

# Parent and Child Activity Calendar

Toddlers (1 to 3 years old)



The FNQLHSSC is happy to present you with activity calendars dedicated to parents to foster parent-child interactions and children's overall development.

This series is made-up of 4 calendars corresponding to each of the following age-group:

- Infants (0 to 12 months)       Preschool (36 to 60 months)  
 Toddlers (12 to 36 months)       School-age (60 to 72 months)

Each calendar contains 12 pages of activities fostering all areas of the child's growth; physical, cognitive, language, social, and spiritual development. There is developmental checklists to control the child's growth and development for each age-group. Furthermore, you will find on each page a "scrapbooking" activity that will personalise the calendar that parents will be able to browse over and cherish childhood souvenirs of their child.

We hope that this material will contribute to increase your desire to encourage parent-child interaction and reinforce parental involvement of families in your community.

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To all of you, our sincere thanks.



# Toddlers (1 to 3 years old)

The following activities are in order from 12 months to 36 months (1 to 3 years of age). The ages given for each of the activities are only intended to serve as a guideline for parents.

## INTRODUCTION

The activities in the Parent/Child Calendars have been selected to encourage the development of language, cognitive, fine motor, gross motor and social/self-help skills. The activities in this calendar are homework for parents – to learn to play and enjoy this special time with their growing child.

To make good use of this calendar:

- Set aside 10 minutes every day to enjoy a calendar activity together.
- Repeat the different activities several times; your child will become better at each try.
- Encourage your child to attempt an activity, even when it is challenging.
- Encourage your child to communicate as much as possible.
- Set aside a place to proudly display the calendar.

It is most important to treasure your time together as childhood is but a brief moment in your child's life. Remember, you are your child's first teacher, and will guide him into adulthood.



## DEVELOPMENTAL CHECKLIST

Use this checklist to see how your child grows and changes. Do not be alarmed if your child cannot do all the things listed.

### 12 to 24 months

- Walks well
- Carries toy while walking
- Speaks several words that are understandable and meaningful although not necessarily well pronounced
- Refers to self by name
- Recognizes self in mirror
- Feeds self with spoon (may spill some)
- Drinks from a cup
- Occupies self in play
- Plays with an adult (rolls ball to adult)
- Builds a tower of four blocks
- Shows a few body parts (such as hair, eyes, nose) when asked

### 24 to 36 months

- Goes up steps, two feet on a step
- Walks on tiptoes
- Runs easily
- Names objects such as toys and food
- Speaks in three word sentences (Me go home)
- Pulls off sock as part of undressing
- Is toilet trained
- Shows interest in TV and radio
- Helps adults by putting away toys and clothes (when told)

Open these pages and you will see the best story you'll find... everything about me

# Around 12-16 months

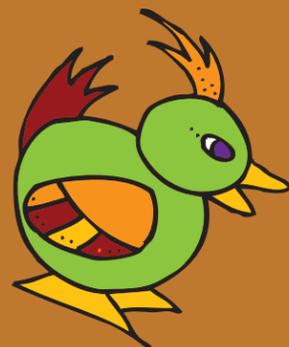
## Coming to Life

Pretend your toddler's favourite teddy bear or doll is real. Use your child's toy to teach him new skills by having him help you to teach the toy. One example is to use your child's toy to help teach them how to drink out of a cup. Talk about what you are doing. Pretend to give the toy a drink. You can also include your child's toy in everyday activities as well, such as going to bed, waving bye-bye, sitting at the table, and reading a story. Act out happy and sad times to help your child learn about feelings and emotions.



## The Body Part Game

This is a good game to play when your toddler is starting to know the parts of his body. You can play in front of a mirror if you wish. Point to a body part, such as your nose, and say to your child, "I am touching my nose. Can you touch your nose?" Allow your child to take the time he needs, and repeat the question if necessary. As long as he is able to understand and play the game, try using words that he does not usually hear, such as back, neck, elbows, ankles, etc. Encourage him to say the words too. If your toddler touches a new part of his body, name that body part as you copy him.



## Animal Sounds

Making animal sounds is very enjoyable for young children. Using some of your toddler's toy animals, show him the sounds that each animal makes. Encourage your child to make the sounds too. Once you have looked at a few animals (about 4) and imitated their sounds, take out a book with pictures of animals. Now ask your child to try and match their toy to a picture of the same animal and make its sound. This is a good time to learn about forest animals and the sounds that they make.

## Hide and Seek

This is a fun game for you and your toddler! Try hiding yourself when your child is not looking and call out to him, "I am hiding, come and find me." Be sure to have part of yourself sticking out of your hiding spot so that your child can see you (be obvious). Eventually he will learn to follow the sound of your voice. When he finds you, hug him and tell him what a good job he has done. Take turns hiding, counting and looking for each other. Look in a few extra places even though your child's choice of hiding spot may be very evident. Say, "I wonder where (child's name) is? No, he is not under the table, not in the closet," etc.



