

Dear Toddler Families,

The panels below offer a variety of activities that will help recognize your child's growing independence. The best tools to aid independence are allowing your child the time and the space to do things on their own. Handle error matter-of-factly without anger or scolding. Let your child learn from their own mistakes. They will not work as you work. The process is far more important to their inner growth than completing the task perfectly. Collaborate or model; do not instruct. Enjoy your time with them!

Best,

Ms. Barba and Ms. Thain

Language

1. When preparing food with your child, use correct vocabulary, not only general words. Some examples are, "garlic press" and "macintosh apples"
2. Listen. Practice patience even if you don't understand what is being said. Do not interrupt or suggest words but allow time to finish.
3. Let's explore touch. Gather objects of differing textures and let your child feel them. Tell your child the rich language: fuzzy, smooth, velvety, leathery, etc.

Self-Expression

1. Collaborate with your child to create a rainbow or flower to display in your window. These symbols are sending messages of hope and solidarity to neighbors, family, and friends around the world.
2. Choose a genre of instrumental music to listen to together e.g. classical, cultural, folk.
3. Put on your child's favorite tunes and dance! If you are able to join, follow their lead.



Ms. Thain's windows

Practical Life Ideas

1. Allow time and space for your child to dress and undress independently ([See](#) a child “flip” on their coat.)
2. Think of the household chores as a family activity. Adjust the Swiffer handle, give your child a cloth to dust furniture.
3. Care for the needs of the pets. Pre-measure the food and water for mistake-proof feeding. Brush the cat or dog or guinea pig. Clean the fish tank or rabbit cage.

Kitchen

1. Make and serve an appetizer to the whole family. Wash, peel, cut, slice, pour, stir, bake, toss, chop, or spread. Don't forget to complete the cycle by cleaning up.
2. Plan the menu for breakfast – prepare it, set a lovely table, clean up, practice conversational skills.
3. Is there a special dish your child likes to make? Make a recipe card. Write it while your child watches and let them decorate it. Share it with friends and family.

Movement

1. Brush your teeth when your child brushes their teeth. Side by side in front of the mirror. Model appropriate length of time and slow down your movements so they can imitate brushing the front and back teeth, top and bottom teeth.
2. Help with the yard work: dig, hoe, pull weeds, prune, plant seeds and seedlings. If you do not have a yard to work in, bring a pot indoors and prepare to plant seeds.
3. Allow your toddler to walk, because they are capable of traveling great distances when you are not in a rush. Use the stroller sparingly. Explore the leaves and creatures in your backyard. Lean against a tree and look up to get a different perspective.

Work of the Hands

1. What is one of your child's favorite toys to work with? Let's add an extension to it! Set up a bin in the bathtub, on the bathroom, or outside where they can wash it. Cut a sponge small enough for their hands or provide with a scrub brush that they can use to create their own car wash or block cleaning. Have a small bar of soap available for them to make bubbles. Lay out a towel for drying.
2. Set up a bead stringing activity that they can take out. Start with bigger beads, around six. Add more or less if needed. Smaller beads can be added for more challenge (if using small beads monitor your child for safety).
3. Play in the soil, feeling its richness and moisture, connecting to the earth literally.