

## Toddler Visit #19

- 21 Month Growth & Development
  - Toddler Play



## Topics for Next Visit:

- PIPE: Floor Time
- 22 Month Growth & Development

## Month 21: What's New?

Things I did this month to learn about the outside world:

**Learning about me...** *helping you help me get dressed.*

shirt - holding my hands up

pants - holding still (sometimes) and lifting my legs

socks - helping to pull up my socks

shoes - pushing my foot into the shoe

**What else** can I do to help you?

### REMEMBER!

**I am very curious. You tell me not to do things. Sometimes I forget. My brain is still developing.**

**Remind me to be careful. You may need to remind me many times!**

**Learning about you...**

*Things I like to do with you:*

singing a song

clapping to music

playing hide and seek

reading a book

looking at pictures in a book or magazine

scribbling on paper with crayons



## **Month 21: What's Next?**

### **At 21 months I might:**

- Pretend to feed my teddy bear or a doll.
- Carry large toys while walking.
- Zip and unzip a zipper.
- Open and close Velcro fasteners.
- Complete a simple shape or animal puzzle.
- Know my name.
- Use two or three words together.

### **You can help me learn!**

- Show me flowers in a garden.
- Take me for a walk in a park.  
Help me listen to the birds sing.
- Take me to the airport. I will  
enjoy watching the planes.
- Visit a train station or train  
tracks. Let me hear the whistle  
blow.
- Take me to a zoo or a farm. I  
can see the animals. Show me  
animal pictures in books, too.
- Let me help around the house.
- Help me sort colors, shapes, or  
animals.

### **SAFETY CHECK**

**I love to play  
outdoors! But I can get  
into trouble very fast.**

**Know what might hurt  
me. Watch me. Help  
me keep out of trouble.**

**I'm moving so fast. I  
might forget to  
be careful.**

## How Toddlers Have Fun

Toddlers love to play! Review these six kinds of play.  
Find ideas for playing with your toddler. Add your ideas!



Make Believe	Outside
<p><b>Pretending - toddlers copy what they see!</b></p> <ul style="list-style-type: none"> <li>• Chores with a pretend mop or vacuum</li> <li>• Feeding a teddy bear</li> <li>• Playing dress up</li> <li>• “Driving” with a toy steering wheel</li> </ul> <p><b>What else?</b></p> <p><b>How does your toddler pretend?</b></p>	<p><b>Children love to explore outside.</b></p> <ul style="list-style-type: none"> <li>• Playground – climbing and swinging at the park with an adult</li> <li>• Take walks and help toddlers learn about what they see</li> <li>• Play catch with a ball or a beanbag</li> <li>• Dig in the dirt</li> </ul> <p><b>What else?</b></p> <p><b>Where can you play with your toddler outside?</b></p>

Discovery	Toys
<p><b>Toddlers like to learn new things.</b></p> <ul style="list-style-type: none"> <li>• Books — read and repeat the names of what they see</li> <li>• Guessing games — “What’s this?” or “Who’s this?”</li> <li>• Simple puzzles</li> <li>• Watching self in mirror</li> </ul> <p><b>What else?</b></p> <p><b>What kind of discovery games does your toddler like?</b></p>	<p><b>Toys are lots of fun.</b></p> <ul style="list-style-type: none"> <li>• Stacking toys, balls, pull and push toys</li> <li>• Boxes to crawl in or fill up</li> <li>• Stuffed animal and dolls</li> <li>• Wagon or a cart to pull</li> <li>• Shape sorters</li> </ul> <p><b>What else?</b></p> <p><b>Which toy does your toddler play with the most at home?</b></p>

## How Toddlers Have Fun

Senses	You!
<p><b>Toddlers learn through their senses. (Hearing, seeing, tasting, touching, and smelling.)</b></p> <ul style="list-style-type: none"> <li>• Textures – sand, finger paints, clay</li> <li>• New smells – vanilla, rose, or lavender</li> <li>• Coloring</li> <li>• Water play</li> <li>• Music</li> </ul> <p><b>What else?</b></p> <p><b>How does your toddler use senses during play?</b></p>	<p><b>You are your child's best toy! You can...</b></p> <ul style="list-style-type: none"> <li>• Talk, sing, and laugh</li> <li>• Read with funny voices</li> <li>• Give piggy back rides</li> <li>• Do rhymes and finger play</li> <li>• Make animal noises</li> <li>• ...the list goes on and on!!</li> </ul> <p><b>What else?</b></p> <p><b>What is your toddler's favorite way to play with you?</b></p>





## Let's Stay Home & Play!

I want my toddler to have lots to play with. But toys cost so much money.

