

Parents as Partners

Did You Know?

Research suggests that children can be raised to be persistent. And while you may sometimes wish your toddler were less persistent, persistence is essential to accomplishing goals in life.

Try It Out

Try out these simple ways to encourage your child to become more persistent:

- Do projects with your child that will take some time to complete, such as baking bread or making vegetable soup.
- When your child is building a block tower and it falls down, offer suggestions to help your child accomplish his goal. Help your child solve his own problems instead of rushing in to fix the problem for him.
- Always insist that your child finish what he starts. Talk with your child about times you felt like quitting but didn't.



Looking Ahead

We will be learning about the color red next week. Dress your child in his or her favorite red clothing.

Parents as Partners

Did You Know?

Toddlers spend 15 more hours each week in a physically restrained situation (feeding chair, swing, walker, car seat) than they did 20 years ago. This is a detrimental trend. Toddlers are rapidly wiring brain connections for physical development. In order to optimize this wiring, they need opportunities to move freely.

Try It Out

When your child is awake, make sure he is free to move.

- Provide an outdoor space that provides equipment that encourages climbing. Or go to a park together to use the outdoor play equipment.
- Play running games outdoors with your child or games that encourage your child to practice various movements. Say this poem as you and your child do the appropriate actions: "First we walk, then we hop. Next we run, then we stop!"
- Count the steps you take from the car to the front door. Challenge your child to take different-sized steps each trip. For example, have your child take baby steps one time and giant steps another time.
- Go outside and play toss and catch with a ball.



Looking Ahead

We will be learning about the color blue next week. Dress your child in his or her favorite blue clothing.

Parents as Partners

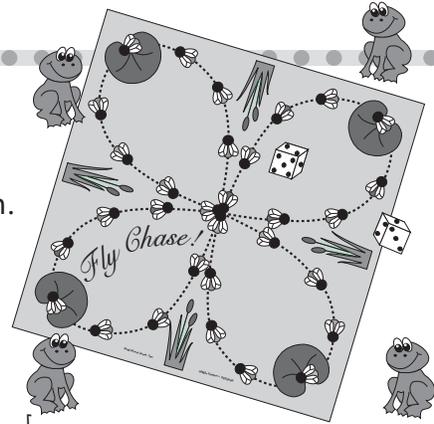
Did You Know?

The American Academy of Pediatrics warns parents to limit the time toddlers spend in front of television and computer screens, including educational video games and adult television programs playing in the background. Spending time in front of a screen can get in the way of playing, exploring, and interacting with others. Neuroscience researchers also suggest that prolonged time in front of any screen can have a long-term negative impact on children's vision.

Try It Out

Try to move towards a "screen-free" lifestyle. Here are some things you can do instead of spending time in front of a screen.

- Eat dinner together the old fashioned way—around a dinner table. Discuss the events of the day.
- Go on a bike ride or a walk around the neighborhood.
- Read a book.
- Play a game.
- Go outside and play ball.
- Bake cookies for a relative or for residents of a senior living community.



Looking Ahead

We will be learning about the colors black and white next week. Dress your child in his or her favorite black or white clothing.

Frog Street Toddler © 2014 Frog Street Press

Parents as Partners

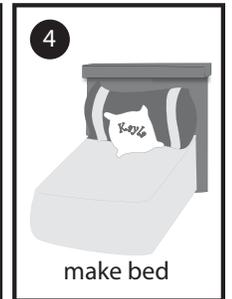
Did You Know?

All children, no matter how young, can accept some family responsibilities. Children, as young as two, need to be important and contributing members of the family. You may often feel it is easier to do a task yourself than to help your child learn to do it. But, it is important to start helping your child develop responsibility now.

Try It Out

Invite your child to help:

- set and clear the dining table
- place clothes in the dryer, sort light and dark clothes, or match socks
- put groceries away
- dust with socks on their hands
- pick up toys and books



Create a visual timeline of your morning routine and invite your child to be responsible for helping you follow it.