

18 to 36  
Months

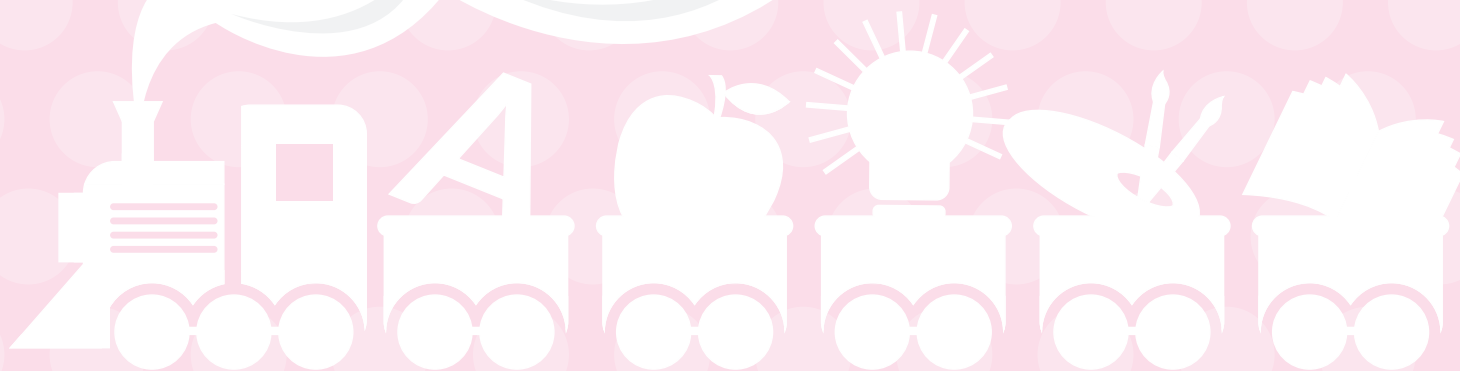
**AWARE, CARE, & SHARE™**



**MY NAME**



**WORKBOOK**



# Dear Parent,

A child's learning journey never stops, even during uncertain and difficult times. Every child is unique and approaches learning differently. While there are many ways that parents and family members can support this journey at home, it can be hard to decide what to do and when.

Within these pages you will find activities especially designed for children who are 18 to 36 months old. The activities will help children learn skills in each of the five developmental domains. We recommend doing one activity per day.

## Learning Journey

### Approaches to Learning

#### Focuses on a child's ability to:

- Develop problem-solving skills
- Explore the world around them
- Become more independent

### Cognitive Development

#### Focuses on a child's ability to:

- Think critically and creatively
- Understand the world around them
- Demonstrate early math skills, such as identifying characteristics of objects, quantity, and sorting

### Language & Communication Development

#### Focuses on a child's ability to:

- Communicate effectively using oral and written language
- Understand and respond to the communication of others
- Demonstrate early reading skills, such as book knowledge and appreciation and retelling stories and songs

### Physical Development & Health

#### Focuses on a child's ability to:

- Coordinate and control their large and small muscle movements
- Learn health and safety concepts
- Practice self-help skills

### Social & Emotional Development

#### Focuses on a child's ability to:

- Identify their emotions
- Interact with others
- Understand their relationships with others, such as family and friends

