ASQ Activities

AGE 30 MONTHS

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 30-month-old—a great way to have fun together and encourage your child's healthy development.

Tell or read a familiar story and pause frequently to leave out a word, asking your child to"fill it in." For example, Little Red Riding Hood said, "Grandmother, what big _____ you have."

Give a cup to your child. Use bits of cereal or fruit and place one in your child's cup ("one for you") and one in your cup ("one for me"). Take turns. Dump out your child's cup and help count the pieces. This is good practice for early math skills.

Trace around simple objects with your child. Use cups of different sizes, blocks, or your child's and your hands. Using felt-tip markers or crayons of different colors makes it even more fun.

To improve coordination and balance, show your child the "bear walk" by walking on hands and feet, keeping the legs and arms straight. Try the "rabbit hop" by crouching down and then jumping forward.

Have your child help you set the table. First, have your child place the plates, then cups, and then napkins. By placing one at each place, he will learn one-to-one correspondence. Show your child where the utensils should be placed.

Help your child learn new words to describe objects in everyday conversations. Describe by color, size, and shape (the blue cup, the big ball). Also, describe how things move (a car goes fast, a turtle moves slowly) and how they feel (ice cream is cold, soup is hot).

Cut pictures out of magazines to make two groups such as dogs, food, toys, or clothes. Have two boxes ready and put a picture of a dog in one and of food in the other. Have your child put additional pictures in the right box, helping her learn about categories.

Put an old blanket over a table to make a tent or house. Pack a "picnic" sack for your camper. Have your child take along a pillow on the "camp out" for a nap. Flashlights are especially fun.

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