

# Problem Solving

## Activities to Help Your Toddler Grow and Learn



Your toddler is curious about body parts and what they do. She understands more about how things go together, such as where items belong. She knows that a picture of a cat stands for a real cat, and she is learning what objects are used for. Her busy mind is trying to make sense of what she sees and experiences.

### Scoop and Pour

Let your child practice pouring and filling. Provide recycled materials, such as clean milk cartons, yogurt cups, detergent scoops, and plastic bottles for playing in the sand or water. She could play with these in the tub. Put uncooked rice or popcorn in a large tray or box with scoops and containers. Talk about what your child is doing, and use new words such as *empty*, *full*, *pouring*, and *scooping*.

### Household Helper

For pretend play, make a box with household tools, such as paintbrushes, a small shovel, a small broom, or a dry sponge. Your child can pretend to wipe the table, paint a wall, dig in the garden, or sweep the floor. Talk about all the work getting done: "Wow, that floor is looking good."

### I Can Do, Can You?

During bath time or lap time with your child, play a follow-the-leader game. Say, "My eyes blink. Show me how your eyes blink. My nose can sniff. Can your nose sniff? I can clap my hands. Can you clap, too?" Do something silly!

### The Doctor Is In

Tell your toddler a doll or stuffed animal is sick. Make a doctor's office by folding a sheet on the floor or on a low table for the examination. Make bandages with tape and tissue. If the doll's arm is hurt, you can make a sling made out of a napkin or handkerchief. The doll will need lots of comfort, so encourage lots of hugs.

### Topsy Turvy

Turn a cup or a box of cereal upside down during breakfast. See if your child notices and turns it back the right way. Try this at other times of the day. For example, hold the book upside down when reading to your child and see what happens. Have fun with this silly game.

### Train Tracks

While your child is watching, draw two long horizontal lines about 4 inches apart on a large sheet of paper. Then, show your child how to draw vertical lines from one to the other. Encourage him to make a lot of these vertical lines. The design will look like a train track. Bring out the trains or cars to play on the train track.

Notes:



**Don't Forget!** Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Always watch your toddler during bath time.