## A Simple Obstacle Course

Using blankets, furniture, boxes, pillows, chairs, etc., set up an obstacle course that your toddler can safely crawl, climb and cruise through. Show your child where to go. It might be a good idea to get down on the floor and do it with him. As you go, use words like "over" "under" "on" and "behind" to describe where your child is. Climb over pillows or go under tables. Go behind chairs or go up and down the stairs. Toddlers love to play follow the leader. Let him be the leader.

## You are my sunshine

Glue a family photograph or hand drawn inside the circle of the sun.

You are my sunshine

My only sunshine

You make me happy

When skies are grey

You never know dear

How much I love you

So please don't take

My sunshine away!



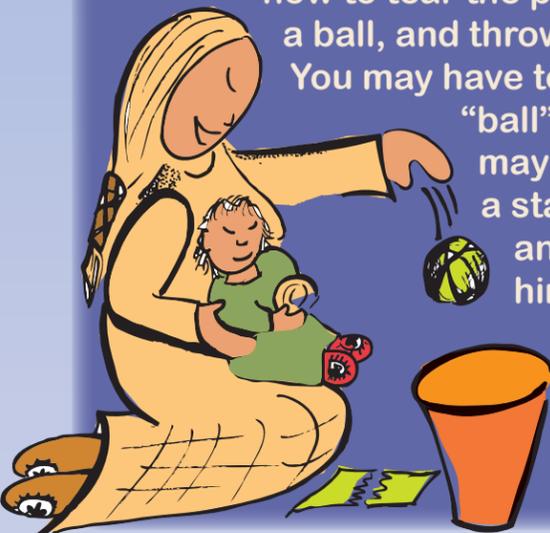
# Around 16-20 months

## The Little Artist

Toddlers love to scribble, and it helps develop the skills needed later for printing their letters, drawing, and painting. Provide your child with plenty of large pieces of paper to scribble on, such as paper grocery bags. When you give him markers, pencils, crayons, or chalk, make sure that you always use non-toxic materials since your child will probably try to put them in his mouth. Draw with your toddler. At first he will probably just make scribbles by moving his arms in different directions. After a bit of practice, he will gain better control and start to imitate the straight lines, circles, squares and triangles that you show him. Help him by guiding his hand with yours.

## Rrrrip!

As you may have already discovered, toddlers really enjoy tearing things. Using old newspapers, magazines and wrapping paper, show your child how each feels and sounds when ripped. Show him how to tear the paper, scrunch it up into a ball, and throw it into a basket or box. You may have to help him to make the "ball" out of the paper. You may also consider keeping a stack of old newspapers and magazines just for him. Always supervise, as toddlers love to put paper in their mouth.



## The Name Game

The "Name Game" is a great game to play with your toddler to help him learn new words. It is great to play when you are driving in the car, walking in the forest, or waiting in line, as there are lots of new things to see. To play, start with simple objects familiar to your child, such as sun, trees or stars. Show your child an object and say, "This is a (name the object)." Ask your child to try to repeat the word but don't force him. As your toddler begins to understand the game, add new words for him to say. Let him show you an object and name it for him.



