

The Third Year

a calendar of family activities
for young children



Oklahoma Parents as Teachers

...because learning starts early

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24, 25, 26 MONTHS

Read with your child every day.

Language Development

- ♥ Sings phrases of songs
- ♥ Uses pronouns: I, me, mine, you, his, hers

Social/Emotional Development

- ♥ Defends own possessions: "mine"
- ♥ Separates more easily from parents
- ♥ Acts shy or sometimes reserved
- ♥ Loves to show and receive affection

Intellectual Development

- ♥ Lines up objects to "make a train"
- ♥ Likes daily routines
- ♥ Understands the concept of "one" (one cookie)
- ♥ Chooses appropriate clothing (pajamas for bed)

Motor Development

- ♥ Copies a "+" and an "o"
- ♥ Folds paper in half
- ♥ Imitates movements
- ♥ Walks up and down stairs alone

Other Great Tips

- ♥ Make a collage from outside. Use feathers, sand, leaves, acorns, and twigs. Talk about the items you are using and where they came from.
- ♥ Make a collage from the kitchen. Talk about the items you are using and how they are used in the kitchen. Use pasta, salt, beans, soap, and herbs.

Notes and Appointments: _____

SUPPLEMENT PAGE

Open Shut Them

Open, shut them, (open and close hands in front of you)
Open, shut them,
Give a little clap clap clap (clap 3 times as you say "clap")
Open, shut them, open, shut them,
Lay them in your lap lap lap (fold hands in lap)

Creepy crawly, creepy crawly,
Right up to your chin chin chin (fingers crawl up chest to chin)
Open up your little mouth (open mouth)
But do not let them in in in (quickly put hands behind back)

Itsy Bitsy Spider

The Itsy Bitsy Spider went up the water spout
Down came the rain, and washed the spider out
Out came the sun and dried up all the rain
And the Itsy Bitsy Spider went up the spout again

Mother May I

In this game, players must ask "Mother, may I?" and receive a "yes" before following any instructions from Mother.

Pop Goes the Weasel

'Round and 'round the cobbler's bench The monkey thought 'twas all in fun
The monkey chased the weasel, Pop! Goes the weasel.

Teddy Bear, Teddy Bear

Teddy bear, teddy bear, Turn around.	Teddy bear, teddy bear, Go upstairs.
Teddy bear, teddy bear, Touch the ground.	Teddy bear, teddy bear, Say your prayers.
Teddy bear, teddy bear, Shine your shoes.	Teddy bear, teddy bear, Turn out the light.
Teddy bear, teddy bear, Skidoo.	Teddy bear, teddy bear, Say good night.

Baby Bumblebee

I'm bringing home a baby bumblebee, Won't my mommy be so proud of me, (Cup hands together as if holding bee)	I'm squishing up the baby bumblebee, Won't my mommy be so proud of me, (Squish' bee between palms of hands)
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I'm bringing home a baby bumblebee, Ouch! It stung me! (Shake hands as if just stung)	I'm squishing up a baby bumblebee, Ooh! It's yucky! (Open up hands to look at 'mess')
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One, Two, Buckle My Shoe

One, two, Buckle my shoe Three, four, Shut the door Five, six, Pick up sticks	Seven eight, Lay them straight Nine, ten, Do it again!
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It's Raining, It's Pouring

It's raining, it's pouring; The old man is snoring. He went to bed and he	Bumped his head And he couldn't get up in the morning
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Here is a Nest

Here is a nest for the robin (cup hands)
Here is a hive for the bee (place fists together)
Here is a hole for the bunny (fingers and thumb together to make a circle)
And here is a house for me (fingertips together to make a roof)

Nature Bracelet

Take a piece of wide masking tape. Wrap it loosely around your child's wrist, with the sticky side facing outward. Gather items from nature (leaves, blades of grass) and add them to the bracelet.

Put Your Finger on Your Nose

(to the tune of "If You're Happy and You Know It")
Put your finger on your nose, on your nose
Put your finger on your nose, on your nose
Put your finger on your nose, and feel it as it grows
Put your finger on your nose, on your nose

Put your finger on your toe, on your toe
Put your finger on your toe, on your toe
Put your finger on your toe, and move it to and fro
Put your finger on your toe, on your toe

(Make up additional verses about other body parts)

