



Playing with Your Toddler

Why is it important for my child to be active and play?

- He needs to be active to have strong bones and muscles and sleep well at night.
- He needs to do things over and over in order to learn them and do them well.
- He needs to explore, try new things and discover for himself so he can be creative and imaginative

Activities to build large muscles:

- Dancing
- Riding toys
- Pushing and pulling
- Jumping
- Throwing
- Hopping

Activities to build small muscles:

- Piling blocks
- Using a spoon
- Drawing with jumbo crayons
- Picking up small objects
- Putting toys and puzzles together



Toys to play with:

- Large and light balls
- Blocks
- Push and pull toys
- Rhythm instruments
- Ride on toys (push with feet)
- Tricycle
- Toys that look like adult tools: lawnmower, vacuum, broom, shopping cart
- Toy cars and trucks

Things at home to play with:

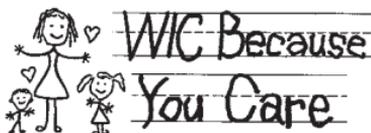
- Plastic or metal bowls
- Plastic measuring cups and spoons
- Pots and pans
- Wooden spoons
- Paper or plastic cups
- Oatmeal box
- Aluminum foil (make into a ball)
- Pillows
- Strainer
- Dress up clothes

Games to play:

- Dance to music
- Follow-the-leader
- Hide-and-seek
- Make believe (that you are cooking, in a band, cleaning house...)

Playing with your toddler helps him grow smarter, stronger, healthier and happier.

Developed by the California WIC Program.



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