

It is important for children to be active and play because:

- ❖ Children learn and develop through play.
- ❖ Play teaches children to get along with others.
- ❖ Repeating activities helps children learn new skills and do them well
- ❖ Children will learn about feelings, thoughts and new words.
- ❖ Seeing and doing new things helps your child's brain grow.

Regular play will help:

- ❖ Your child learn about their body.
- ❖ Sleep better at night.
- ❖ Strengthen muscles, bones, lungs and heart.
- ❖ Encourage your child to be creative and use their imagination.

Low cost places to go and things to see:

Como Zoo www.comozooconservatory.org
Minnesota Zoo www.mnzoo.org/ZAP

Northwoods play area at Rosedale center.
www.myrosedale.com/play-area/

MN Children's Museum www.mcm.org

Anoka County Parks www.anokacounty.us

Local parks - go you your city website

Early Childhood and Family Education (ECFE) – See your school district website for more information.

1 to 2 Year old Playtime



Let's get moving!



"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."

—Mr. Rogers

Toddlers learn by:

- ❖ Copying
- ❖ Following examples
- ❖ Following simple directions
- ❖ Repeating movements

Your child can do these activities and play these games:

- ❖ Follow the leader
- ❖ Balancing on one foot while holding onto a chair, or try no hands.
- ❖ Crawling
- ❖ Pretend to be an animal or drive a car.
- ❖ Dancing or clapping hands to music

Things and toys to play with:

- ❖ Beach ball/large balls/sock balls
- ❖ Plastic or metal bowls
- ❖ Wooden spoon/measuring cups and spoons
- ❖ Empty boxes or baskets
- ❖ Dress up clothes
- ❖ Pillows
- ❖ Blocks
- ❖ Cars and trucks



Ways to make Minnesota winters fun:

- ❖ Go sledding (use a cardboard box if you don't have a sled)
- ❖ Build a snowman for each person in the family (even the pets)
- ❖ Make snow angels
- ❖ Build a snow fort
- ❖ Make trails in fresh snow

Winter gear can be expensive. Here are some ideas to help lower the cost:

- ❖ Plan ahead by shopping end of year sales/clearance and buy a size bigger than your child currently wears.
- ❖ Look for gently used winter coats, snow pants and boots at summer garage sales.
- ❖ Purchase gender neutral colors, so items can be passed to younger siblings.