Resources

Recommended Reading

- Alphabet City.* Johnson, S. T. (1999).
And if the Moon Could Talk. Banks, K. (2005).
Andy: That's My Name. de Paola, T. (1999).
Ape in a Cape: An Alphabet of Odd Animals. Eichenberg, F. (1988).
Birthday Presents. Rylant, C. (1991).
Bread and Jam for Frances. Hoban, R. (1993).
Click, Clack, Moo: Cows That Type. Cronin, D. (2000).
Follow the Leader. Silverman, E. (2003).
Fox in Socks. Seuss. (2005).
Frederick. Lionni, L. (2005).
The Gardener. Stewart, S. (2000).
Good Night, Gorilla. Rathmann, P. (2004).
The Going to Bed Book. Boynton, S. (2004).
Grandfather's Journey. Say, A. (1993).
The Graphic Alphabet. Pelletier, D. (1996).
The Happy Day. Krauss, R. (1995).
The Hello, Goodbye Window. Juster, N. (2005).
Hondo and Fabian. McCarty, P. (2002).
Hot Air: The (Mostly) True Story of the First Hot-Air Balloon Ride. Priceman, M. (2005).
How I Became a Pirate. Long, M. (2003).
Hush!: A Thai Lullaby. Ho, M. (2000).
In the Small, Small Pond. Fleming, D. (1998).
Joseph Had a Little Overcoat. Taback, S. (1999).
Just Two More Bites. Piette, L. (2006).
Kitten's First Full Moon. Henkes, K. (2004).
Knuffle Bunny. Willems, M. (2004).
Listening to Fear. Marans, S. (2005).
Little Bunny on the Move. McCarty, P. (2003).
The Little House. Burton, V. L. (1998).
Little Miss Spider. Kirk, D. (2003).
Madeline. Bemelmans, L. (2000).
Moonbear's Shadow. Asch, F. (2000).
More More More, Said the Baby. Williams, V. B. (1997).
Music Is. Moss, L. (2003).
My Friend Rabbit. Rohmann, E. (2005).
My Very First Tea Party. Sparks, M. (2000).
Not a Box. Portis, A. (2006).
Officer Buckle and Gloria. Rathmann, P. (1995).
Olivia's. Falconer, I. (2004).
Outside Over There. Sendak, M. (1989).
Over in the Meadow. Keats, E. J. (1999).
Owen. Henkes, K. (1993).
Peanut Butter and Jelly: A Play Rhyme. Westcott, N. B. (1999).
Positive Discipline. Nelsen, J. (2006).
Puss in Boots. Perrault, C. (2002).
The Red Book. Lehman, B. (2004).
Red Light, Green Light. Suen, A. (2005).
Safe and Sound: Healthy Travel with Children. Coleman, M. M. (2003).
Seven Blind Mice. Young, E. (2002).
Shake My Sillies Out. Raffi. (1988).
Shapesville. Mills, A. & Osborn, B. (2003).
Silly Sally. Wood, A. (1999).
Snowflake Bentley. Martin, J. B. (1998).
The Spider and the Fly. DiTerlizzi, T. (2002).
The Story of the Red Rubber Ball. Levy, C. (2004).
The Stray Dog. Simont, M. (2003).
Tar Beach. Ringgold, F. (1996).
Ten, Nine, Eight. Bang, M. G. (1996).
Toddlers and Parents: A Declaration of Independence. Brazelton, T. B. (1989).
Toes, Ears, and Nose! Bauer, M. D. (2003).
Tops and Bottoms. Stevens, J. (1995).
Truck Board Book. Crews, D. (1997).
Twinkle, Twinkle, Little Star. Trapani, I. (2001).
The Very Hungry Caterpillar. Carle, E. (2004).
Watch Me Grow. O'Brien, M. (2002).
What Do You Do with a Tail Like This? Jenkins, S. (2003).
When Sophie Gets Angry. Bang, M. (2004).
Yo! Yes. Raschka, C. (1998).
Zen Shorts. Muth, J. J. (2005).

These books, along with other titles, are available at your local library.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>The Story of Red Rubber Ball</i>	Kick a ball outside.		Make a bowling game from empty soda bottles and a 2" ball.		Call a relative on the phone.	
Read to your child. <i>Peanut Butter and Jelly: A Play Rhyme</i>		Go to the library.		Make peanut butter sandwiches.		Play with a flashlight.
Read to your child. <i>Bread and Jam for Frances</i>	Place 3 familiar toys in front of your child. Say, "Give me the..."		Paint with pudding or whipped cream.		Spin in circles.	
Read to your child. <i>Silly Sally</i>		Use cookie cutters on toast.		Dance until you drop.		Have a dress-up parade with your child.
Read to your child. <i>The Little House</i>	Count the number of shoes in your house.		Hide a musical toy and have your child find it by listening.			Update a page in your child's memory book.

Parenting Tips: For more tips, ideas, and information about your child's growing independence, read *Toddlers and Parents: A Declaration of Independence* by Dr. T. Berry Brazelton.



24, 25, 26 MONTHS

Play with your child every day.

Music and Me

- ♥ Open Shut Them
(See Supplement Page for lyrics.)