# Christmas

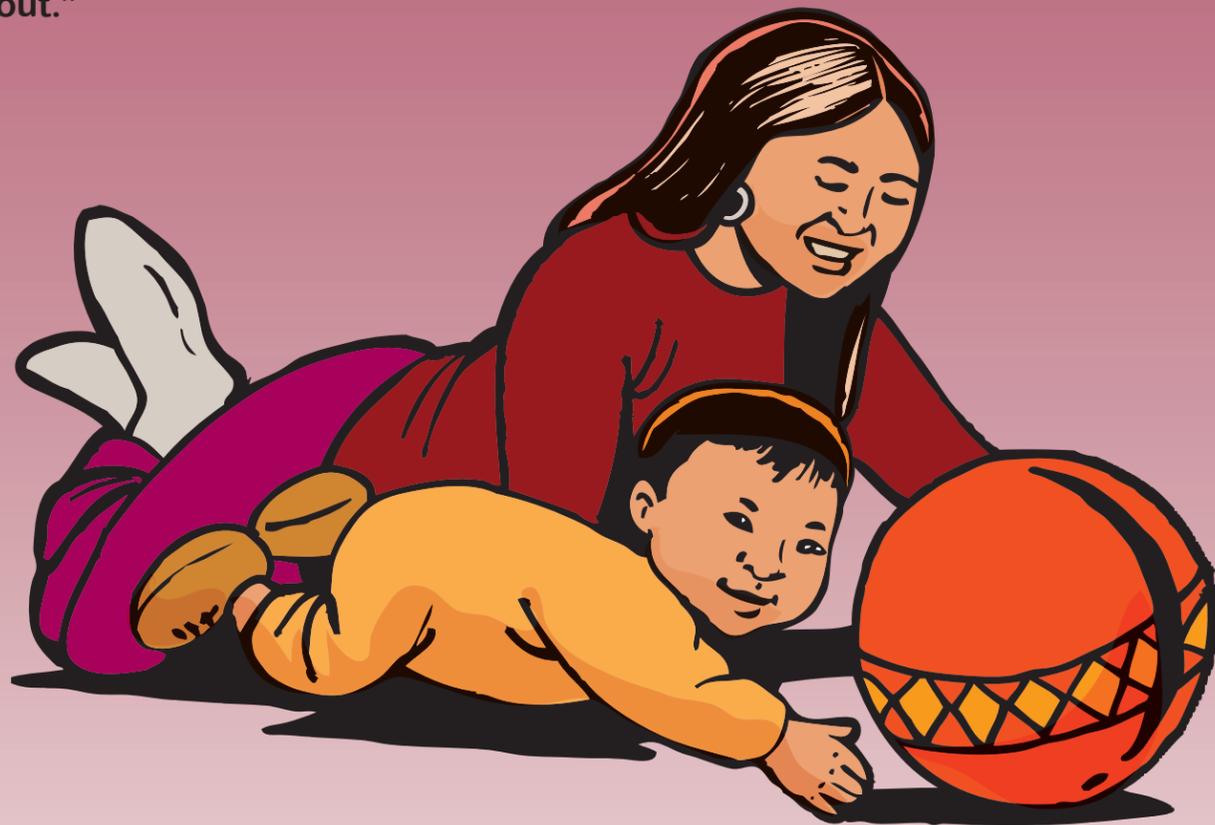
What a precious bundle of joy you are  
Cute from head to toe  
You melt our hearts with your sweetness  
Everywhere you go  
You're a special gift this Christmas  
Sent from heaven above  
A perfect little angel  
For all of us to love

Glue a Christmas family picture.

# Around 16-20 months

## Let's Move Some Toys!

Toddlers learn a lot from this very simple game. To begin, you will need two baskets (or large boxes), as well as a juice jug (or small pail, or a basket with a handle). Place the large baskets on opposite sides of the room. Using some of your child's smaller toys, fill one of the baskets. Now give your toddler the juice jug, and show him how to put the toys from the full basket into his container. Have him carry the toys across the room and dump them into the empty basket. He may have to make more than one trip. When the basket is empty, say, "All gone!" Play the game again. As your child plays, use descriptive words like, "full," "empty," "in," and "out."



## Roll It To Me

Toddlers will really enjoy practicing rolling a ball with you. Sit on the floor facing your child, with your toes touching his so that the ball cannot roll out of reach. Roll the ball back and forth. As your child improves his rolling skills, increase the distance between you and your child. See how far he can roll the ball. Try kicking a soft ball back and forth.

## Sorting What's What

Cover a small box with construction paper of a single color. Fill the box with kid-safe objects (such as a plastic cup, ball, block, book) of the same color. Put the box in front of your child, and identify each item as he takes it out ("That's a red ball"). Try introducing a new box (and new objects inside) of a different color.

Later you can have him sort the items into their correct containers. Also, you can count the items as you put them into the box. Try sorting utensils at mealtime. Show your child how to sort. Show him how to put all the spoons, all the forks, etc. in the tray.



## My Favorite Things

Favorite blanket

Favorite food

Favorite toy

Favorite cartoon

Favorite song

Favorite game

# Around 20-24 months

## What Do You See?

Play “What Do You See?” with your toddler to help him learn new words. To play, ask your child what he sees, allowing him to point to objects. Tell him the name of the objects that he does not know. Point to objects and see if he can name them. Give your child more information about the objects as you play. You can also look at photo albums and picture books together, naming people and objects and encouraging your child to name them. Talk about what the objects do, or what they are used for.

## Follow the Leader

Toddlers love this game. You can engage your child in this game by naming and acting out a variety of movements—the sillier the better. Try setting up a simple obstacle course (climbing over pillows, around a chair, under a table) and lead your child through it. Allow your child to be the leader too!

## Let's Go On a Treasure Hunt!

Going on a treasure hunt is a very enjoyable activity for many children. You can use any assortment of items to hide, such as toys, or even groceries. Playing outside is a thrill, but the treasure hunt can easily be played inside as well. Remember not to make the “treasure” too hard to find. Give your toddler a small basket, or pail. Encourage him to hunt for the hidden items and put them in the basket. When he finds one, congratulate him and ask him what it is he found.

