Touch the Sky

- Hold your baby's hands in your own.
- Gently raise his arms up above his head and then gently back down again to his sides.
- Talk with him. Say things like, "Up and down, up and down we go." Or, "Reach up to the sky and reach down to the ground."

Baby Hugs

- Gently cross your baby's arms over her chest so that she "hugs" herself.
- Now gently stretch her arms out wide and then back to the crossed position.
- Again, talk with her while you do this.



Parts of Baby's Body

In the first three months your baby will discover his hands and maybe his feet. It is important that your baby has some undressed and unswaddled time every day so that he can investigate his body.

- Play some finger and toe games to familiarize your newborn with his newly discovered hands and feet.

This Little Piggy

(As you say each line of the rhyme, touch each toe or finger in succession, starting with her thumb or her big toe.)

This little piggy went to market.

This little piggy stayed home.

This little piggy ate caribou.

This little piggy had none.

This little piggy cried, "Wee, wee, wee!"

All the way home to his mom!

(Tickle baby's hand or foot.)



Word Games

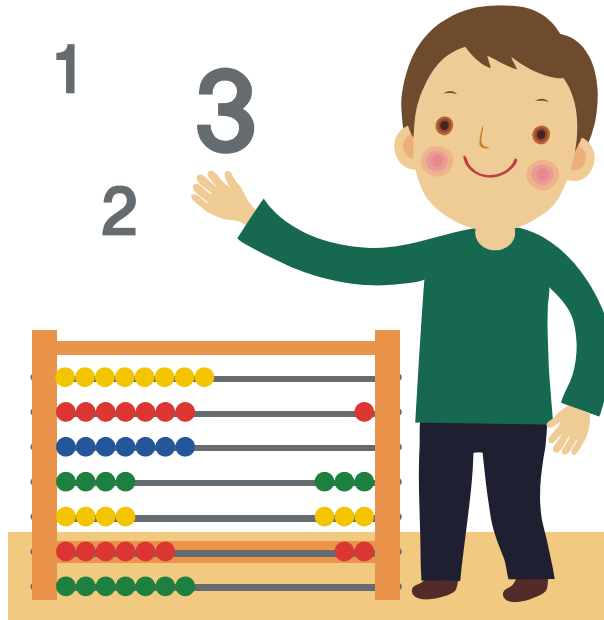
Your baby is a listener. Your baby's hearing is almost fully developed when he is born. For nine months, your voice was a 'womb sound.' Your newborn will be soothed and comforted by your voice, by your heartbeat and by the warmth of your cuddles.

Your baby cannot learn to speak unless he hears language spoken, so talk to your baby throughout the day.

- Tell him what you are doing. For example, "It's time to change your diaper. Now where are the wipes? Oh, there they are."
- Tell him about the weather; about who is coming to visit; about a story you read in the newspaper; about your favourite cereal; or about what you will buy at the grocery store. Talk about anything and everything!
- Play with the sounds of words and make up your own rhymes and songs.

Counting Play

Just like words, your child's best early understanding of math and numbers will come from seeing and hearing you count. Whenever you can, count the things around you. If your child is old enough, have her repeat after you.



Face Rhymes

These rhymes allow for lots of eye contact, touching, bonding, rhyming, and naming parts of the body.

Two Little Eyes

Two little eyes to look around,
Two little ears to hear each sound.
One little nose to smell what's sweet
One little mouth that likes to eat.

The Moon is Round

The moon is round
(Gently move your finger in a circle around your baby's face)
As round as can be
Two eyes, a nose, and a mouth
(Touch under your baby's eyes, nose and on his mouth.)
Like me!
(Smile at your baby!)



Ring the Bell

Ring the bell

(Tug at a lock of your child's hair.)

Knock at the door

(Knock gently on his forehead.)