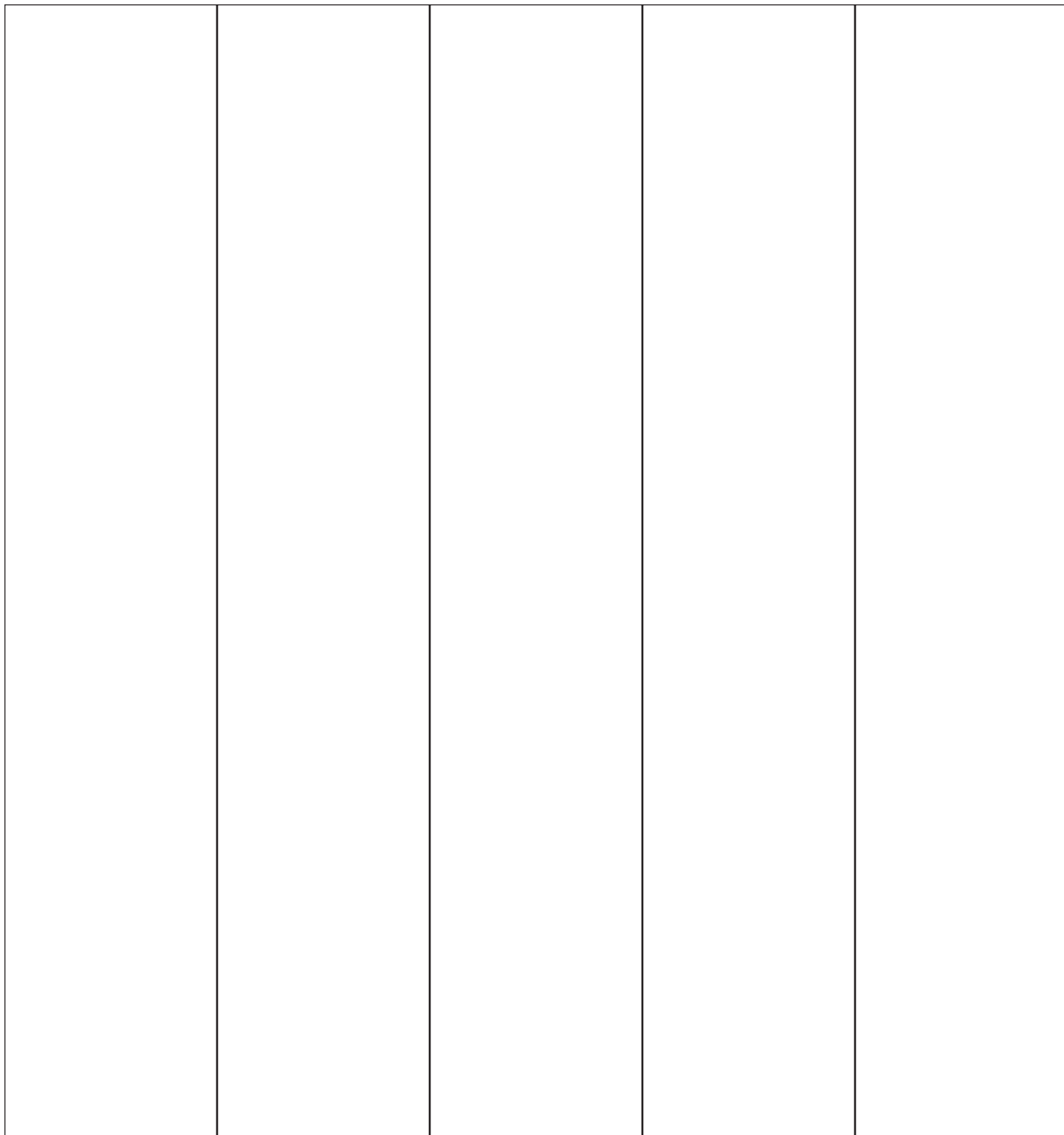


**Dr. Susan**  
Chief Academic Officer

Enjoy sharing this workbook with your child and seeing your child learn these important skills.