# A LITTLE BIRDY LOVES YOU

## The Picture Game

Find some simple pictures in old magazines or catalogues and cut them out. Glue these pictures onto cards. Show a picture to your child and talk about what you see. Ask your toddler about the color and shape, and what it is used for. Tell him if he is unsure. Next, give the card to your toddler and name the object in the picture (say, “beaver”). Now, ask your child to give you the picture of the “beaver”. Be patient, as learning new words is not always easy. Once your child understands this, take out another picture card with a different picture on it. Then, when you ask him for a picture, he will have to choose between two. Remember to try just a few pictures at a time.



Smudge your child's thumbprint and your own with a non-toxic paint and make thumbprints on the branch. Color legs, beaks, and eyes to transform your prints into pretty birds.

# Around 20-24 months



## Listen and Find

In this activity, your child must listen to the word you say, and then go find the object. This is great for developing your toddler's comprehension of words. You will need a big bag for this activity (paper grocery bags work well). Now, ask your child to go get some things to put into the bag, such as a toy, blanket, spoon, etc. Ask for things that he can get on his own. At first, ask for only one object at a time. Let your toddler put the item into the bag by himself. Once he gets the hang of it, try asking for two objects, then three.

## Balloons and Bubbles

Blow up a balloon and toss it up into the air. Count how long it takes to float down to the ground, or let your toddler try to catch it. Also try blowing bubbles with your child. Play 'Catch the Bubble.' Try counting them!

## Copy Me

Your child will enjoy this game of imitation. Have him copy you as you make different movements. You can do just about anything, like clapping your hands, stomping your feet, blowing a kiss, or pretending to be an animal. Switch roles, and let him do an action while you imitate him. You may have to give him some ideas at first. Remember to keep the movements simple. When he gets better at playing, you can try playing the game with chores around the home, such as picking up his toys when his done playing.

## Play Make-Believe

Set up a camp, dollhouse or any group of toys. Then act out a story until your toddler takes over. Once your child understands how to play, introduce a new character, such as a pet dog. Ask your child questions about the dog, such as "Where will the dog sleep?" "Where will he eat?" and "What will he do?"



# My Handprints

Sometimes I might upset you because I am so small  
And always leave my fingerprints on furniture and walls.  
But everyday I grow a bit and soon I'll be so tall  
That all those little fingerprints will be so hard to recall.  
So here's a special handprint just so that you can say  
This is how my fingers looked when I placed them here today.

Trace your child's handprint below.

# Around 24-28 months



## This Is the Way

Play "This is the Way" with your toddler. It is a wonderful game to help your toddler practice his physical skills. The words can easily be translated and sung to any simple tune. Do the actions as you sing the words: "This is the way we clap our hands, clap

our hands, clap our hands. This is the way we clap our hands, so early in the morning."

There are many other actions you can sing to help him learn new skills. At bath time, try singing "This is the way we take off our clothes" to encourage him to undress himself. You can do the same for: wash our hands, brush our teeth, comb our hair, etc. Let your toddler make suggestions.

## What Do You Hear?

Lie down with your child on a blanket inside or outside the house. Ask your toddler to close his eyes and listen carefully. After a minute or so ask him to tell you what he heard, and tell him what you heard (a car passing by, a radio, a dog barking, etc.). Try imitating the sounds you hear. Also, you can make familiar sounds for your child and ask him to tell you what the sound is.



## Let's Play House

Playing house is great fun for young children. You can easily make a playhouse for your child using a blanket or sheet. Take the sheet and drape it over a table or the backs of two or more chairs to make a simple playhouse.

