

Toddlers are delightful, energetic and curious. They need positive connection and joyful, caring interactions with their families and carers to thrive.

Things to do with your children everyday

Prioritise speaking and listening. Read and enjoy books together. Move inside and outside. Sing songs and nursery rhymes.

Language and communication

- Read books - talk about the pictures, makes sounds and facial expressions. Using different voices: speak to your child in a soft low voice, a loud voice, use different voices for characters in books. *Above all, make it a fun and enjoyable experience.*
- Look at picture books, encourage your child to turn pages. Point out, name and describe pictures from the book. Eg pointing at the picture 'look at the tall giraffe, he's using his long neck to reach up to get the leaves at the top of trees.'
- Give your child lots of attention and encouragement. When they laugh, make sounds/word or faces. Make the same face or repeat sound/word back.
- Talk with your child through everyday tasks, like changing nappy, bathing, getting dressed, walking around the shop etc. Eg 'We are putting on your shoes to go to the park. It's hot outside today we will need our hats and sunscreen to protect us from the sun.'

Physical development

- Push, pull, and riding toys
- Walk, run, climb, jump and balance: provide a safe, open space to allow for children to move in, around and over objects.
- Ball games: sit on the floor opposite you child and roll the ball back and forth. Catching, kicking or throwing ball play/games.
- Bubble blowing - blow bubbles and encourage your child to catch them - let your child have a go at blowing the bubbles.
- Pack up - using a large box or container encourage children to help you pick up toys and place in the box/container
- Action songs and rhymes that encourage movement

Social and emotional development

- Give your child lots of love, attention and encouragement - give hugs, kisses and cuddles so they feel safe and secure.
- Encourage your child to try new things
- Play games - this encourages sharing, listening and following instructions
- Roll a ball back and forth - clap and encourage the child when s/he catches and/or rolls the ball back.
- Freeze dancing - Play music and encourage your child to dance or move in whatever ways/ he likes. Then instruct him to stop when the music ends

Cognitive development

- Blocks, stacking and nesting toys -: play with blocks together. Talk about what your child is doing and describe the blocks. Build a tower together. Take turns. Talk about taking turns. Count the blocks. Say the colours.
- Tower Building: use objects from around the house to stack on top each other e.g. empty boxes, cans, cups etc.
- Drawing/scribbling use fat crayons and large sheets of paper, chalk on chalk board or cement (easy to wash off)
- Simple peg puzzles (1-4 pieces)

