

Lincoln Parents' Center



JULY 2010

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July Theme: Body Parts

Talk Together

For your baby: During your baby's bath, you can sing Head and shoulders, knees and toes, knees and toes, knees and toes, head and shoulders, knees and toes. This is baby's body! Eyes and mouth and ears and nose, ears and nose, ears and nose. Eyes and mouth and ears and nose. This is baby's body! As you sing, be sure to gently touch each body part.

For your toddler: Ask your toddler Where's your...NOSE? After he shows you, ask Where's your...KNEE? Continue the game, giving him a kiss on each body part. With toddlers who are potty training, it is especially important to give them words to talk about their private parts. This helps children understand what is happening during potty training and to communicate more clearly with you when they feel a need to use the potty.

Read together

Read books about all of our different body parts. For babies, try: Where is Baby's Belly Button? and Toes, Ears, and Nose!, both by Karen Katz, and Ten Little Fingers and Head, Shoulders, Knees, and Toes, both by Annie Kubler. For older toddlers, good choices include My First Body Board Book by DK Publishing, Horns to Toes and In Between by Sandra Boynton, From Head to Toe by Eric Carle, and Clarabella's Teeth by An Vrombaut.

Play Together

For your baby: After baby's bath time name body parts while putting on her lotion or pajamas. Make sure to name her arms, hands, finger, legs, feet, toes, etc.

For your toddler: Toddlers love challenges, especially as they are growing stronger and more coordinated physically. Ask your child, Can you lift your leg? Can you touch your hands to your knees? Using the names of her body parts in context helps her learn, and also gives her a chance to show you all that she can do with her growing body. You can play a similar game outside by turning a sprinkler on (keep the spray low so that it is about the same height as your child). Then ask your toddler, Can you put your foot in the water? Can you put your hand in the water? Can you jump your whole body through the water?

Make the most of July's warm weather by doing footstep paintings outside. Pour washable tempera paint into a shallow metal dish. Lay a piece of paper in front of the dish and then another shallow pan of water on the other side of the paper. Have your child step (barefoot) into the paint, then walk all around the paper, then step into the dish of water to wash off. Have a towel handy to dry her toes.

Information found on "Zero to Three National Center for Infants, Toddlers, and Families"

SUMMER FUN IDEAS

PLAY IN A SPRINKLER

DRAW ON THE SIDEWALK
WITH CHALK

PLAN A FAMILY PICNIC

PLAY AT THE PARK

TAKE A BIKE RIDE

CAMP OUT IN YOUR
BACKYARD

EAT A POPSICLE

CATCH LIGHTNING BUGS

GO FOR A NATURE WALK

PICK FLOWERS

BLOW BUBBLES