Peek in

(Look in his eyes)

Lift up the latch

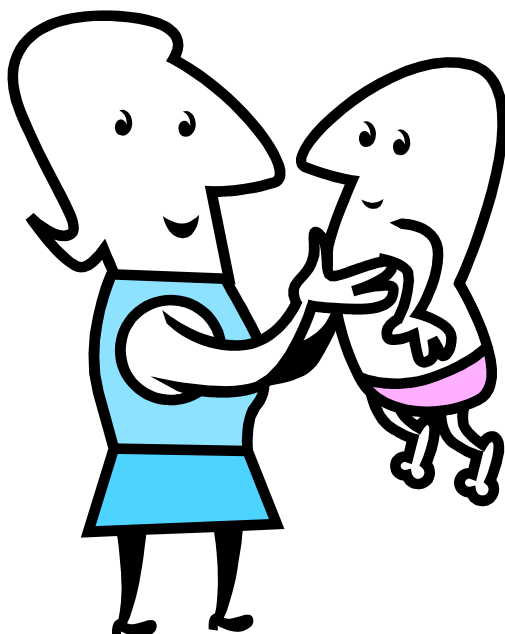
(Push up on the end of his nose.)

Walk in

("Walk" your fingers on his lips.)

Let's go down to into the kitchen and eat _____ .

(Name your child's favourite food, and tickle his tummy.)



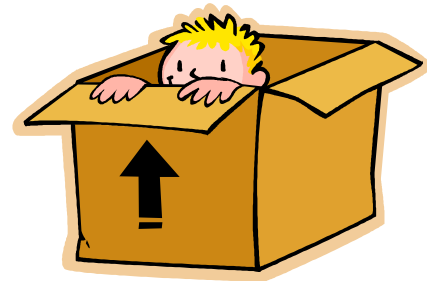
Visual Games

Newborns quickly begin to coordinate their eyes. In the first few days your baby will fix her eyes on your face when you are holding her.

Peek-a-boo

Peek-a-boo is not only fun, it is also important for growing your child's brain. Every time you play peek-a-boo, thousands of brain cell connections are made and strengthened.

Try these versions of peek-a-boo:



- Cover your eyes with your hands.
- Put a towel over your face.
- Hide behind a door or a piece of furniture and pop out.
- Put your toddler's hands over his eyes and then take them away.
- Place a toy or a stuffed animal under a cover and then pull the cover away.
- Draw a face on your thumb with a marker and then hide your thumb in the palm of your hand.

Games to Play with Toddlers and Pre-schoolers

Children continue to need love and affection into their toddler and pre-school years. Tell your children often that you love them. Tell them what things make them special, and what they are good at.

Reading Fun

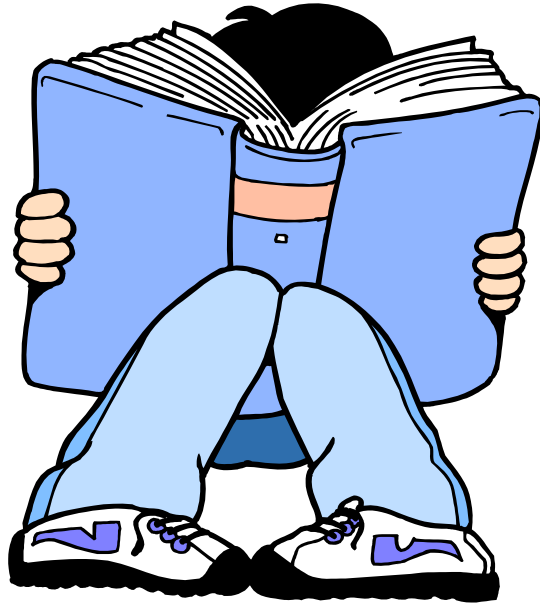
There are many ways that you can help your toddler develop a love of reading.

- Encourage your toddler to play with books. Toddlers love touch- and-feel books. Touch-and-feel books are made of cloth and sturdy cardboard.
- Point to the pictures in the books you read and name what you see.
- Change the tone of your voice, make funny faces, and make up other special effects when you read. This will stimulate your child's interest in books and stories.
- Read with your child often but for short periods of time.
- Allow your child to pick out books, so he is interested in the books you read.



Let's Play and Learn

- Read anywhere you can, at any time. At the park, in the tub, at a store. This way your child will see that reading happens in all aspects of life.