You don't need to spend lots of money. There are many things in your home that your toddler can use as a toy!



What do you have at home that could be used safely as a toy?



A cardboard box can be a fun toy.

- Let your toddler climb inside. It could be a boat floating across the sea!
- Or a hideout fort in the mountains!



A normal kitchen pot or plastic bowl can be a great toy.

- Turn it upside down and it's a drum!
- Put it on your toddler's head and it's a hat!
- Stack bowls and pans together. Put things in and out of the bowls. (Be sure the items not choking hazards.)

## Let's Stay Home & Play!

I love taking my toddler to the zoo and the park. But sometimes I just want to stay home.



Yes! Home is a great place for your child to play. There are chances to have fun around every corner!

What fun ways do you play at home?



- Splish splash in the bath! Bath time is a fun way to play at home. Add cups and bowls. Your toddler can scoop and pour the water. (Always watch your toddler closely in the tub!)
- Make a blanket tent! Cover a table with a large quilt or blanket. Now your toddler has a new play space!
- Do shadow puppets! Find a place on the wall that shows a shadow. Clap your thumb and top fingers against each other. Show your toddler how it looks like an alligator mouth. Try making other animals. Let your toddler try making shadows.



## Let's Stay Home & Play!

I watch my grandson in the mornings. I have household chores to do. But I want to play with him too!



Involve him in what you're doing. He will have fun with that. Toddlers love to play 'chore time.' Give him simple tasks. Don't expect him to be perfect!

What "chores" does your toddler enjoy?

Toddlers can play through chores. Help your toddler...

- Put laundry in a pile or basket
- Set the table with napkins and spoons
- Water a plant





## Play Time With Daddy

Toddlers need to play with their dads! Here are some thoughts from dads with grown up children:



I started finger painting with my son when he was a toddler. He has always loved to paint! Now he's 17. He just won an art award at school! I'm so proud!



I used to help my daughter with puzzles. I got mad if she couldn't figure it out. It made her cry. I wish I had been more relaxed!



Some of my best memories are of playing cars with my son when he was 2. I'm so glad I made time to play even when life was busy.

### Playing with your toddler is good for bonding.

Have fun with your child! Teach your toddler about things you enjoy.

- Do you like music? Play a song that would be good for a toddler. Bounce your toddler on your knee. Sing along. Or dance together!
- Do you like to play ball? Show your toddler how you shoot hoops. Teach him to toss a ball into a large bowl or basket. Or find a toddler-sized basketball hoop. Roll the ball back and forth on the ground together.
- Do you like to fish? Make a pretend fishing pole from a stick and string. Show your toddler how to "fish." Pretend the living room is a lake and the sofa is your boat!
- *What else could you do?*

## Play Time With Daddy

### **Your toddler learns from you through play.**

While you play you are teaching your child many things. Like how to talk, move, and relate to others. Your toddler will copy what you do. Even the way you walk!

- What are you teaching your toddler?
- How do you like to play with your toddler?
- In 10 years, what advice might you give the father of a playful toddler?



## Playing: It's Your Toddler's Job!

Toddlers need to play. Play teaches them to:



MOVE  
THINK  
TALK  
WORK with others  
Make FRIENDS  
Learn RULES

### Playing is your toddler's job.

Your job is

- ✓ To let your child play
- ✓ To provide support
- ✓ To keep your child safe

Here are some things you could say to support your toddler during play. Circle the phrases you have used.

- "You're working so hard!"
- "Wow!"
- "Almost!"
- "You can do it!"
- "Good try!"
- "You did it!"

### Toddlers can be messy when they play.



Think of a scale of 1 to 10. How calm do you feel when your toddler gets messy while playing? 1 is peaceful, 10 is very upset.

How do you keep your toddler safe during play time?

At home:

At someone else's house:

At daycare:

## Turn On Some Tunes

### Music is so good for your toddler!

- Music is good for brain development.
- Music helps prepare the brain for math and reading.
- Music teaches rhythm.
- Music gets your toddler moving. It's good exercise!
- Moving to music is good for gross motor development.
- Music helps toddlers learn to control the body through dance.
- Some music can calm a toddler.
- Some music can excite a toddler!



### Music is a great way to have fun together!

What are some songs your toddler likes?

What new music would you like to share with your toddler?

**Remember!**  
Your toddler is learning language.  
Choose songs with lyrics that are  
proper for a toddler.