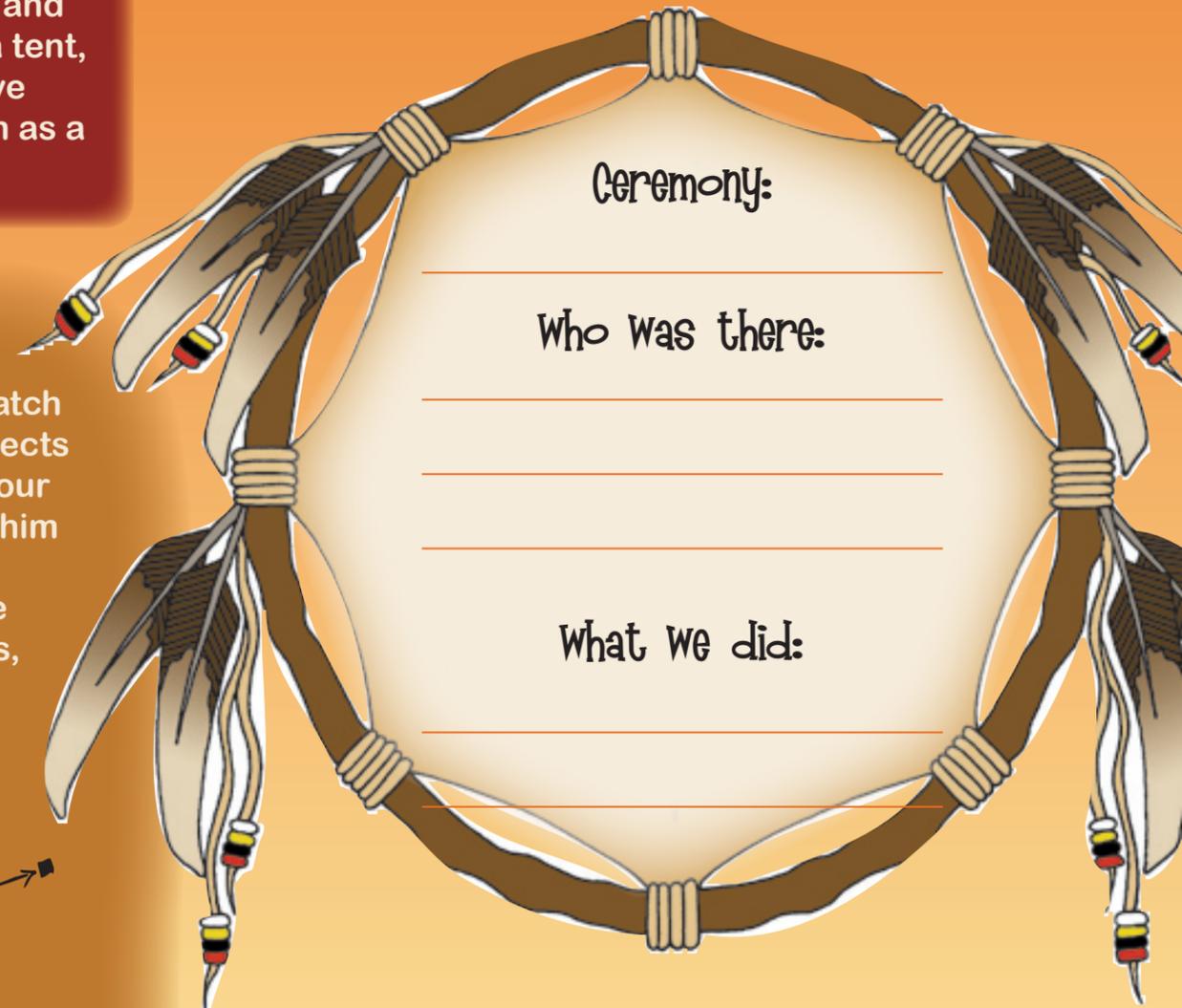
Encourage your child to use his imagination and pretend that the playhouse is a real house, a tent, an airplane, a train, or even a spaceship. Give him a few items to put in the playhouse, such as a favorite toy, a pillow and/or a blanket.

## The Matching Game

In this game you encourage your child to match an object to a shape. Trace two or three objects (key, block, spoon, etc.) on paper and ask your toddler to try to match the objects you give him to the traced shapes on the paper. Try this variation: trace different shaped blocks, like circles, squares, triangles, rectangles, ovals, and hearts (try only a few at a time). Have your child match the blocks and the paper shapes. If you do not have different shaped blocks, you can also draw and cut out a few copies of different shapes and have him match them together.



# Traditional Ceremonies & Gatherings I went to



# Around 24-28 months

## The "Magic Word" Game

It is important to encourage your child to say "please" and "thank you". You can do this by playing this game, which also helps him learn how to follow directions. To begin the game, say "Would you please," and then ask your toddler to do something ("Would you please give me your toy?"). When your child does what you have asked, say "Thank you." At first, keep your directions simple. As he starts to understand the game and what you have asked, you can give him two directions at a time ("Would you please go to the closet and bring me your shoes?"). Later you can try three directions. Always say "Thank you" when your child does what you have asked.

## Homemade Puzzles

Puzzles are fun for everyone, even toddlers, and they are great for developing problem solving skills. Give your child a sheet of construction paper and a crayon to draw with. When he is done, you can cover the artwork with clear contact paper to make it more durable. If your child is upset by the idea of having his drawing cut up, draw a picture of your own and cut it into two or three puzzle pieces. Give your child the puzzle and help him to put it together. Make more puzzles together. As he grows and develops, make them more complex. For fun, try making puzzles out of crackers or slices of cheese.