Games for Growing

Differentiating between sounds becomes possible as your toddler's hearing becomes more acute. Let your child practice by playing "Sound Alike."

- ♥ Place materials or items such as rocks, beans, rice, flour, etc., into containers. Make pairs so there are two containers of each material.
- ♥ Pick up a container and shake it; have your child pick a different container and shake it.
- ♥ Ask your child if the sound matches the sound that your container made.
- ♥ Play until containers are matched.

Recipes for Fun

- ♥ Purple Cow
1 C milk
1/4 C grape juice
1 sliced banana
Put all ingredients into blender. Blend to make drink.

Notes and Appointments: _____

Creative Corner

- ♥ Painting without a brush
Try using one of the following materials in your next art activity:

- cotton balls
- eyedroppers
- feathers
- feet
- fly swatters
- ice
- marbles
- pipe cleaners
- potato masher
- spray bottles
- string
- tooth brushes
- yarn

Other Great Tips

Biting is a relatively common behavior in children ages 12 to 36 months. There are a few reasons why toddlers may bite:

- ♥ Teething
- ♥ To seek attention
- ♥ To demonstrate frustration

Satisfy your child's need to bite by providing ample snacks that promote chewing, like gummy fruit snacks. Never bite your child back if she bites you or someone else.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Over in the Meadow</i>		Make "magic wands" using straws and star shapes.	Put on a family play. Dress in costumes and act out a simple story.		Visit your local library with your child.	
Read to your child. <i>Andy That's My Name</i>	Tell knock-knock jokes with your child.			Count the number of spoons, napkins, cups, and plates needed for dinner.		Sleep in a tent with your child—indoors.
Read to your child. <i>Frederick</i>		Discover who has the largest feet in your family.		Play dress-up with a stuffed animal.		Talk about the weather and the clothes you need to wear with your child.
Read to your child. <i>Truck</i>	Play hopscotch on the sidewalk.		Let your child clean the table after snack.		Take your child on a ride in the wagon. Talk about what you see.	
Read to your child. <i>Puss in Boots</i>		Talk with your child about avoiding strangers.		Pretend to be a bubble floating in the air.		Update a page in your child's memory book.

Parenting Tips: Nightmares can be very real to young children. To help children feel safe turn on a dim light and reassure them that they are safe. To help prevent your child from having nightmares, limit the amount of scary television your child is exposed to and keep a consistent bedtime routine. For more information about understanding your child's fears, read *Listening to Fear* by Dr. Steven Marans.



33, 34, 35 MONTHS

Grow with your child every day.

Your child is almost three years old, and you may be discussing his future preschool experiences. You have grown together so much—continue growing with your child by choosing a quality preschool for them to attend.

Things to Look For



- ♥ Daily schedule
- ♥ Tuition
- ♥ Age of child
- ♥ Openings for upcoming year
- ♥ Number of children in class
- ♥ Number of adults in class
- ♥ Qualifications of staff
- ♥ Director's training
- ♥ Licensed or accredited program

Other Great Tips

Help your child adjust to preschool and ease his fears by:

- ♥ Talking about preschool even before it starts
- ♥ Gradually introducing your child to activities that often take place in a classroom
- ♥ Visiting your child's classroom a few times before school starts
- ♥ Meeting your child's teacher prior to the first day. Ask about routines and common activities.

What you Should See



- ♥ Circle Time: Time for children to practice social skills, listening skills, and taking turns
- ♥ Art Center: Helps children learn to express themselves; should include paint, brushes, crayons, and clay
- ♥ Block Center: Helps children develop spatial and problem-solving skills
- ♥ Manipulative Center: Helps children develop skills for writing, math skills, and hand-eye coordination
- ♥ Water/Sand Table: Helps children develop a sense of space, size, and weight
- ♥ Physical activity everyday: If weather permits, outside activity daily; look for mats, tricycles, or other inside riding toys

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Follow the Leader</i>	Play "Go Together" with household objects (shoe and sock).			Gallop with your child.		Make a telephone from toilet paper tubes and string.
Read to your child. <i>Moonbear's Shadow</i>		Build with blocks with your child.	Go outside and look for birds. Listen for their sounds.		Together find your child's shadow. Trace it on the sidewalk.	
Read to your child. <i>Little Miss Spider</i>	Give your child her own box of junk mail and scrap paper to practice tearing.		Create a spider web around furniture with yarn.		Sing "Itsy Bitsy Spider." (See supplement page for lyrics.)	
Read to your child. <i>Birthday Presents</i>		Find household items that are big or little.		Use a glue stick and make a collage.		Wrap a gift for someone.
Read to your child. <i>Kitten's First Full Moon</i>	Walk barefoot in the grass. Find other textures to explore.		Visit the local library with your child.			Update a page in your child's memory book.

