

# Family Time with Toddlers

## Play with your toddler

- Play “I Spy” with familiar objects in the room.
- Tiptoe, march, leap, hop or take giant steps around the room.
- Ask your child to touch certain objects around the room: “Can you touch the table? Can you touch the soft pillow?”
- Point out the nose, eyes or ears on your child and try it with a favorite doll or stuffed animal.
- Wind up a musical toy and hide it. “Where’s the music? Let’s go find it!”

## Talk and rhyme with your toddler

Do the following actions with your child:

Roll your hands so slowly,  
As slowly as can be.  
Roll your hands so slowly,  
And fold your arms like me.

Roll your arms so quickly,  
As quickly as can be.  
Roll your hands so quickly,  
And fold your arms like me!

## Sing with your toddler

The itsy bitsy spider  
Climbed up the water spout.  
Down came the rain  
And washed the spider out.  
Out came the sun  
And dried up all the rain,  
And the itsy bitsy spider  
Went up the spout again.

