Suggested activities 1 - 2 years

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Toddlers love to play!



Take a look at these different ways of playing. They may give you some ideas for how you can play with your child. Come up with your own suggestions!

Make-believe play

Pretend – toddlers copy what they see!

- Use an imaginary broom to sweep the floor or an imaginary vacuum cleaner
- Have a teddy bears' tea party
- Dress up
- Pretend to drive holding an imaginary steering wheel

What else?

How does your child play make-believe games?



Outdoors

Toddlers love to be outside and to explore

- The playground – climbing and having an adult push them on the swing in the park
- Go for a walk and tell your toddler about what they can see around them
- Throw a ball or beanbag
- Dig in the earth or sand

What else?

Where can you go to play with your child outdoors?

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Senses

Toddlers learn by using their senses (hearing, sight, touch, taste and smell)

- Textures – sand, finger painting, clay
- New smells – vanilla, rose or lavender
- Colouring
- Water play
- Music

What else?

How does your child use their senses when they are playing?

You are the best toy! You can ...

- Talk, sing and laugh
- Read stories in a funny voice
- Give piggyback rides
- Say rhymes and play finger games
- Make animal noises

What else?

What is your child’s favourite way of playing with you?



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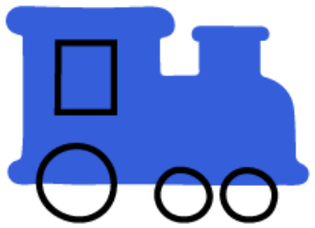
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Discovery

Toddlers love to learn new things

- Books – read and repeat the names of what the child sees
- Guessing games – “What’s this?” or “Who’s this?”
- Simple jigsaw puzzles
- Looking at themselves in the mirror



What else?

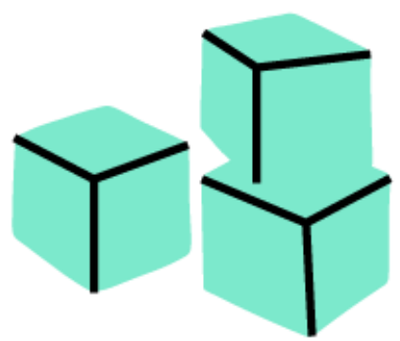
What kind of discovery toys does your child like?

Toys are fun!

- Stacking bricks, balls, pull-along or push-along toys
- Crawling into or under something
- Soft toys
- Carts or toy prams/pushchairs
- Shape sorters

What else?

Which toys does your child play with most at home?



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Toddlers need to play!

Play teaches them to ...

- Move about
- Think
- Talk
- Cooperate with others
- Make friends
- Learn rules



Play is a child's most important activity. Your job is to let your child play, while you provide support and security. In other words, a safe space to explore and learn!

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