Parenting Tips: Remember that you have ultimate responsibility for your child's safety around animals. Never leave your child alone with an animal. Teach your child not to put her face close to an animal. Don't allow your child to tease an animal by pulling its tail or taking its bone. For more on animal safety, visit <http://www.aap.org/>.



24, 25, 26 MONTHS

Talk with your child every day.

Reading and talking with your child daily is critical for their speech and language development, but it's also important to listen to your child. Look at them when they talk to you. Allow your child time to respond.

Types of Talk

- ♥ **Self Talk:**
Describe outloud to your child what you are seeing, hearing, thinking, and doing as you do it: ("Kick the ball.")
- ♥ **Parallel Talk** (child-centered):
Describe out loud to your child what he is seeing, hearing, thinking, and doing as he does it: ("You're throwing the ball!")
- ♥ **Description** (object-centered):
Use an explaining phrase or statement: ("That's a big ball!")
- ♥ **Expansion:**
Repeat your child's phrases in complete sentences: ("Doggy run." "Yes, the doggy is running.")

Causes of Speech and Language Delays

- ♥ Learning differences
- ♥ Delayed development related to prematurity
- ♥ Hearing impairment or hearing loss
- ♥ Frequent ear infections
- ♥ Being a twin or having an older sibling that "speaks" for child

Talk ABOUT It

- ♥ Taking your two-year-old to a variety of places (grocery store, post office, airport) will develop her vocabulary.
- ♥ Talk about what you see, hear, and smell at each place. Especially emphasize color words and comparison words (quiet/loud). Be sure to introduce your child to a few new words each trip by pointing out unfamiliar objects.
- ♥ Make all of your outings learning experiences by

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Yo! Yes?</i>	Make stick puppets using craft sticks and stickers.		Have a practice fire or tornado drill with your child.		Look for various shapes, numbers, and colors in a magazine.	
Read to your child. <i>Ape in a Cape</i>		Help your child set the dinner table.		Take a counting walk. Pick one item to count (cars, signs).		Teach your child your favorite childhood rhyme or song.
Read to your child. <i>Madeline</i>	Put an object inside a sock. Have your child guess what is in the sock.		Tell your child a story about your family.		Create a paper placemat for each person at your dinner table.	
Read to your child. <i>In the Small, Small Pond</i>		Visit your local library with your child.		Play leap frog with your child.		Make a macaroni collage.
Read to your child. <i>Tar Beach</i>	Mix sand into fingerpaint and allow your child to paint on posterboard.		Paint with feathers.		Update a page in your child's memory book.	

Parenting Tips: Exposure to excessive television viewing as a young child may affect the way a person thinks and behaves later in life. Discuss with your child the programs you want her to see and limit the number of hours you allow her to watch television or the computer. For more information on how television affects your child, visit http://www.kidshealth.org/parent/positive/family/tv_affects_child.html.



33, 34, 35 MONTHS

Play with your child every day.

Music and Me

- Put Your Finger on Your Nose
(See Supplement Page for lyrics.)

Games for Growing

- Hopscotch
 - Draw a simple hopscotch grid on the sidewalk and number it up to five.
 - Show your child how to throw a marker (pebble or stick) on one of the numbers
 - Ask him to hop to that number

Recipes for Fun

- Melon Balls
Cut a cantaloupe and honeydew melon into halves. Clean out seeds. Let your child scoop out the melon using a melon ball scoop.

Notes and Appointments: _____

Creative Corner

- Homemade Instrument
4-inch square piece of wax paper
1 empty toilet paper roll
1 rubber band

Stretch the piece of wax paper across the end of the tube, securing it in place with the rubber band. Punch a hole in the tube with a pencil about 1-inch from the wax paper. This allows air to exit as your child blows into the end of the instrument.

Other Great Tips

- Imaginary Friends
Many children, especially those without siblings, create imaginary playmates. Most imaginary friends appear between 30 and 36 months. Don't be alarmed by pretend friends. They are a part of your child's developing conscience and value system. They can provide solace and take responsibility for the things your child wishes she hadn't done. Most imaginary friends disappear before a child turns 6.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Twinkle Twinkle Little Star</i>	Sing "Twinkle Little Star." Go outside and look at the stars.		Using your toddler's favorite foods, play taste and tell.		Record your child's favorite book into a tape recorder.	
Read to your child. <i>Red Light, Green Light</i>		Play "Mother May I." (See supplement page.)		Pretend to be rabbits and kangaroos. Jump around with your child.	Give away three hugs today.	
Read to your child. <i>Shake Out My Sillies</i>	Have a backwards day.		Visit your local library with your child.	Invite an adult friend to play.		
Read to your child. <i>Knuffle Bunny</i>		"What do you hear?" Listen for birds, dogs, and cars outside.		Make clothes from paper sacks.		Let your child choose dinner by making a picture menu of her favorite meals.
Read to your child. <i>When Sophie Gets Angry...</i>	Make a family photo collage.		Sort clean silverware in the drawer.			Update a page in your child's memory book.

