

Parent's Home Page

TIPS AND ACTIVITIES FOR PARENTS OF CHILDREN UNDER TWO

Do these activities with your child to continue the learning your child has experienced at church.

God Gives Me Friends

"Love each other."
(John 15:12.)

This month we will help your child:

❖ enjoy happy encounters with other children at church;

❖ associate God with happy experiences with others.

August

Little Activities for Little People

Babies

❖ One of the first words a baby learns to recognize is his or her own name. Toward the end of the first year, a baby will sometimes show signs of having heard his or her name in the middle of normal conversation. Babies also enjoy hearing their names in a song. Almost any simple children's song can be easily adapted to include your child's name.

❖ A cool breeze is always refreshing in August. Open a window or simply blow gently on your baby's arm, cheek or hair to give your child a refreshing treat.



Toddlers

❖ When holding your toddler in your lap, gently and briefly tickle his or her legs or feet. If your child shows enjoyment, join in the laughter. Talk about your enjoyment in playing with your child.

❖ Do you have any clean, old clothes your toddler can use for "dressing up"? A hat, loose-fitting shirts or blouses, purses and scarves are fun for starters. A lightweight pair of your shoes or castoffs from an older child may also be included. Dress-up is much more fun when two are involved, so try on the hat yourself before putting it on your child. Provide a mirror in which you can admire yourselves. If your child resists the strange garments, that is all right, too. Stay with a game only as long as it is fun for both of you.

DO IT!

I Roll the Ball



I roll the ball to you.



You roll the ball to me.

I can share the ball with you



because we're friends, you see!

Say and do this finger play as you roll a ball with your child or as your child and a friend roll a ball back and forth. When you roll the ball, describe what you are doing. Say, **I am rolling the ball to you.** When your child rolls it back say, **You are rolling the ball to me. It's fun to play with friends. God gives us friends. Friends love each other.**

SING IT!

Friends

(Tune: "The Farmer in the Dell")

We can smile and wave.

We can smile and wave.

Because it's fun to be with friends,
we can smile and wave.

Sing this song as you play with your child or as your child plays alongside another child. Smile at your child. Point to your smile. Say, **I am smiling at you. I like to see you smile. Friends smile at each other.** Wave to your child. Say, **I am waving to you. I like to see you wave, too.** Sing the song several times to give your child time to smile or wave or anticipate what you will do.

Question & Answer

Q: Is "time out" a good way to correct my child's misbehavior?

A: If you mean by "time out" forcing a child to sit alone, not allowing him or her to express strong feelings or talk with anyone, and using a timer to monitor the time instead of a caring person, then "time out" is not a good way to help a child learn how to behave. The child has simply been punished, not helped to learn how to behave in an acceptable way.

To help a child learn to behave acceptably, think about what you want the child to do. Then carefully and calmly explain to the child what is expected. Here are some examples of helpful conversation:

❖ When I see you up on the table, I feel afraid because you could fall down and hurt yourself. I will not let you walk on the table because you could get hurt. Then gently but firmly put the child on the floor.

❖ I'm moving you away from baby Zachary. You need to remember to pat him gently. Then move the child away from the baby. Some children will immediately repeat the previous misbehavior. When this happens say, I can see that you still need to play away from the baby. I will move baby Zachary. You are still not patting him gently.

If you are consistent and gentle, communicating and demonstrating what is expected, your child will learn what is acceptable.



Sprinkle Water Everywhere!

- ❖ Watering plants with you is a fun activity for a young child on a warm summer day.
- ❖ You will need a large plastic bottle. Use a scissors to poke nine holes in the bottom of the bottle (three rows of three holes each).
- ❖ Bring your toddler outside and fill the bottle with water.
- ❖ Ask your child to sprinkle the grass and flowers with water. Praise your child whenever he or she succeeds in following your directions.
- ❖ If it is a hot day, you and your child can take off your shoes and socks. Let your child sprinkle water on your feet. Sing the following song to the tune of "Skip, Skip, Skip to My Lou."

Sprinkle, sprinkle water here.
 Sprinkle, sprinkle water there.
 Sprinkle, sprinkle water here.
 Sprinkle water everywhere!

*Little children
 are both
 our reasons
 and our excuses
 to be playful.*

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