## My First Photo Album

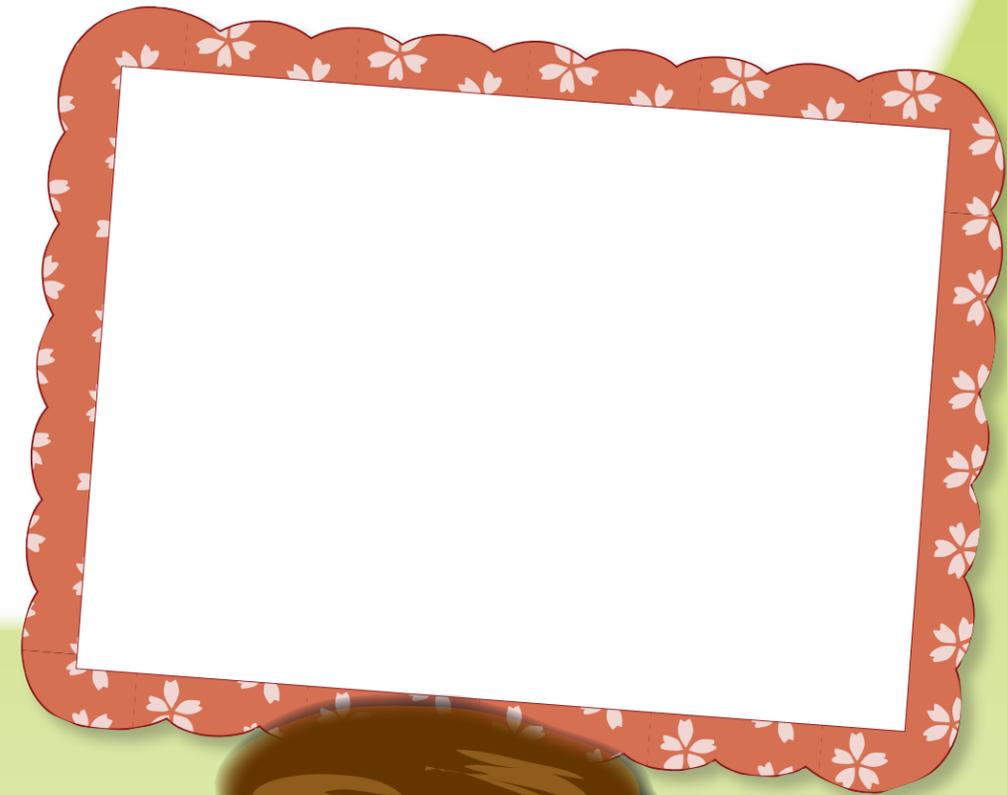
Select a dozen or so photographs (ones with large, visible faces are best). If you like, you can pick a theme to organize them (for example, "A Day in the Life of Me") and label the photos with stickers or cutout letters. Have a copy center laminate the photos in pairs, back to back (you can probably fit two pairs on each laminated sheet). Cut each pair of photographs from the sheet, rounding the corners and leaving a half-inch border around each one (so the photos won't peel apart). Punch a hole in the corner of each photo and thread them onto a key ring or onto a leather lacing. Look at the pictures together with your child and talk about each one.