Parenting Tips: As your child grows, tubtime often becomes a bit of a tussle. In fact, many toddlers are afraid of the tub because they don't yet realize that they won't swirl down the drain. For more bathtub strategies, visit <http://www.parenting.com>.



27, 28, 29 MONTHS

Read with your child every day.

Language Development

- ♥ Enjoys learning new names for objects
- ♥ Uses two-word sentences
- ♥ Follows two-step directions
- ♥ Has a vocabulary of more than 200 words

Motor Development

- ♥ Kicks a ball forward
- ♥ Plays on large playground equipment
- ♥ Turns one page of a book at a time
- ♥ Runs freely

Social/Emotional Development

- ♥ Likes to help parents around the house
- ♥ Likes talking on the phone
- ♥ Shows pride in clothing
- ♥ Expresses feelings and desires verbally

Intellectual Development

- ♥ Refers to self by name
- ♥ Begins to sort objects into groups
- ♥ Becomes more skilled with puzzles
- ♥ Listens to recordings of stories and songs

Other Great Tips

- ♥ Children learn through play and repetition. As you play, say out loud what you are doing. For example, "I'm putting the red block on the green book." Use comparison and describing words. Playing games, singing favorite songs, and rereading stories over and over help improve your child's abilities.

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>The Gardener</i>		Take a nature walk—make a Nature Bracelet. (See supplement page.)		Make "Bugs on a Log" - a snack with celery, raisins, and peanut butter.		Find five objects to trace. Together color the figures with crayons.
Read to your child. <i>Hush!: A Thai Lullaby</i>	At clean-up time, pretend you're a bee and buzz around picking up.			Let your child help you make cookies.		Help your child sort beans and shaped macaroni.
Read to your child. <i>Alphabet City</i>	Let your child color with a large box of crayons.		Visit the local library with your child.		Use corn syrup and powdered tempera paint to fingerprint with.	
Read to your child. <i>Ten Nine Eight</i>	Take turns hiding a timer that is set to go off in a few minutes.				Paint the bottoms of your child's hands and feet and make prints.	
Read to your child. <i>Owen</i>		Pretend to doctor a stuffed toy animal.		Make wrist bells using pipe cleaners and jingle bells; dance together.	Update a page in your child's memory book.	

Parenting Tips: Your child is probably beginning to become aware of the differences in boys and girls. Encourage your child to pretend play with items that allow him to explore both gender roles. Don't limit your child's pretend play experiences to what we might consider to be gender-specific activities. Read *Shapes* by Andy Mills and Becky Osborn with your child to celebrate positive body image and diversity.



33, 34, 35 MONTHS

Read with your child every day.

Language Development

- ♥ Clearly speaks sounds: p, b, m, k, g, w, h, n, t, d
- ♥ Answers simple questions
- ♥ Names 3 body parts
- ♥ Enjoys singing

Motor Development

- ♥ Pours from small pitcher
- ♥ Jumps from bottom stair
- ♥ Pedals tricycle
- ♥ Begins to balance on one foot
- ♥ Begins to hop on one foot

Social/Emotional Development

- ♥ Feeds self, handles fork and spoon correctly
- ♥ Uses imagination play
- ♥ Begins to care for self at the toilet
- ♥ Brushes teeth with help

Intellectual Development

- ♥ Enjoys make-believe play
- ♥ Remembers events and places
- ♥ Begins to sequence events

Other Great Tips

During this third year of development, children begin to develop a sense of uncertainty of what they do and do not want. They will often contradict themselves and become frustrated by their actions.

Try the following:

- ♥ Avoid asking "Do you want..." Instead say "It is time to..."
- ♥ Limit the number of choices you offer to your child

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>The Very Hungry Caterpillar</i>		Make an edible caterpillar out of grapes cut in half.		Visit your local library with your child.		Play with plastic measuring cups and containers in the bathtub.
Read to your child. <i>Music Is</i>	Sing "Pop Goes the Weasel" with your child. (See supplement page.)		Listen to classical music.		Make instant pudding. Let your child stir.	
Read to your child. <i>My Friend Rabbit</i>		Play golf using empty oatmeal containers, a small broom, and a 2" ball.		Use sand paper as a canvas for art with colored pieces of yarn.		Take a trip to the local zoo.
Read to your child. <i>Seven Blind Mice</i>	Record your child singing a song. Play it back for him.		Make a sandwich. Cut into squares, then look for squares around the house.		Make pictures with different shaped, colored pasta.	
Read to your child. <i>My Very First Tea Party</i>		Count all of the hats in your house. Take turns trying them on.		Make a texture book with scrap fabrics glued onto index cards.		Update a page in your child's memory book.