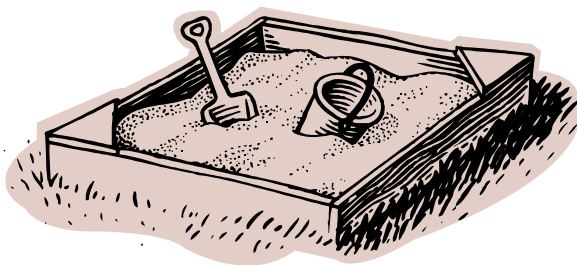


Physical Games

Indoor Sandbox

Kids love to play in the sand, but this can't be done outside in the winter. You can make an indoor sandbox that won't cause too much mess, and will still be very fun.

- Find a box, large bucket, or something else to act as your sandbox.
- You can fill your box with puffed wheat cereal, rice, or popcorn kernels.
- Your child can play with shovels, toy cars, measuring cups, spoons or anything else you have in your kitchen.



Helping Games

Children love to help out around the house. It makes them feel grown up and important. When you are doing chores around the house you can involve your child and make a fun game out of it.

- Have your child dry and put away any dishes that are not breakable or sharp.
- Ask your child to sort cutlery, or ask what each dish is called.
- You can also use a large bowl (or second sink if you have one) to fill with water and soap and allow your child to wash dishes from a play kitchen.



- When you are doing laundry your child can also help by separating colours or matching sock pairs. He can separate clothes by who they belong to.
- Depending on the age of your child he may also be able to fold the clothes, or take them to the right rooms.



Celebrate Literacy in the NWT

- If you use safe cleaners your child can also help with cleaning windows, and dusting. A safe cleaning option is 2 cups of water, $\frac{1}{4}$ cup of vinegar and $\frac{1}{2}$ teaspoon of dish soap. Mix the ingredients in a spray bottle and give it to your child along with a clean cloth.
- You can purchase child size brooms and dustpans for your child to use to help keep the floors tidy.



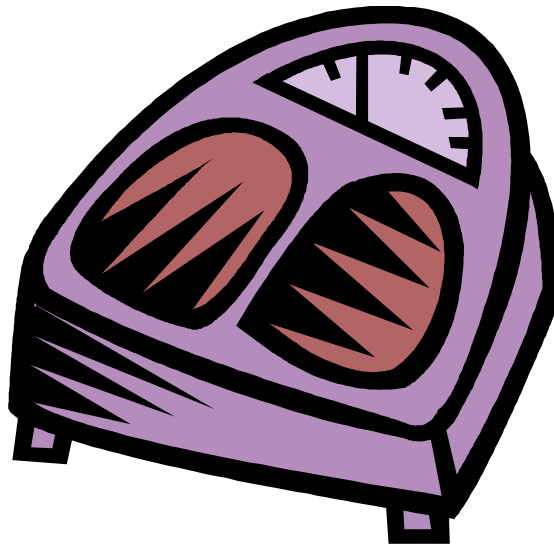
- Children can help with vacuuming if you have a mini vacuum or dust buster.
- In the winter you can have your child help with snow shovelling, either with a small shovel or using a dustpan. Your child will feel good for helping, get to be active, and after you can play in the snow together!



Learning about Weight

Children love to explore and compare things. One way to do this is to learn about weights.

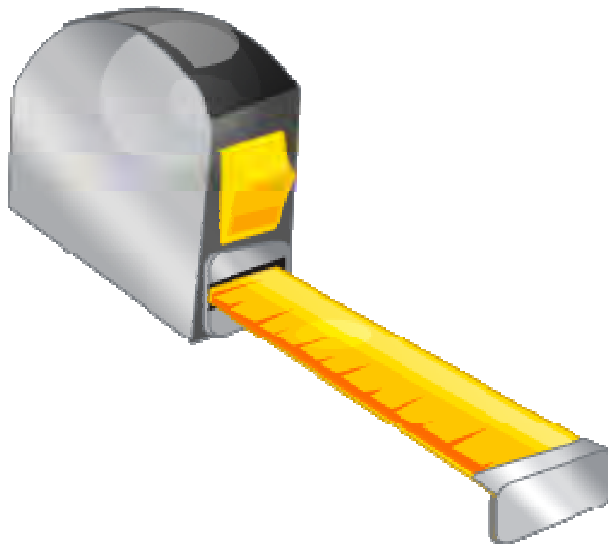
- If you have a scale in your home you can show your child how to use it.
- Start by weighing your child and yourself and compare the two weights.
- Then let your child collect things around the house and weigh those too.
- Your child will learn about comparisons and identifying numbers.



