FAMILY FUN FACTS

One to Two Years

American families have become less fit as their lifestyles have become less active. Just as a variety of food is important to balance a diet, a mix of active and quiet play is needed for good health.

Parents, it's OK if you have fun too! A love for activity is one of the most important gifts that parents and child care providers can give to their children.

Samples of Physical Play Objects

- Bean bags
- Squeeze toys
- Activity tables
- Plastic bowling set
- Wagon - low and open
- Tot tunnels - Crawling
- Small doll carriages
- Large light weight balls
- Cymbals, drums, xylophones
- Ride on toys *(Propelled by feet, no pedals, four wheels)*

Active Play Movements

- Clap
- Press
- Grab
- Squeeze
- Fall
- Walk
- Sway
- Jump
- Rise
- Pull
- Jerk
- Push
- Roll
- Kick
- Arch
- Stamp

Let's See, I'll Be . . .

With your child, imitate the action of:

- a tree swaying in the wind
- the rising sun
- a cat arching its back
- a kangaroo jumping
- a train chugging along the track
- a flower seed growing and blooming

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Family Fun Facts

Recommended Activities

One to Two Years

Body Parts – Follow The Leader

Move your body parts as you repeat the rhyme
and encourage the child to imitate the following actions:

Bend one knee and an elbow....
Nod your head, look high and low....
Can you follow these commands?
Shake a leg...Clap your hands....
Wave your arms...Make circles with your hips....
Wiggle your fingers...Grin with your lips....

Squeeze me

Give the child cloth, yarn, foam, or crumpled paper balls.
Show the child how to grasp, squeeze and release the balls.

Squish, crumple, squeeze,
Grip, grasp, grab, please.

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