Parenting Tips: It's never too early to start math activities with your child. Visit <http://www.pbs.org/parents/earlymath/> for early math activities and developmental milestones.



27, 28, 29 MONTHS

Play with your child every day.

Music and Me

- ♥ Teddy Bear, Teddy Bear
(See Supplement Page for lyrics.)

Games for Growing

- ♥ How Many Steps? (A Counting Game)
Stand close to the door and say the following:
How many steps do I have to take
To get from here to the door?
Please count the steps I take
Walking across the floor
One, two, three, four
Experiment with different steps: large, small.

Recipes for Fun

- ♥ Playdough
1 C salt resealable bags
1 C flour food coloring
1/2 C water
In a mixing bowl, knead the salt, flour, and water.
Add a few drops of food coloring to the dough.

Notes and Appointments: _____

Creative Corner

- ♥ Gelatin Play
-Have your child help you make instant flavored gelatin
-Sort gelatin boxes by color
-Count the number of gelatin flavors at the grocery store
-Make a scratch and sniff card using diluted flavored powdered gelatin with water, a paint brush, and a piece of cardboard or cardstock paper

Other Great Tips

- ♥ Clean-up Time!
Promote your child's responsibility by allowing him to help you in the clean-up routine. Ease into this process by:
-Before any new toy can be brought out, one must be put away.
-Keep toys in bins and low-level shelves with picture labels, so your child can put them up and know where the toys go.
-Include the whole family in the clean-up process so he can learn by watching and doing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Not a Box</i>	Pretend you're walking on clouds, on a tightrope, or downhill.			Look for triangles around the house.		Ask questions beginning with "What would happen if...?"
Read to your child. <i>The Spider and the Fly</i>	For a snack, dip apple wedges in peanut butter.		Fly a kite outside with your child.		Have a car wash for riding toys. Use soapy water and sponges.	
Read to your child. <i>The Happy Day</i>		Have breakfast outside with your child.		Fingerpaint with mud.		Talk about time passage with your child—the past and the future.
Read to your child. <i>Outside Over There</i>	Make lemonade with your child. Use real lemons.		Practice making noises—loud, soft, fast, slow.		Visit your local library with your child.	
Read to your child. <i>The Graphic Alphabet</i>		Hunt for household objects of a certain color.		Help your child sort the recycling. Talk about the environment.	Update a page in your child's memory book.	

Parenting Tips: Traveling should be an enjoyable experience for everyone involved. Begin with short trips. Plan ahead. Be sure your immunizations are current and appropriate for your destination. For more information on traveling with your child, read *Safe and Sound: Healthy Travel with Children* by Dr. Marlene M. Coleman.



30, 31, 32 MONTHS

Have an adventure with your child every day.

Traveling and everyday outings can be fun and exciting for you and your toddler, if you are well-prepared. Here you will find some basic tips and strategies to make “adventures” easier and less stressful on you and your child.

The Top 10 Travel Diaper Bag Items

1. Extra diapers or underclothing
2. Extra wipes
3. Plastic resealable bags (for dirty diapers, wet clothes, uneaten snacks)
4. Extra set of your child’s clothing
5. Medication (prescription and over-the-counter)
6. Bottles or toddler cups
7. Snacks
8. Stickers
9. A few new toys or surprises.
10. Anything that can’t be easily replaced (your child’s favorite toy or blanket)

Planes, Trains, and Automobiles

- ♥ Planes: Avoid busy flight schedules; try to fly mid-week and mid-morning, never take the last flight of the day.
- ♥ Trains: Seek extra space for your child to get up and move around; avoid rush-hour train schedules.
- ♥ Automobiles: Plan on frequent stops along the way; try to drive during a time when your child is typically sleeping; have a goody box of snacks and small toys; have your child’s favorite music available.

Going shopping...

- ♥ Plan shopping trips when your child is not hungry and is well-rested.
- ♥ Shop in malls or large department stores to minimize the number of times your child has to get in and out of a carseat.
- ♥ Have a planned list of all the stops that need to be made.
- ♥ Shop efficiently and quickly—avoid comparison shopping.
- ♥ Include your child in the shopping experience.

