



Parents as Teachers.

ACTIVITY *page*

24-36 months

What do we have?

- > O-shaped cereal, small pretzels, raisins, or other favorite dry foods
- > M&M's® (optional)
- > Measuring cups
- > Mixing bowl
- > Large spoon
- > Sandwich bags, cups, or small containers with lids
- > Toddler book



Book sharing

Your child is learning about sequences. Explain the steps as you cook. Like the snack mix project, storybooks also have a beginning, middle, and end. When you read together, ask, "What do you think will happen next?"

Make Your Own Snacks: Measuring, Stirring, Talking, and Tasting

How do we do it?

1. Tell your child you're going to make a healthy snack mix. Talk about what the choices are and ask your child what he wants to include. (Leave out the M&M's® candy if you wish.)
2. Let your child help you measure and pour ingredients into the mixing bowl. Talk about numbers and quantities. "How many pretzels did you add? Are there more raisins or cereal?"
3. As you stir, talk about how everything is getting mixed together. Give your child a turn at stirring.
4. Talk about quantity as you put the snack into individual bags, cups, or containers.
5. Sample your snack mix. "How does it taste?"

What's in it for us?

- > **Cognitive:** Your child explores numbers and quantities as he adds to the snack.
- > **Language:** Sharing ideas and describing tastes while making a snack helps strengthen your child's expressive and receptive language skills.
- > At this age, your child is better able to form long-lasting memories of enjoyable events like spending time in the kitchen with you.

(child skill or parent skill defined by the parent/parent educator)



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Parenting behavior

Designing/guiding: You are instilling healthy food habits and establishing a routine for working together in the kitchen.

What I noticed about my child ...

What I noticed about myself ...

Continued learning

Your child is more willing to try new foods if he is involved in meal preparation. When possible, let your child be part of the shopping and cooking. He likes to help – and he is learning about what foods fuel a healthy body.