Measuring

Along with learning about weight, your child can also start to learn about length and distance.

- Use a ruler to measure small things.
- You can also give him a carpenter's tape measure so he can pretend to measure bigger things.
- He will learn about size and identifying numbers.



Telephone Game

Children love to play with and talk on the telephone.

- Purchase a toy telephone, or give your child a used phone to play with.
- Choose the number of someone your child will want to call, like grandma or a favourite aunt.
- You can practice this number with your child on the play phone and then once your child is ready, have him call the person for real.
- Your child will be excited about knowing how to call this important person, and will begin to identify numbers.



Road Bingo

- When you are out for a drive or walk decide together what you will look for.
- It could be a particular number or letter.
- Look for this number or letter in street signs, labels in the store, books, or pamphlets at the health center.
- Give your child points for each time she identifies the correct number or letter.



Exploring Nature

Playing and exploring outside can be your child's first lesson in science and the environment.

- When you are out for a walk pick up leaves and look for their differences, or catch snowflakes on black paper and look at all the details.
- After hunting or fishing you can have your child watch you clean and cut up the animal. Talk about each body part, and have your child find the same body part on himself.
- Talk to your child as much as you can about respecting animals and nature, and the traditional beliefs around weather and nature.



Little Gardeners

- You and your child can grow seeds inside, and then move them outside in the summertime.
- Your child will love playing with the dirt. She will feel important by ensuring the plant is watered and cared for.
- She will also be very proud and excited to see the plant grow.
- She will have fun learning about where our food comes from.



Tickle Rhymes

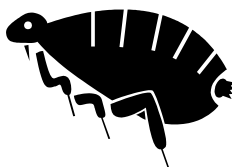
Aside from being fun to do, saying rhymes, singing songs, and doing finger plays with children help them develop early literacy skills. Children should have lots of opportunities to play with rhythm, rhyme, and repetition. While children have fun they will also learn:

- Listening skills
- Sequencing
- Concepts such as colours, shapes, and counting
- Memory skills
- Vocabulary
- Imagination
- Coordination
- Special awareness
- Body awareness

On My Foot

On my foot there is a flea,
Now he's climbing up on me,
Past my belly,
Past my nose,
On my head where my hair grows.

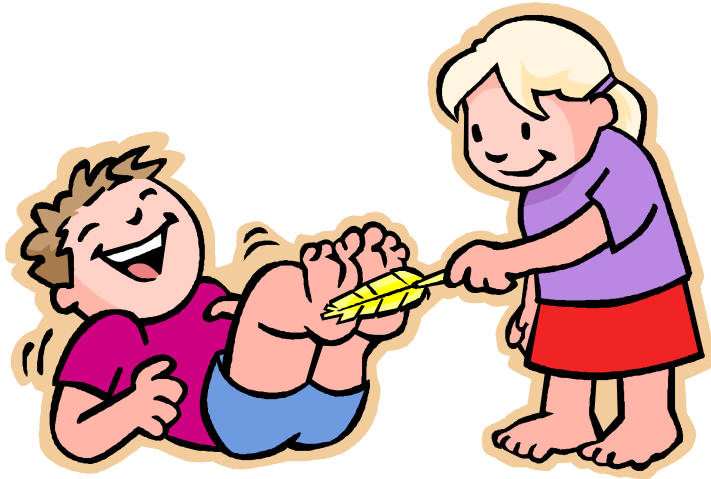
On my head there is a flea,
Now he's climbing down on me,
Past my belly,
Past my knee,
On my foot,
Take that you flea.