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Fox in Socks</i>		Play a matching game with squares of fabric scraps.		Cook a recipe from a children’s cookbook with your child.		Make a train out of the kitchen chairs.
Read to your child. <i>Snowflake Bentley</i>	Paint with a large brush and water on the driveway.		Say silly rhymes like “the bed is on her head” with your child.		Make a path on the floor with masking tape. Let your child follow the path.	
Read to your child. <i>The Red Book</i>		Build patterns with two colors of blocks (blue, yellow, blue).		Tie a bird feeder (peanut butter, rice cakes, and seeds) to a tree .		Pretend play animals. Take turns guessing what animal you are.
Read to your child. <i>How I Became a Pirate</i>	Dance with your child.		Make a dress-up box with adult clothes, hats, and shoes.		Draw simple shapes (O, Δ, □) with your child.	
Read to your child. <i>Toes, Ears, and Nose!</i>		Act out a scene of an upcoming event (doctor’s visit) with puppets.		Feed the birds outside bread.	Update a page in your child’s memory book.	

Parenting Tips: Toddlers are constantly copying adult behavior—whether it be shaving or working on the computer. Repeating adult actions builds toddlers’ memory, language, and social skills. They also start to understand that it takes a series of actions to make some things happen. To learn more, read *Watch Me Grow* by Dr. Maureen O’Brien.



27, 28, 29 MONTHS

Practice healthy living habits with your child every day.

Establishing good health, nutrition, and exercise habits now will help your child have a greater chance of continuing those habits as an adult.

Keeping Your Child Healthy



- ♥ Are your child's immunizations up-to-date?
- ♥ Has your child had his first dentist appointment?
- ♥ Does your child brush her teeth at least twice daily?
- ♥ Does your child have a regular bedtime?
- ♥ Have you taught your child how to wash his hands?
- ♥ Does your child eat healthy snacks?
- ♥ Do you offer your child a balanced diet?
- ♥ Has your child had a vision and hearing screening?

Keeping Your Child Active



- Indoors**
 - ♥ Act out a story
 - ♥ Create an obstacle course
 - ♥ Dance to different music
 - ♥ Join a playgroup
 - ♥ Play with soft balls
- Outdoors**
 - ♥ Play games (Ring Around the Rosy, London Bridge)
 - ♥ Take a nature walk
 - ♥ Play at the park
 - ♥ Use riding toys
 - ♥ Chase shadows
 - ♥ Plant a garden

Healthy Living

- ♥ Involve your toddler in the preparation of each meal. She will love to be your helper, and will learn about healthy meals by observing you.
- ♥ Try to plan 30 minutes of exercise each day. Movement boosts energy and promotes sleep.
- ♥ Maintaining a healthy lifestyle lowers the chances of obesity, diabetes, and heart disease.

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>More More More</i>		Draw a picture for a relative and take it to the post office to mail.		Look for things outside that are flying, crawling, or jumping.		Make puppets out of paper bags and old socks.
Read to your child. <i>Tops and Bottoms</i>	Make puzzles out of family photos.		Tell your child a story about an adventure you had as a child.		Eat animal crackers - make the sound of each animal.	
Read to your child. <i>Grandfather's Journey</i>		Go to a museum. Talk about what you see.		Visit a local lake or river. Talk about the animals that live in or near the water.		March like elephants to music.
Read to your child. <i>And If the Moon Could Talk</i>	Go out and look at the moon.		Have a teddy bear picnic—inside or outside.		Look for squares around the house.	
Read to your child. <i>Little Bunny on the Move</i>		Go to the park.		Visit the local library with your child.	Update a page in your child's memory book.	

Parenting Tips: Children are natural gardeners. They are curious, love playing in the dirt, and learn by doing. While working in a garden, a child can experience the satisfaction that comes from caring for something over time and observe the cycle of life firsthand. For more about gardening with children, including plants to try, visit http://www.bbc.co.uk/gardening/gardening_with_children/.



30, 31, 32 MONTHS

Play with your child every day.

Music and Me

- ♥ It's Raining, It's Pouring
(See Supplement Page for lyrics.)

Games for Growing

- ♥ Here is a Nest
(See Supplement Page for directions).

Recipes for Fun

- ♥ Soft Pretzels

2 C whole wheat flour	1 tbsp vegetable oil
1 tbsp active dry yeast	1 egg
3/4 C lukewarm fruit juice	pretzel salt

Mix flour, oil, yeast, and juice in a large bowl. After it comes together, knead it by pushing, pulling, and punching it. If the dough is too sticky, add more flour. Tear off a piece of dough and use the palms of your hands to roll it into a long snake.

To bake, place the pretzel shapes on an oiled baking sheet and let the dough rise for 30 minutes in a warm place. Preheat the oven to 450 degrees. After the dough has risen, beat the egg and brush over the dough (lightly sprinkle with salt if you desire). Bake for 15 minutes or until golden brown. Cool and eat!