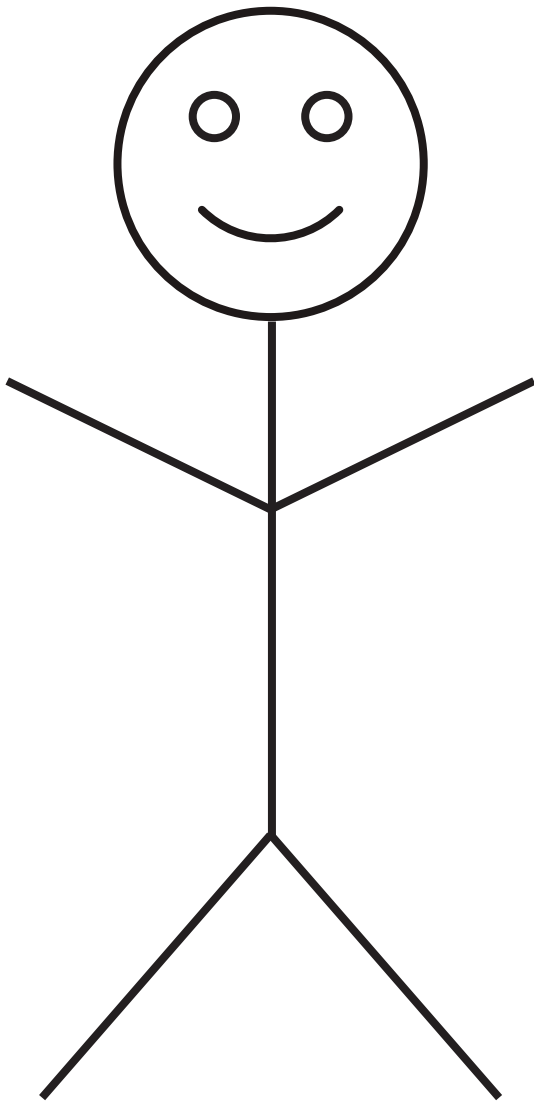
# Approaches to Learning

While children sometimes need help to solve a problem, allowing them time to try to figure it out on their own helps build their self-confidence. Cut the “stick” pieces out below, lay them end to end and then tape together. Use this “stick” to play limbo with your child. Tape one side to a wall, while you hold the other side. Work with your child to get under (or over) the “stick” without breaking it.