# My Family

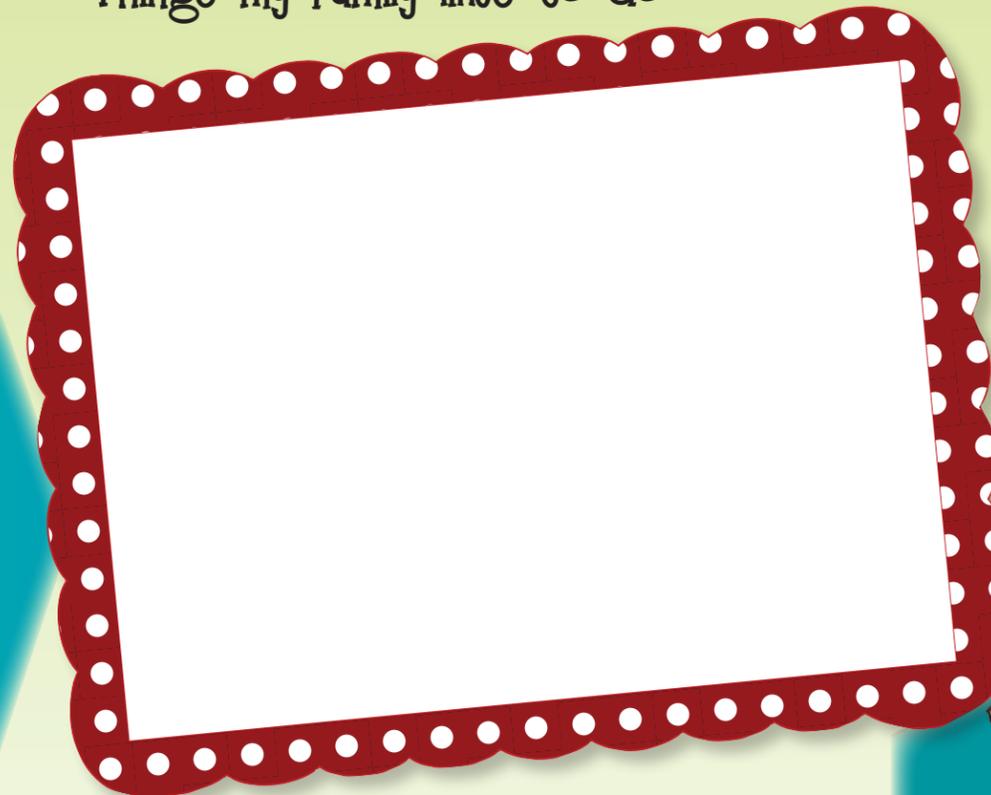
The people in my family



Family traditions



Things my family likes to do



# Around 28-32 months

## Drawing around

Place a few household items on the table, such as a cup, plastic lid, spoon, spatula, etc. Provide your child with paper and a crayon and have him trace around the different items.

Look around the house together for other simple objects to trace.



## Jumping Games

Jumping is not always easy for toddlers. You can help your child by playing these fun and simple jumping games. Using a broom or mop handle, practice jumping over it with your child as you recite simple songs.

Also, you can try holding hands with your toddler and jumping up and down while saying, "jump, jump."

Try doing this to music.



# Bedtime Routine



My favorite blanket:

Me in my room:

My favorite bedtime story:

As told by who:

## Around 28-32 months

### Go for a Counting Walk

Start by counting to five with your child. Encourage your toddler to recite the numbers with you.

Count in different ways, such as loud, soft, fast and slow. Once your child is familiar with a few numbers, go for a “counting walk” through your house with your child. Count chairs, picture frames, windows, etc. Count out loud, “One picture, two pictures,” and so forth. Do not count too many objects or your child will lose interest.

Try going on a “counting walk” outside and see what you can count!

### Thumbs and Fingers

Toddlers need to be encouraged to use their thumb and finger to pick up small objects. You can practice by stringing beads, spools, or large noodles on a string or shoelace. Tie a knot at one end so they do not fall off.

Also, try taking an empty egg carton with the top cut off and encourage your toddler to use his thumb and finger to place small objects in and take out the objects from the box.

Always supervise your child whenever using small objects as they like to put them in their mouth.

# ABC

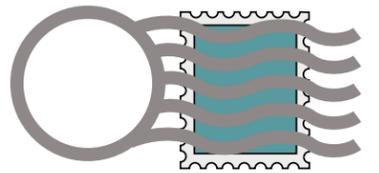
### ABC Song

Sing the alphabet song for and with your child. Emphasize the first letter of his name (for example, “M” is for Michael).

Point out the letter whenever you see it.



