



Parents as Teachers.

ACTIVITY *page*

24-36 months

What do we have?

- > Lightweight cardboard or poster board
- > Chalk or markers
- > Scissors
- > Heavy duty tape
- > Toddler book

Book sharing

When your child uses his imagination to pretend, he extends his interest in the game. The same is true of books! Encourage your child to contribute to stories you read. What might happen to the characters after the book is over?



Shape Hop: Controlling Movement and Imagining

How do we do it?

1. Draw large circles, rectangles, and triangles on the cardboard – about 10 or 15 total. Cut them out. Let your child help if he is interested.
2. Ask your child to help you scatter the cutouts on the floor. If needed, secure them to the floor with tape.
3. Encourage your child hop from one shape to another.
4. Draw his attention to when his feet land on a shape.
5. If he needs encouragement, prompt him to use his imagination. “Are you a bunny?” or “Let’s hop across the river.”
6. Make up games. Create a path of footprints. Vary the distance between steps.
7. Let your child play whatever is in his imagination. Continue as long as he is interested.

Your child’s brain

*A fatty coating called **myelin** allows messages to travel more efficiently across neurons. Your child’s brain is adding more of it all the time. This helps him control his muscles better and make smoother movements.*



What’s in it for us?

- > **Motor:** Your child is getting better at making his body do what he intends it to do – hop, jump, and move in the direction he wants.
- > Intentionally moving specific parts like arms and legs and feet gives your child body awareness.
- > As your child is more able to control his body, he gains a sense of autonomy and feels more independent because of what he can do now.

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



Safety tip

Think about the surface you are playing on. Tape the shapes to slick surfaces so they won’t slip. Or play outside on the grass.



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Parenting behavior

Responding: You are developing attachment as you play and have fun with your child. He feels special when you play together – and when you show enthusiasm for the game, he will stick with it longer. Sustained interest in an activity is important for learning many skills.

Continued learning

As your child becomes more familiar with shapes, challenge him to hop to a specific shape. “Can you hop to a circle? What about a triangle?”

This is a fun group activity. Ask every person to hop to a triangle, then a square, and so on.

Hopping from shape to shape is a precursor to hopscotch. Encourage your child to make other paths or trails on the sidewalk and follow them. What other movements can he make as he follows the path?

What I noticed about my child ...

What I noticed about myself ...