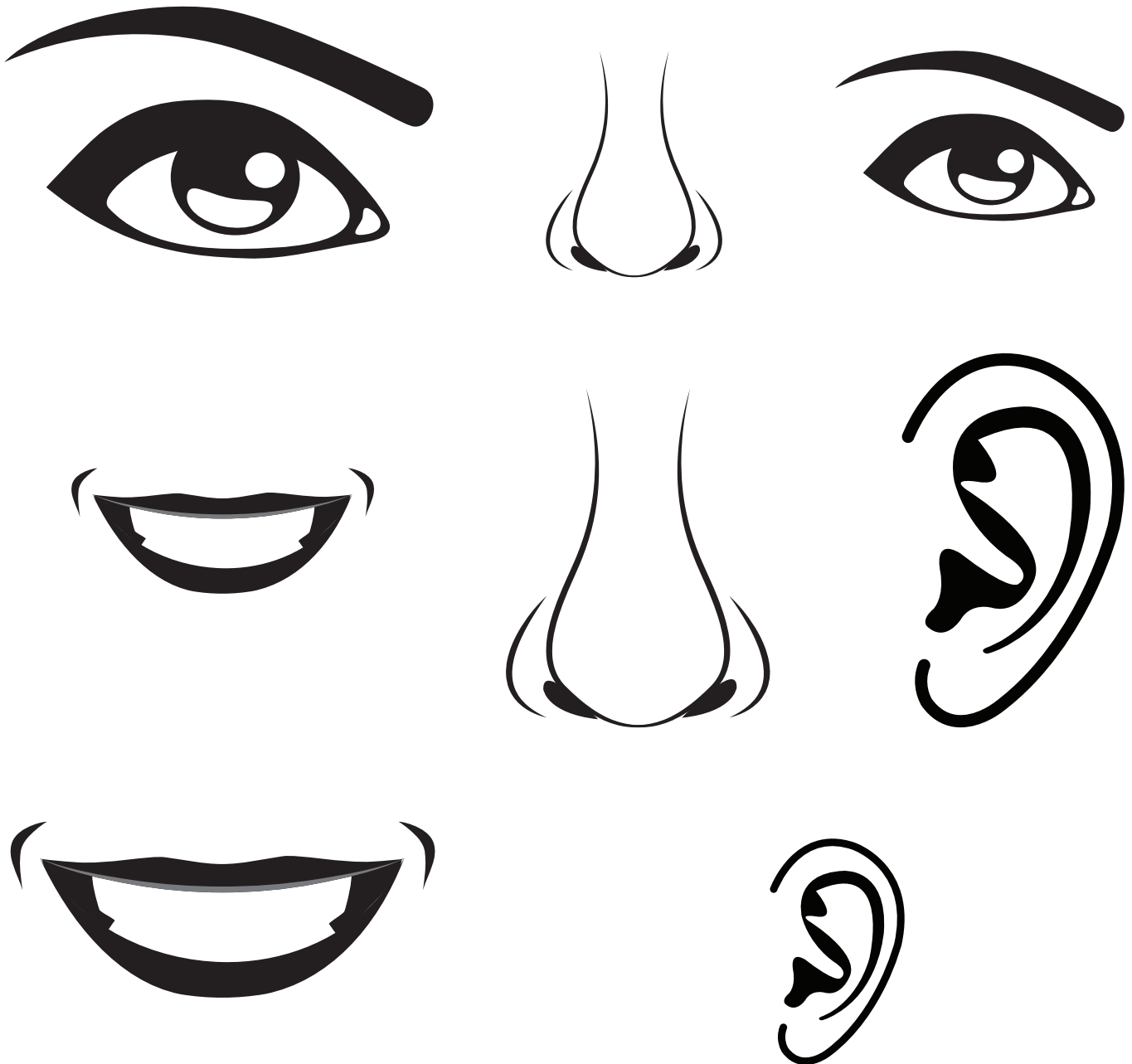
# Cognitive Development

Children learn so much by playing dress up and imitating behavior. Children make sense of the world when they dramatize real-life events. They demonstrate what they have seen modeled for them by adults. Cut out the hats below. Allow your child to play around with the hats by putting them on the figure's head. Once they decide which one they want to be, they can decorate the figure by coloring in what they think the uniform is that goes with the hat. Then, once they finish, encourage them to pretend play with the figure they chose.



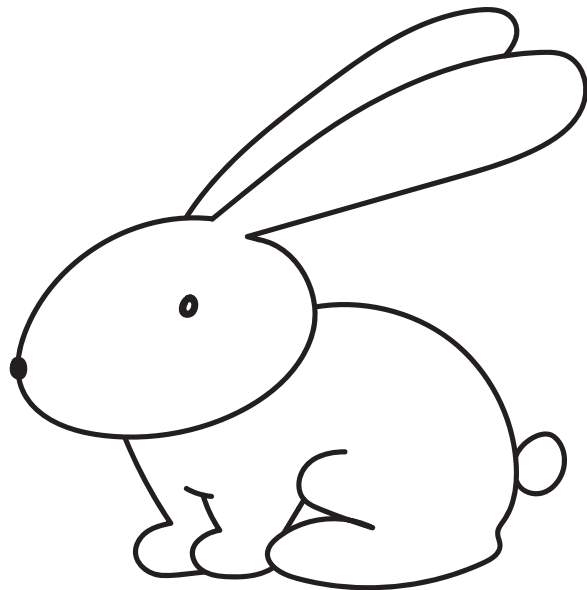
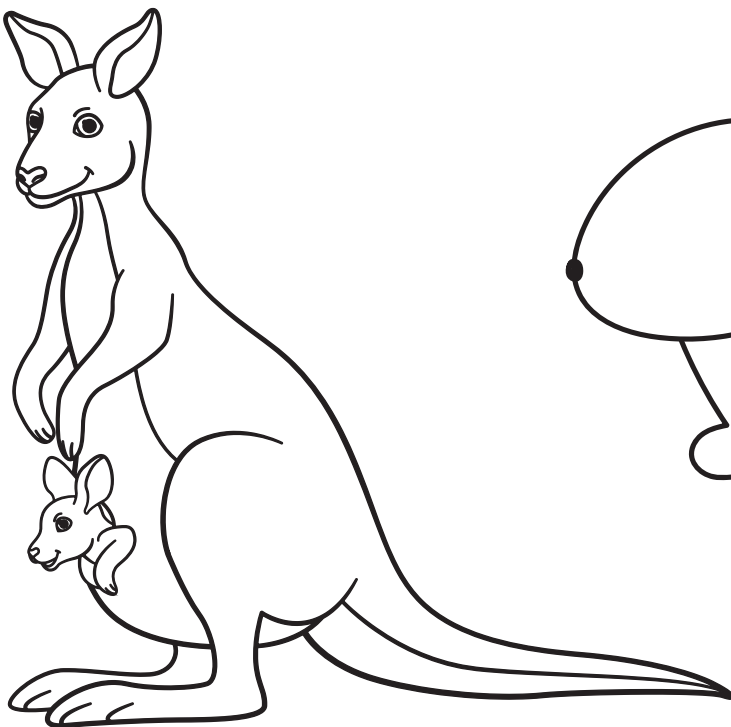
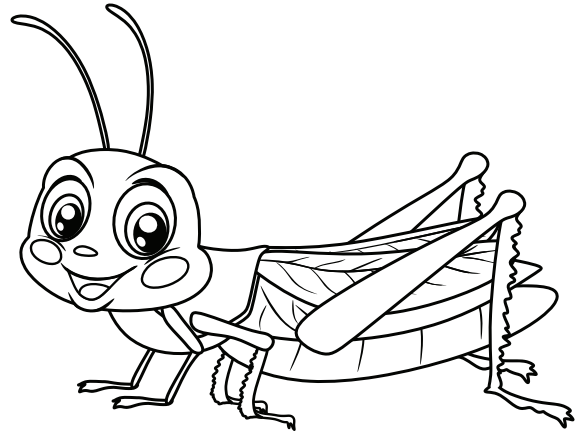
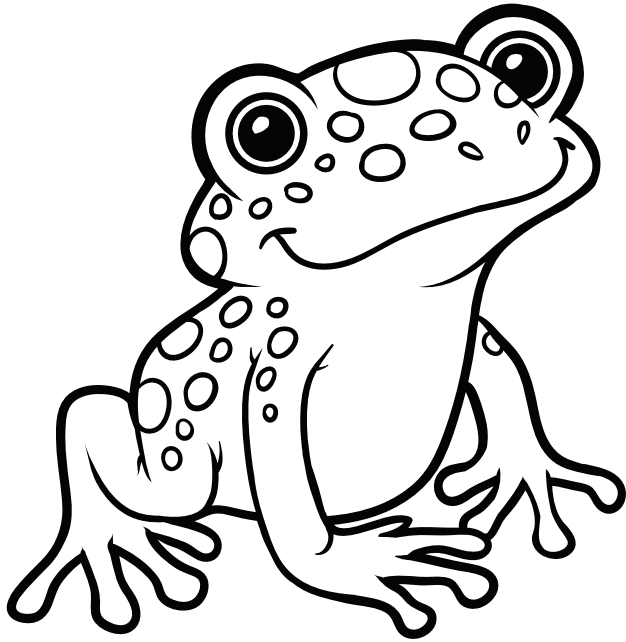
# Language & Communication Development

