

Activities for Infants/Toddlers at Home

Issue #4

ASCY | Affiliated Services
for Children & Youth

Quick to Gather Water Activities

Paint the Walls

Items needed:

- Pail of water for each child
- Paint brush for each child

Children will enjoy “painting” your outside walls (bricks or siding) or fences.

If available offer children various sizes of brushes. This will allow them to cover more or less space on the wall/fence with each brush load.

Car Wash

Items needed:

- Pail of sudsy water for each child
- Cloth or sponge for each child

Allow child to wash their ride on toys, tricycles, or wagons.

Extension:

Provide child with a dish pan of sudsy water and a facecloth. Your child might enjoy washing their dolls or plastic animals, dinosaurs, small plastic vehicles, or other figurines.

Exploring the Movement of Objects

Children love moving objects and themselves through space. Trajectory is defined as the movement made by a moving or transported object or person. Infants begin exploring trajectory by moving food around on their highchair tray and by dropping items off the tray and watching the movement or trajectory of where they land. This type of play is the very beginning of the study of physics! We know that children’s play is their work and through play much learning happens.

Here are a few ideas to support your child’s interest in exploring trajectory:

- rolling, kicking, bouncing, throwing balls; tossing a ball upwards, downwards, or in a straight line to someone else
- the social game of rolling a ball back and forth
- bubble blowing
- moving of scarves or feathers by holding them at one end or corner and blowing with your mouth
- building towers with blocks or boxes and knocking them down - the building up also explores the concept of balance/imbalance, height, and vertical distance
- use a tube such as a gift wrap roll or a Pringle container with the ends cut off as a tube; roll items through the tubes or hold both ends and move the items back and forth inside the tube
- baking pan painting: place a piece of paper in the bottom of the baking pan. Add a small amount of paint. Provide your child with a ping pong ball or other small ball and encourage your child to roll the ball around in the baking pan by holding the pan by the sides and moving it back and forth. The ball will paint the trajectory that the ball takes as the child moves the pan



Using Containers to Explore Transporting and Enclosing

Many young children enjoy transporting objects from place to place. They might not do anything with the objects once they take them to their chosen place. It may be all about the action of transporting things by truck, car, purse, or container, etc.

Young children often like to enclose items or themselves into a space. They find joy in filling any type of container. They also will find spaces such as boxes, laundry baskets, or under tables, to climb or slide into.

Items to Gather:

Gather a few of the following or similar materials.

- empty well-washed margarine or similar containers
- clean potato chip tubes (Lays/Pringles)
- various sized baskets
- purses, small reusable bags
- pails
- plastic cups and bowls
- plastic canisters
- wooden or cardboard boxes with lids
- things with wheels-trucks, cars, wagon, riding toys with a place to store things
- lightweight scarves or receiving blankets

Place a few containers in an area where your child has access to their toys. (Blocks, dolls, accessories, toy vehicles, puzzles, etc.) **For young children make sure all toys and items available are of a size where they can't swallow and choke on them.**

Your child may engage in filling the containers. They may dump them and refill them many times. They may try to enclose items into a container. For example, a child may roll a toy car into a potato chip container to enclose it, or they might put a doll in a wagon and cover it with a blanket or scarf. They may transport items by carrying their containers from place to place, or they may put their items into their trucks, or riding toys, etc. to transport them. This type of play can last for long periods of time and over a number of days. Try adding a new container or two to extend play.

Extensions:

Your child might like to play under a sturdy table. Cover the table with a thin sheet or tablecloth. Make sure nothing is on top of the cloth that the child can accidentally pull off the table as they go in and out of their enclosure. You may find that they enjoy transporting their items to, and enclosing their items in this space.

Give the child one container and one block. Put another container upside down on the floor or table. Ask your child to put the block in the container, then ask them to take it out. Ask the child to put the block on the container. Repeat several times. Demonstrate as needed.

Learning words such as in, out, and on promotes children's spatial awareness learning.