Three Ticks

Pizza, pickle,
Pumpnickel,
My little guy,
Shall have a tickle.

One for his nose,
And one for his toes,
And one for his tummy,
Where the yummy food goes.



Let's Play and Learn

These are Baby's Fingers

These are baby's fingers.
(Touch your child's fingers)

These are baby's toes.
(Touch your child's toes.)

This is baby's belly button.
(Touch your child's belly button.)

Round and round it goes.
(Tickle your child's tummy.)

* use your child's name instead of "baby."



Bouncing Game

Bouncing games are a great bonding experience for you and your child. There's eye contact, laughter, and fun!

- Put your child on your lap facing you and hold her firmly under her arms.

A Smooth Road

A smooth road, a smooth road,

A smooth road, a smooth road.

(Slowly and gently bounce your child on your knee.)

A bumpy road, a bumpy road,

A bumpy road, a bumpy road.

(Bounce your child a little more quickly.)

A rough road, a rough road,

A rough road, a rough road.

(Bounce your child more quickly again.)

A hole!

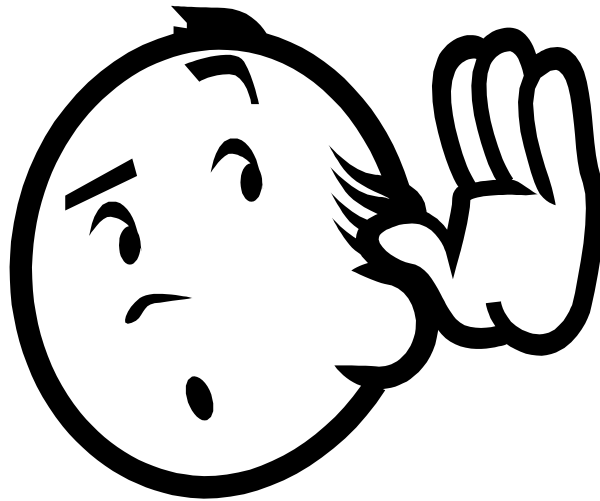
(Holding onto your child, open your knees apart and let your child drop through.)



Exploring Senses Games

Noise Hide and Seek

- Use a loud noise maker such as an alarm clock or egg timer.
- Start the noise and then hide the object.
- Have your child follow the sound until she is able to find it.
- Then she can hide it for you.
- This game will help your child's sense of hearing and her ability to focus on the single sound.



Listening Game

- In this game you and your child will take turns guessing sounds.
- One at a time you will close your eyes, while the other makes a sound.
- The sound could be rattling keys, books closing, fingers snapping or any other noise you can think of in your home.
- The person with his/ her eyes closed will listen to the sound and try to guess what is making the sound.



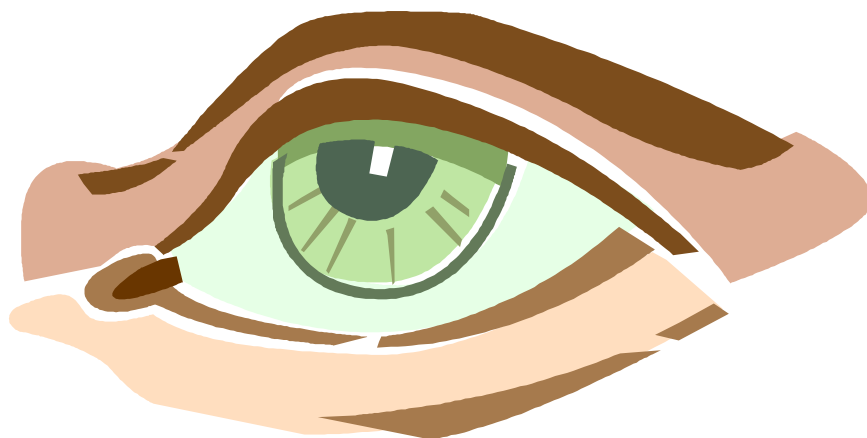
Tasting Game

- Cut up bananas, melons, apples or whatever fruit your child is able to eat at her age.
- Make sure the fruit is in bite sized pieces.
- Have your child sit at the table and then blindfold her.
- Feed her different fruits and have her guess what it is.
- Watch your child carefully while eating.