Children try to form words starting at a young age. Basic words, such as parts of the face, can be a great place to start. Even if your child cannot say the words, are they able to point to the picture that represents the words you are saying? For younger children, have them point to the picture. For older children, see if they can say the word, as well as identify which one is big and which one is small? Challenge them to cut out the parts of the face and glue them on a piece of paper or paper plate to create a face. Give them yarn for hair and markers to decorate the face.



# Physical Development & Health

There are many ways children learn how to develop large muscle control and coordination. One way is developing the skill to jump. All the animals below jump or hop. Challenge your child to jump or hop like each animal, then work on fine motor skills by coloring them in.



# Social & Emotional Development

Confidence and self-help skills are a large component of Social and Emotional Development. When your child is in our care, we have a picture schedule to help them know what is coming next. Use the pictures below that go along with our daily schedule to help your child navigate their day while at home. Feel free to add pictures to make it more applicable to how you have structured your day.

**Get ready**



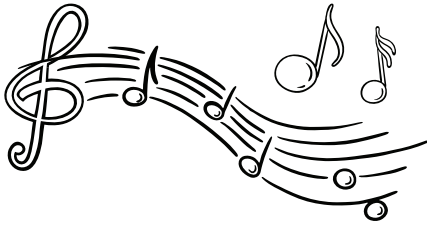
**Art Activity**



**Afternoon Story Time**



**Song/Fingerplay**



**Morning Outside Time**



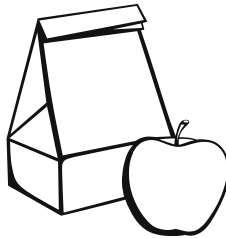
**Workbook Time**



**Morning Story Time**



**Lunch**



**Afternoon Outside Time**



**Learning Time**



**Nap/Rest Time**



**Clean Up Time**

