

## Songs to sing

### Head and Shoulders

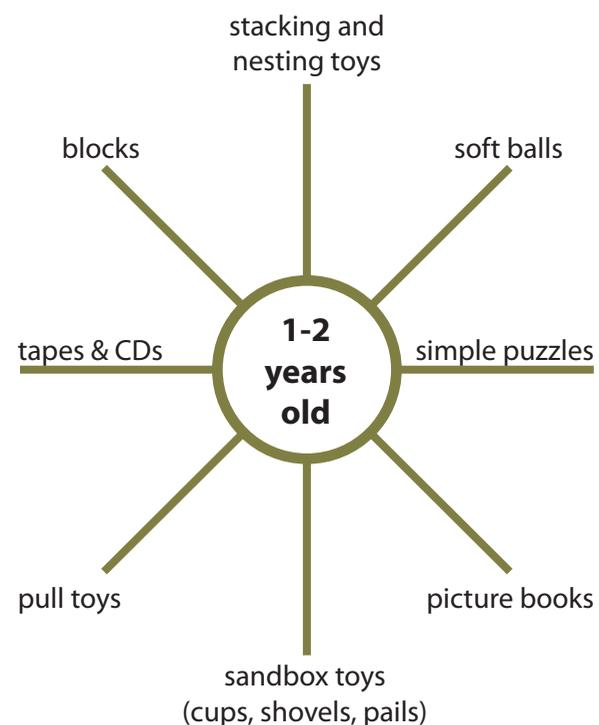
Head and shoulders,  
Knees and toes,  
Knees and toes,  
Knees and toes,  
Head and shoulders,  
Knees and toes,  
Eyes, ears, mouth and nose.

*(Point to or gently touch each body part when you sing its name.)*

### If you're happy and you know it

If you're happy and you know it  
Clap your hands.  
If you're happy and you know it  
Clap your hands.  
If you're happy and you know it  
And you really want to show it,  
If you're happy and you know it  
Clap your hands.

*(Sing more verses with different emotions and different actions.)*



## Why Play?

Play is a learning experience for children. Play is a universal and vital process for the healthy development of every child. Play is the child's work. It allows the child to explore the world in which he or she lives and grows.

Play programs give adults and children the chance to play together in a safe and stimulating environment. By being involved together, adults and children get interested in each other's activities and learn to communicate. Play nurtures sharing and growth.

Toys are the basic tools that children use to enrich their play and learning. There is no one "right" toy. Children need a variety of toys and play materials to match their developmental stage, their interests and their capabilities. They need toys for rainy days, for active play with friends outdoors, for sick days and holidays and toys to encourage sharing and cooperation. Think about your child's unique needs and interests when you choose his or her toys.

The "Why Play?" series of pamphlets suggests play activities for children in the following age groups:

0-6 months	2-3 years
6-12 months	3-4 years
1-2 years	4-5 years

Prices for bulk orders of these pamphlets, and for all other publications, may be obtained from FRP Canada



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# Why Play?

1-2 years



## Play is...

- moving
- imitating
- exploring
- creating
- stacking and building
- dumping things out
- filling things up
- pushing things together
- pulling things apart
- hiding and finding



Choose toys carefully, keeping in mind your child's stage of development.

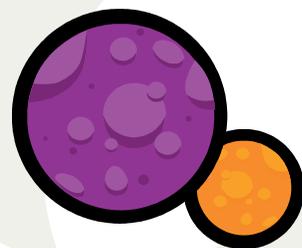
Give your toddler a push/pull toy to encourage her to take her first steps.



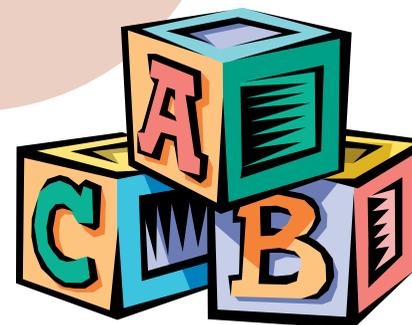
Give your toddler a toy telephone to talk into and let him practise putting simple words together.

Toddlers like to imitate mommy and daddy. Encourage imitative play by giving her pots and pans, plastic tools, dolls, a shopping cart, hats, ties, jackets and handbags.

Help your child to develop better hand-eye coordination by pushing and rolling balls back and forth with him. Play catch with small cloth bean bags.



Large blocks and empty shoe boxes make excellent toys. Your toddler can stack and build with them.



Your toddler will begin to take toys apart and fit them together. Play with stacking rings and nesting cups. Try a simple puzzle with two or three pieces.



Children love music. Play CDs and tapes to let your toddler hear a variety of styles of music. Sing and dance together. You can sing traditional children's songs too or make up your own.

## Making toys for your toddler

### Dumping and filling

Plastic containers make great toys to fill and empty. At first, you fill and your toddler will dump everything out.

### In and out

Cut a small hole in the lid of a box or large plastic container. Give your toddler large straws to put through the hole.

### Picture book

Make a small photo album with pictures of your child and your family. Look at it together and tell stories about the people and places you both know.

### Hiding places

Children love to climb in and out of cardboard boxes. Find large empty boxes at the supermarket or appliance store. You can make a tunnel for your child to crawl through by laying the box on its side and opening both ends.