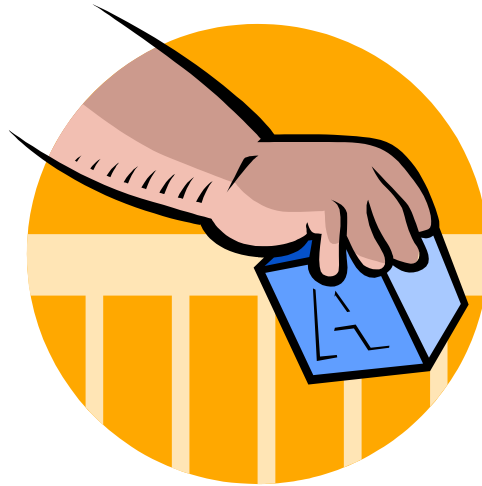
Sight Game

- Take turns choosing an object that both of you can see.
- Start with “I spy something that is...” and then use words to describe the object such as colour, size or shape.
- The other person guesses the object. Then switch roles.



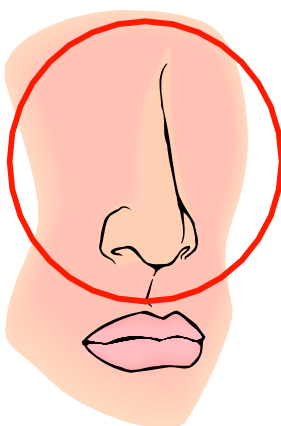
Touching Game

- Collect things around your house that feel different from each other. Perhaps a soft blanket, rough sandpaper, hard block, squishy ball and cold ice.
- Start by blindfolding your child.
- One at a time hand an object to your child and let him feel it. Ask him to describe the feeling to you.
- Have him compare the objects if he is old enough.



Smelling Game

- Find foods or spices with very different smells. Some very smelly foods are vinegar, cinnamon, sardines, garlic, cheese, limes and vanilla. You can use any foods, just check that it has a strong smell.
- Start by blindfolding your child.
- One at a time hold one food or spice near her face.
- Ask her to describe the smell and if she would want to eat the food.



The Nose

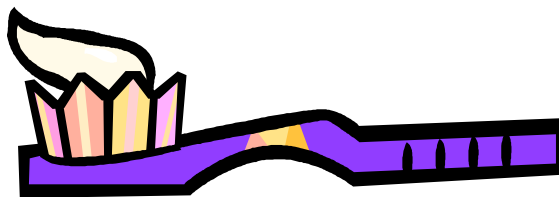
Exploring Imagination Games

Familiar Things^o

This game develops your toddler's thinking skills and his imagination.

- Find a number of objects that your child is familiar with like a toothbrush, a spoon, or a cup.
- Sit together and set the items on the floor.
- Pick up one object, for example the toothbrush, and pretend to brush your teeth.
- Pick up each object one at a time, and pretend to use it.
- Ask your toddler to pick up one of the items and show you how he would use it.
- Help him to imagine other things to do with the same object, for example using a cup to drink from or also for pouring.

^o From *Brain Games for Toddlers and Twos* by Jackie Silberg



Indoor Camping

Camping and sleeping in a tent is so much fun! You can recreate this feeling indoors, using your imagination and your child's.

- An easy way to make a tent is to put a large blanket over a table, so that it hangs over the sides to the floor. Then you can set up your mats and sleeping bags under the table.
- Or if you have a big enough space you can even set up a real tent inside!
- You can make up and tell stories to each other.
- Or imagine what it would be like to be camping outside, and describe the sights, sounds, feelings, smells and tastes to each other.



Box Forts

Cardboard boxes can give your child hours of entertainment and creative learning.

- Collect boxes and other recycled objects around the house, such as egg cartons, toilet paper rolls and more.
- Your child can use her imagination to build a house, fort, car, boat, anything!
- You may need to help with cutting or other difficult tasks depending on the age of your child, but let her tell you how she wants it to look in her imagination.



