

## Playing with Bubbles

Who doesn't love bubbles? Your child will! Bubbles are a great way for your child to practice their visual tracking skills and hand-eye coordination.

- Use soap and water to make bubbles if you do not have bubble solution.
- Blow bubbles into the air and have your child try to pop them.
- Ask your child to try to blow the bubbles. Make it a game!



## Reading

Transport your child to another world by reading a book with them! Reading helps children develop their vocabulary, listen, and connect sounds and words.

- Use your finger to go word by word as you read.
- Ask your child to point to the pictures and tell you what they see.
- Ask your child to flip the page.



## Music, Dancing, and Singing

Sing your favorite song or bust out your favorite dance move with your child! Music helps develop language. It even helps with basic math skills such as counting.

- Clap your hands while you sing. You are helping your child to develop rhythm and practice listening.
- Dance along. You're helping your child develop strength, coordination, and flexibility.



## Playing with Food

Sensory play helps your child explore touch, smell, taste, sight, and hearing. Food is perfect for this! Please make sure to always supervise your child during food play.

- Let babies play with their food while they eat.
- Give older children jelly, ice, rice, and other food to play with.
- Talk about the textures, smells, and tastes of different food.
- If it makes a mess, toddlers and preschoolers love to help clean up!

