

**ACTIVITIES & LINKS TO KEEP  
YOUR 18 MONTHS - 3.5 YEARS OLD ACTIVE &  
HAVING FUN WHILE THEY ARE AT HOME.**



SmartKids' "Play-2-Learn" builds on 40+ years of experience demonstrating how learning through play is a powerful and effective approach to ensure children's healthy development, wellbeing, and learning. Play can support the holistic development and resilience children need to thrive in a complex and constantly changing world. Kind Regards, International Child Care & Learning Centres

### QUICK SET UP ACTIVITIES

#### MAKE LIQUID CHALK AND PAINT THE FOOTPATH

You can make your own liquid chalk recipe with equal amounts of chalk and cornflour and use food colouring to get just the right hue! It creates hours of spellbound entertainment and can be easily washed off afterwards.

#### SIMON SAYS

Simon Says is a simple game which keeps toddlers entertained for long, while teaching them to follow instructions.

How to Do:

One child will be "Simon", who gives commands beginning with "Simon Says", to follow. The catch is, only commands beginning with "Simon Says" must be followed. You can also try this activity with your child, without involving anyone.

Start with easy directions like, "Simon Says, place both hands on your cheeks". Your child will have to follow the command. This way his/her motorskills improve. As your child gets good at this activity, you can give more complex commands or instructions like, "Simon Says, pull your right ear and then your left ear".

#### OBSTACLE COURSE FOR TOYS

Set up an obstacle course using your child's toys and allow him/her to navigate a toy car or truck through it. Use different textures to boost the learning experience. What does it Teach?

Eye-hand coordination and motor skills.



There's always fun in simplicity.

How to do: Provide your child with few plastic cups and a jug. Encourage your child to pour water into the cups. Refill the jug when it gets empty.

What does it teach: Fine motor skills and hand-eye coordination. You could extend this activity by providing measuring jugs and measuring cups. Discuss the concept of full / empty; size; floating / sinking.



## AT HOME

There are many things you can do at home that can assist in your child's growth, development and safety. The resource link below can help you take your first steps in parenting.

<https://www.startingblocks.gov.au/at-home/>

## TALKING AND READING WITH BABIES

Sharing rhymes, songs, telling stories and reading books with your baby is a fun way to play and spend time together. *Starting Blocks* (ACECQA's dedicated parenting website) has some wonderful tips to explore this wonderful opportunity.

<https://www.startingblocks.gov.au/at-home/talking-and-reading-with-babies/>

## YOUR CHILD'S DEVELOPMENT - 2 TO 3 YEARS

Your child is now starting to test boundaries and can throw temper tantrums so it's important you find ways for them to have a break to recharge their batteries. Their memory is developing fast and they can now talk about people who are not with them at the time. This is a time where your child's imagination is soaring.

<https://www.startingblocks.gov.au/your-childs-development/2-to-3-years/>



## ACTIVITIES WITH MINIMAL RESOURCES



### FRUIT KEBABS

Make fruit kebabs! Chop up different fruit and allow your child to make their own by threading onto a skewer

### COUNT EVERYTHING

You can use everyday household items for this activity.

How to do:

Stack toys or any simple things from your home in a row.

Count loudly and point at each item as you count.

Let your child repeat after you until he/she memorizes the numbers.

Begin from one to ten, and slowly progress to 20, 30 and so on, as the days pass.



### WATERING PLANTS

Toddlers can indulge in their love for water play, through this activity.

How to do:

Give your child a plastic watering can and show him/her how to water the plants.

What does it teach:

Sensory skills and Cognitive skills.



### FOLLOW THE LEADER

Help your older kids demonstrate a fun action series (start with just two and build as your toddler is ready) such as shuffling your feet for a few steps and then jumping.

Encourage the older kids to tell the toddler what they are doing as they do it, such as "shuffle, shuffle, Jump"



## 15 LIMIT SETTING TIPS

### FOR YOUR TODDLER OR PRESCHOOLER

In general, the most important thing you can do is focus on the positive things your toddler or preschooler does. Always give positive reinforcement about what he is doing RIGHT to encourage repeat behavior. For those testing moments, here are 16 limit setting tips for your toddler or preschooler:

1. Focus on behavior, not the child
2. Be direct and specific
3. Use your normal voice
4. Tell him the consequences
5. Make sure he understands
6. Don't argue
7. Limit choices
8. Use a timer
9. Hold Firm
10. Allow cool-off time
11. Don't be afraid to apologize
12. Don't think it's you
13. Immediate Consequences
14. Be Consistent
15. Relate consequences
16. Don't keep going at your child - Don't harp

The whole article can be read at

<https://www.babysleepsite.com/toddlers/limit-setting-tips/>



At SmartKids, we "Play to Learn" and prepare children for the future, both academically, emotionally and behavioral.

Our daily classes start from 18 months old, with flexible programs. We have an International program and a Dual-Language program.

Are you interested in a facility tour and more detailed Information please contact Ms Yoko 0903 957 316 – [yoko@smarkkidsinfo.com](mailto:yoko@smarkkidsinfo.com) or Ms Yen 0909 596 075