Charades

Charades is a simple game that requires no planning or supplies.

- You and your child take turns acting things out with no words or sounds.
- The other person guesses what the actor is trying to say.
- You can try animals, TV/ movie characters, sports or anything else you think of.

Playdough

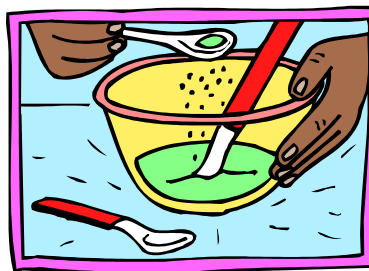
Playdough is a very fun and relaxing way for your child to play and learn.

Purchased Playdough can be expensive, and is only for ages 3 and up. You can make playdough at home using simple ingredients you already have in your kitchen.

You can even create a totally edible playdough.

1. Uncooked Playdough °

- 1 cup cold water
- 1 cup salt
- 2 teaspoons vegetable oil
- Food colouring
- 3 cups flour
- 2 tablespoons cornstarch



- Mix the water, salt, oil and enough food colouring to make a bright colour.
- Gradually add the flour and cornstarch until the dough is like bread dough.
- Knead the playdough like bread.
- Keep the playdough in a sealed container or zip lock bag to stop it from drying out. Your kids can use this playdough over and over again, if they put it back in the bag so it doesn't get dry.

Let's Play and Learn

2. Cooked Playdough °

- 1 cup water (you can add food colouring if you wish)
- 1 tablespoon vegetable oil
- ½ cup salt
- ½ cup flour
- 2 teaspoons cream of tartar (found in the spice section of the grocery store)

- Heat the oil in the pot first.
- Then add all the other ingredients at once.
- Heat and stir until it starts to thicken and form into a lumpy pile. This will happen in a few minutes.
- Take the pot off the stove. Let it cool a little. Put the playdough in a bowl and knead the dough until it is smooth. This dough will last longer than the uncooked type

° From *Learning Through Play* by The Nunavut Literacy Council



Playing with Playdough

Now that you have your playdough made, it is time to play and explore!

- You can use small cars and make the playdough into a road, or construction area.
- Use safe kitchen utensils to pretend to bake.
- Let your imaginations go!



Make Believe and Acting

Children love to pretend and act. You can encourage your child to do this by creating a dress up box.

- Put in old clothes, costumes, wigs, hats, anything else your child can put on or use as a prop.
- Your child can act out his favourite story from a book, or make one up himself.



Pretend Store

You can help your child pretend to be a cashier, banker, post office worker, librarian and more with just a few simple things.

- You can use a large cardboard box, or small table to be your child's work counter.
- Save or collect items such as coupons, small coins, stamps, envelopes, rubber stamps and ink pads, books, shopping bags and empty food containers.
- Allow your child to set up what kinds of shop she wants, and then act as her customer.



Map Fun

Keep a map of the NWT, Canada and the World on your wall if you have room, or keep it in a special spot.

- Show your child often where your community is, where different family members live, or where someone is travelling to.
- This will help your child to learn about her place in the world, and may be comforting when someone is travelling, so the child knows where this special person is.



Arts and Crafts

Your child's early art projects may look nothing like what he tells you they are, but you should encourage him and display the work he does. Each month you may want to pick one art project he has done and add it to a scrapbook. Over time you will be able to see his skills developing, and when he is older he will like to see how far he has come.

Recycling and Reusing

Doing arts and crafts projects is a great way to teach the concepts of recycling and reusing. It's also a great way to promote creativity!

- Save things like Popsicle sticks, egg cartons, toilet paper rolls, greeting cards, uncooked pasta and magazines.
- You can have a special box to keep all of your recycled items in. Your child can add to it whenever she sees something reusable.
- When you are going to do arts and crafts with your child, bring the box out and let your child choose objects.
- Let her think of ways to use the object if she is old enough, or help by making suggestions.