Creative Corner

- ♥ Folding Paper Hats
Start with a full sheet of newspaper—2 pages with a fold down the middle. Fold both of the outer edges down to make a point at the top center. Fold the bottom flap up to meet the edge of the triangle. Fold it over again, and do the same to the other side. Roll up the front brim, and you have a great hat!

Other Great Tips

- ♥ Egg Carton Gardening:
Wash and dry the cup portion of one egg carton. Fill each cup with a small amount of potting soil. Add a few seeds of any kind to each cup. Dampen soil thoroughly. Cover entire container with plastic wrap. Place in a warm, dark place until seeds sprout. Remove wrap and place in sun—be sure to water!

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>The Going to Bed Book</i>		Let your child whisk the eggs before you scramble them.	Have a backyard scavenger hunt.			Find five green objects in your home.
Read to your child. <i>The Stray Dog</i>	Visit a nature center or a state park. Talk about what you see.		Write your weekly grocery list with your child. Let him scribble along.		Sing and act out "Baby Bubblebee." (See supplement page.)	
Read to your child. <i>Hot Air</i>		Let your child experience different smells (orange, flowers, onion).			Visit your local library with your child.	Have a race by rolling oranges.
Read to your child. <i>Click, Clack, Moo</i>	Visit your local airport. Talk about what you see.		Sing "One, Two, Buckle My Shoe." (See supplement page.)		March, sway, or move to different music.	
Read to your child. <i>Olivia</i>		Cut out circles and squares from colored paper.		Jump rope with your child.		Update a page in your child's memory book.

Parenting Tips: Encourage your child to try new foods by being creative. For example, a mouse is made from one half of a boiled egg, radish slices (ears), olive slices (eyes), and a chive (tail). To learn more about your child's development and eating habits, read *Just Two More Bites* by Linda Piette, RD, MS.



30, 31, 32 MONTHS

Read with your child every day.

Language Development

- ♥ Carries on a conversation of 2-3 sentences
- ♥ Begins to use a few adjectives
- ♥ Enjoys singing familiar songs
- ♥ Answers simple questions

Motor Development

- ♥ Balances on one foot for 1-5 seconds
- ♥ Stacks up to 8 blocks
- ♥ Jumps forward with both feet
- ♥ Imitates vertical and/or horizontal lines with a pencil or a crayon

Social/Emotional Development

- ♥ Knows her first and last name
- ♥ Can identify a friend by name
- ♥ Can dress self with some help
- ♥ Has difficulty dealing with change and is easily frustrated

Intellectual Development

- ♥ Is aware of numbers, shapes, and colors
- ♥ Counts 2-3 objects with accuracy
- ♥ Begins to understand past, present, and future
- ♥ Names several body parts

Other Great Tips

Chores and Responsibility:

It is possible to raise a child who will do his share of household "chores" if you:

- ♥ Start teaching your child early to help with simple household chores
- ♥ Make chores fun
- ♥ Keep your requests reasonable
- ♥ Make chores a family affair—everyone helps!

Notes and Appointments: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read to your child. <i>Hondo and Fabian</i>		Talk on the "phone" with your child. Talk about what you did today.			Play Hide and Seek.	Read a book together outside.
Read to your child. <i>Joseph Had a Little Overcoat</i>	Look for circles around the house.		Make fruit salad.		Whip cream until it turns to butter. Have a bread and butter sandwich.	
Read to your child. <i>Officer Buckle and Gloria</i>		String circled oat cereal. Hang on an outside tree for the birds.		Plan an outdoor activity. Talk about what you should wear.		Sing a silly song together.
Read to your child. <i>Zen Shorts</i>		Visit your local library with your child.	Play musical chairs with pillows.		Make a bear cave with a table and blankets. Pretend to be bears.	
Read to your child. <i>What Do You Do with a Tail Like This?</i>		Pick a color—dress in that color from head to toe.		Make a squiggly line with string. Have your child try to walk the line.		Update a page in your child's memory book.

Parenting Tips: Doing chores together as a family teaches children life skills such as cooperation, fairness, commitment, and responsibility. For more about raising a responsible child, read *Positive Discipline* by Dr. Jane Nelsen.



Calendar Development

Oklahoma Parents as Teachers

Oklahoma Parents as Teachers (OPAT) is a free and voluntary state-funded program for parents of children birth to age three. OPAT provides parents with the opportunity to learn how to enhance their child's development in all areas, including language, intelligence, social and emotional, and physical skills.

Many life experiences influence learning. Your experience with OPAT will help you prepare your children for a successful future in school and beyond. OPAT fosters an early partnership between home and school so that parents take an active role in their children's formal schooling.

For more information:

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