## Our Family Holiday



Where we went: \_\_\_\_\_

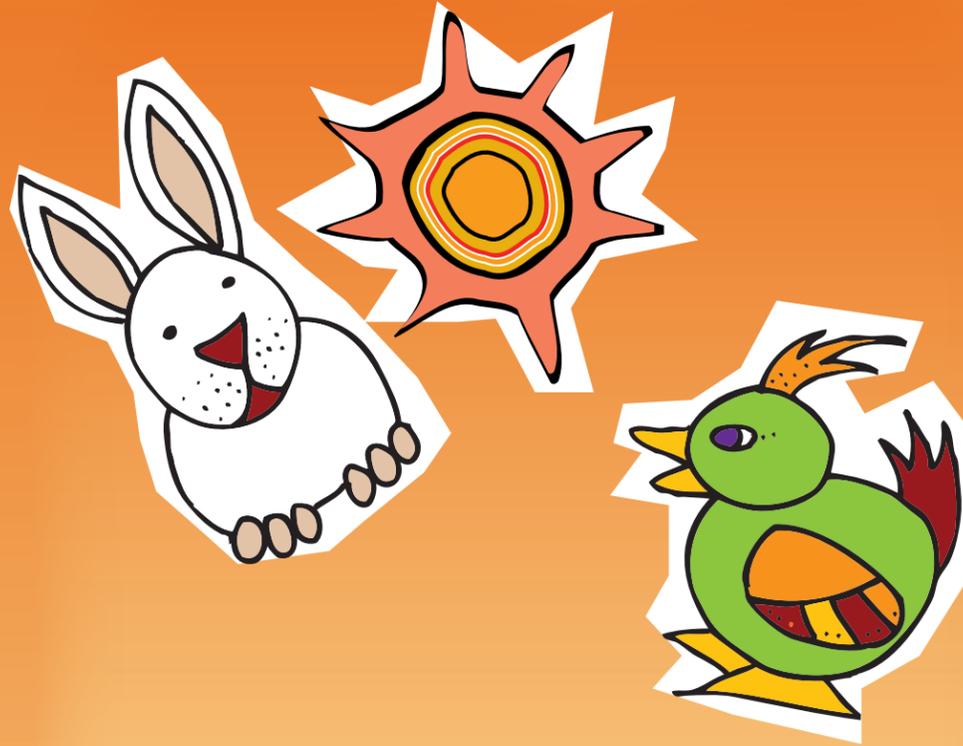
What we did: \_\_\_\_\_



# Around 32-36 months

## Make a Word Book

Toddlers learn new words every day. Your child might not always say all of the words he knows, but he understands many. Make a word book for your child. He will love looking at the book with you and by himself. Find pictures to match a few of your child's favorite words, such as cat, ball, etc. Show him the pictures and talk about them as you glue each picture on a separate sheet of paper. Once you have glued all the pictures to their pages, make holes in the paper and tie the book together with leather or ribbon.



## "I Can" Book

Make an "I Can" book with your toddler. Have him cut out pictures of things he can do from magazines and glue them onto sheets of paper. Or, for a variation, have your child dictate a story to you and have him help you to draw the pictures. When you are done, make holes in the paper and tie the book together with leather or ribbon.

## Here's A Rabbit

Toddlers love finger plays. This simple finger play helps develop your child's small muscle skills as well as language skills. Translate the words into your language:

Here's a rabbit with ears so funny.  
(raise two fingers)

And here's a hole in the ground.  
(make hole with fingers of other hand)

At the first sound he hears.

He pricks up his ears.(straighten fingers)

And pops right into the ground.  
(put fingers into hole)

## Color Day

Once a week, dedicate the day to a color. For example, on blue day, dress your child in something blue. Point out all the blue things you see in the room, or when you go somewhere. Look at books together and name all the blue objects you see and talk about them.

# Birthday

We celebrated  
on:

We ate:



You wore:

The party theme was:

The birthday cake was:

Who attended your party:

Special memories of your birthday:

Special gifts from your birthday:

# Around 32-36 months

## Math in the Bath

Try this activity at bath time. Your toddler will love pouring water in and out of the containers. Start by filling the bathtub with a few inches of water. Make sure the room is warm enough for your child. Add cups, bowls, funnels and squeeze bottles. Sit on the side of the tub and watch your child. Say things like, "That cup holds more water than that one." "Now there is less water in the bowl."



## The Make-Believe Forest

Pretend to go for a walk in the forest. Collect your child's favorite stuffed forest animals, and arrange them along the sofa, or in different rooms of your home. Take along toy food, or even a real apple or carrot. Visit each animal with your child. Feed it, pet it, and talk about its special features (floppy ears, a long tail, fluffy fur) and the noises it makes (grrr, ooh, woof). Ask your child questions about each animal. Talk about each animal's color, size, how they move, and the foods they eat.

## Me-and-You Book

Cut a 9 1/2 by 6 inches rectangle from the cereal box and place it picture-side down. Fold it in half. Stack white paper in the middle and fold the sheets. Punch three holes through the paper and cardboard and thread ribbon to bind. Now, brainstorm topics for both your child and yourself. If it says on the left page "My Favorite Animals," then print on the facing page, "Your Favorite Animals." Your child can draw or write in his answers, leaving the other side blank for you. Other topics: favorite colors, special places, five things you love about each other.



## Full Body Peek-a-boo

The best things in life really are free. Turn a cardboard box into a tunnel for a giant size version of full-body peek-a-boo. To make one, first find a large box and remove any staples poking out. Cut off at least three of the flaps on opposite ends of the box, leaving 3 or so inches on the right and left sides to help support the structure. Decorate it with your child. Now put your child's favorite toy inside to get his attention and let him practice scooting in and out of the box.

For added fun: tape a fabric curtain over one or both ends of the box so your little crawler can really make a grand entrance. If you do not have a cardboard box, use a blanket to build a tent.

## *A year of memories...*

Weight & height: \_\_\_\_\_

Friends: \_\_\_\_\_

Family outings and vacations: \_\_\_\_\_

FAVORITE

Activities: \_\_\_\_\_

Sayings: \_\_\_\_\_

TV or movies: \_\_\_\_\_

Toys: \_\_\_\_\_

Things to do: \_\_\_\_\_

Other things to remember: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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