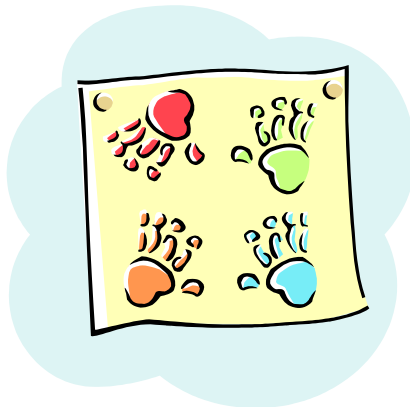


Fingerpainting

Fingerpainting is an excellent craft for young children as it is using two senses at once, and allowing them to be creative. Your child will be using his sense of feel and sight.

- Before starting a painting project, cover your table and floor with newspaper or plastic.
- Make sure your child is wearing old clothes that can get messy or a painting smock.
- Lay out paper for your child to use, and put finger paints on plates or in recycled egg cartons.
- Allow your child to play with and feel the paint, and then be as creative as he wants on the paper.

*Make sure you read the paint label to see if it is safe for the age of your child. If you have a baby or toddler, you can use instant pudding for finger paint. Mix the pudding as normal, and then let your baby use it to paint on paper.



Help children develop thinking skills*

Children develop thinking skills by:

- ✓ Completing patterns
- ✓ Pretending
- ✓ Using their senses
- ✓ Playing memory games
- ✓ Doing puzzles
- ✓ Sorting things
- ✓ Noticing similarities and differences
- ✓ Dramatizing
- ✓ Answering “what if” questions



Help children develop social skills*

Children learn social skills by:

- ✓ Sharing
- ✓ Taking turns
- ✓ Pretending together
- ✓ Cooperating
- ✓ Helping each other
- ✓ Expressing their feelings



Help children develop fine motor skills*

Children develop fine motor skills by:

- ✓ Gluing
- ✓ Lacing
- ✓ Drawing
- ✓ Tearing
- ✓ Cutting
- ✓ Stacking
- ✓ Tracing
- ✓ Sewing



Help children develop gross motor skills*

Children develop gross motor skills by:

- ✓ Jumping
- ✓ Running
- ✓ Twisting
- ✓ Climbing
- ✓ Walking
- ✓ Throwing
- ✓ Catching
- ✓ Skipping
- ✓ Balancing
- ✓ Bending
- ✓ Bouncing a ball
- ✓ Dancing



Help children learn language*

Children learn language by:

- ✓ Singing songs
- ✓ Imitating sounds
- ✓ Making rhymes
- ✓ Asking questions
- ✓ Answering questions
- ✓ Listening
- ✓ Explaining
- ✓ Doing finger plays
- ✓ Pretending
- ✓ Explaining their ideas
- ✓ Describing things
- ✓ Comparing things
- ✓ Telling stories
- ✓ Sharing books



Let's Play and Learn

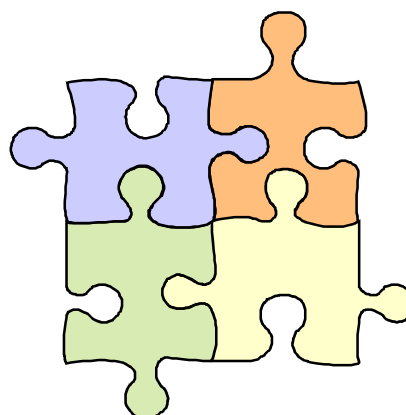
- ✓ Following directions
- ✓ Describing patterns
- ✓ Playing make believe



Help children learn about math, space and time*

Children learn about math, space and time by:

- ✓ Sorting things
- ✓ Putting things in order
- ✓ Counting
- ✓ Recognizing numbers
- ✓ Doing puzzles
- ✓ Grouping things
- ✓ Matching things
- ✓ Making patterns
- ✓ Drawing and labelling shapes
- ✓ Talking about more and less
- ✓ Talking about above and below, under and over, on top of, underneath, and beside



* From *Families at School: A Handbook for Parents* by Adele Thomas, Lynn Fazio and Betty Stiefelmeyer