EASY ACTIVITIES YOU CAN DO WITH YOUR CHILD

All of these activities will help your child’s brain develop! Hang this on your refrigerator or another place to remind you of things you can do to help your child grow.

**POSITIVE AFFIRMATIONS:**

What has your child done well today?  What have you done well today?
What is your favorite thing about them?  What are ways your child loves you?
How have they made you smile?  How have you made them smile?

**THE ITSY-BITSY SPIDER:**

“The itsy-bitsy spider  Out came the sun
Climbed up the water spout And dried up all the rain
Down came the rain And the itsy-bitsy spider
And washed the spider out Climbed up the spout again!”

**AN EASY GAME:**

Put a random assortment of small items from your house in a bag. Have your child take them out one by one and compare the colors, shapes, and uses of the items.

**THE RULES FOR SIMON SAYS:**

There is one “Simon,” the others are the players. Simon tells players what they must do. The players must only obey commands that begin with the words “Simon Says.” If Simon says, “Simon says touch your nose,” then players must touch their nose. But, if Simon doesn’t say “Simon says” before the action and a player does the action, they are out.

**DURING STORY TIME, ASK...**

What do you think this story will be about?” (when looking at the cover)
What do you see in this picture?
What’s going to happen next?
What was your favorite part of that story?
DID YOU KNOW...

When you express your love and respond to your child’s needs, you teach them that they can count on you. As they grow, security in their relationships gives them the confidence they need to explore, learn, and take on life’s challenges. Young children are affected by your emotions, so it’s important to find practical ways that help you cope with stress. Caring for yourself helps you care for your child.

Babies are learning language from the very beginning. Go back and forth, responding to their facial expressions, coos, babbles, and eventually, words. Every time you talk, sing, or point to what you are talking about, you provide clues to the meaning of what you are saying. Talking to them and answering their questions teaches them about the world and helps you get to know the fascinating person they are becoming!

Becoming good at math begins long before a child enters school. Even babies can do simple math, such as noticing amounts and patterns. Toddlers love learning math concepts and games, such as comparing sizes and shapes. By building on their natural skills and interests, you will be boosting their brain development and preparing them to do well in school.

Movement and play are good for children’s bodies and brains. Movement and play keep children healthy and build their coordination and strength. Children also explore and learn about the world through movement and play. An infant might explore by touching, grasping, banging something, or crawling. A toddler might explore by walking or climbing. See where your child’s curiosity takes them, and build on their interests.

It is never too early to begin reading to your child—even babies enjoy it and benefit! Reading and talking to your child about the story builds their language skills and sparks their imagination. Reading together creates bonds and cherished lasting memories for parents and children. Read aloud every single day and, as you do, talk about what you read with your child.

FOR MORE INFORMATION AND ACTIVITIES, VISIT CHATTANOOGABASICS.ORG