

18 to 36
Months

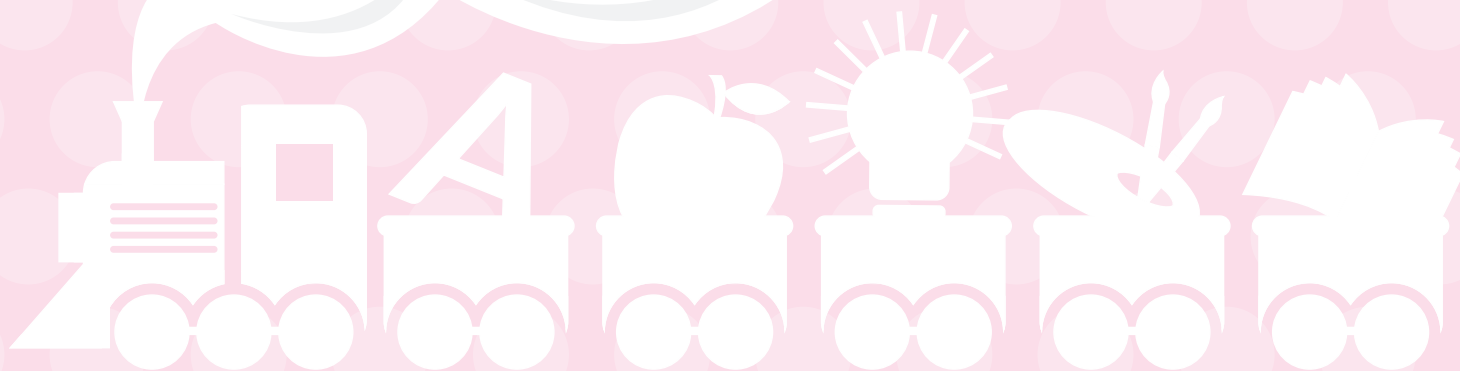
AWARE, CARE, & SHARE™



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

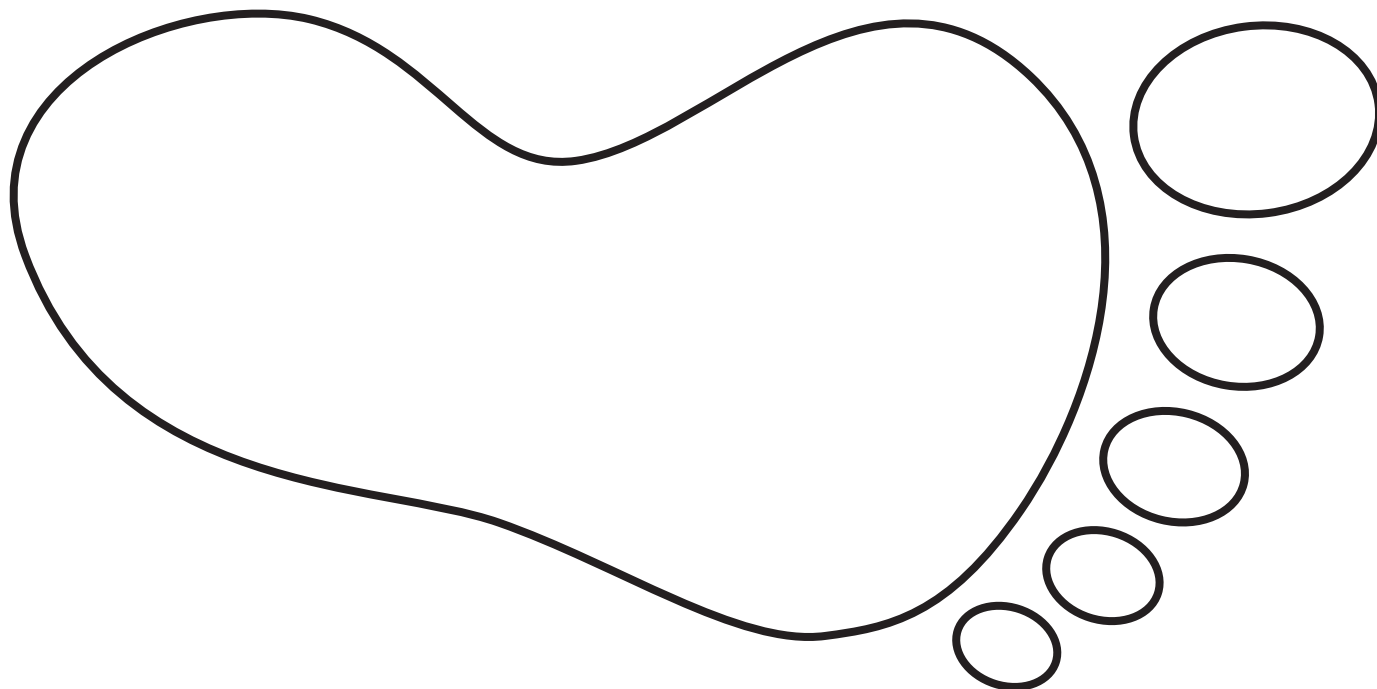
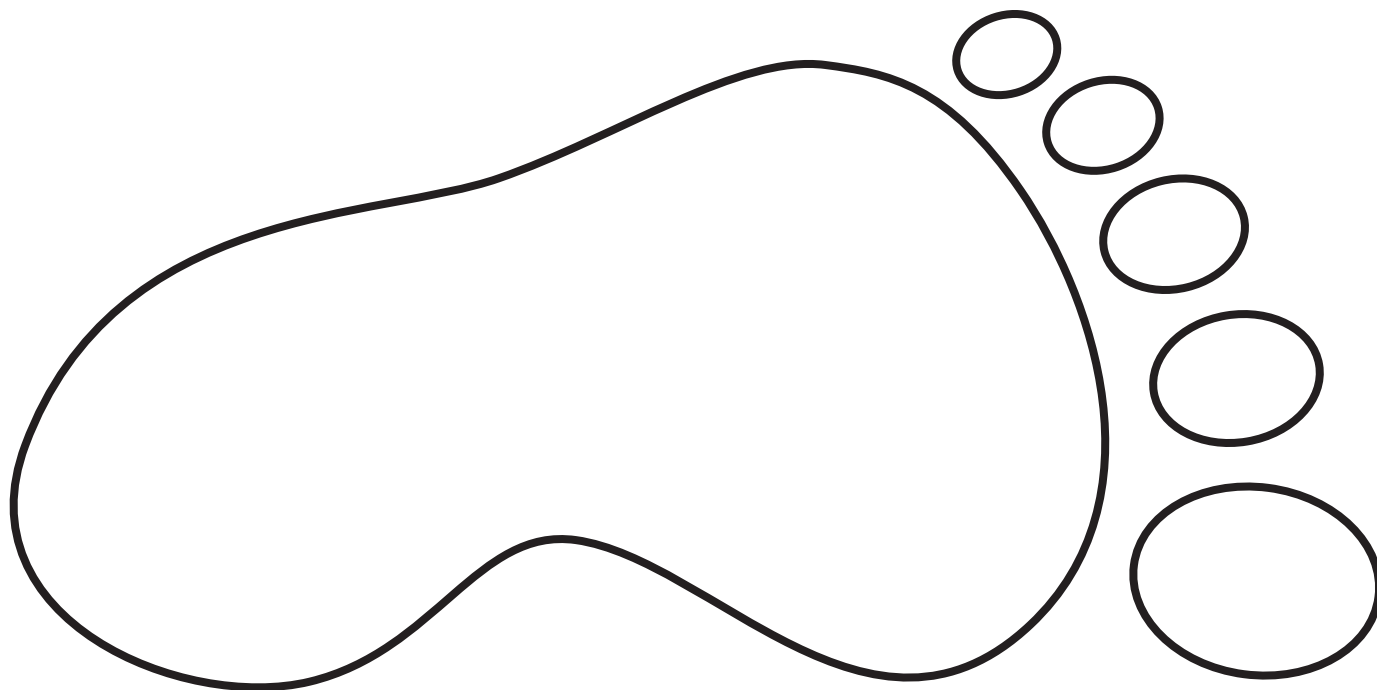


Dr. Susan
Chief Academic Officer

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

Approaches to Learning

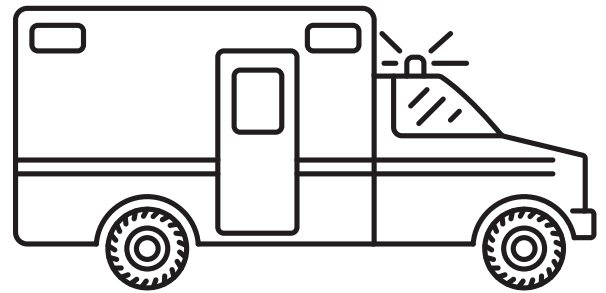
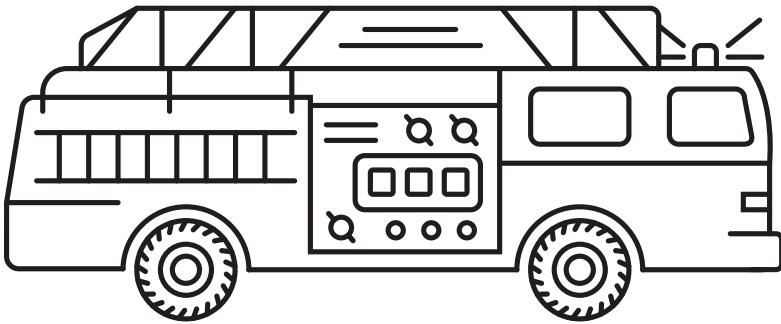
The ability to discern between fast and slow or loud and quiet can be developed by using music. Invite your child to color and cut out the footprints below. Tape them on the floor. Find a few songs that have a fast beat and a slow beat, and encourage your child to stomp their feet on the footprints.



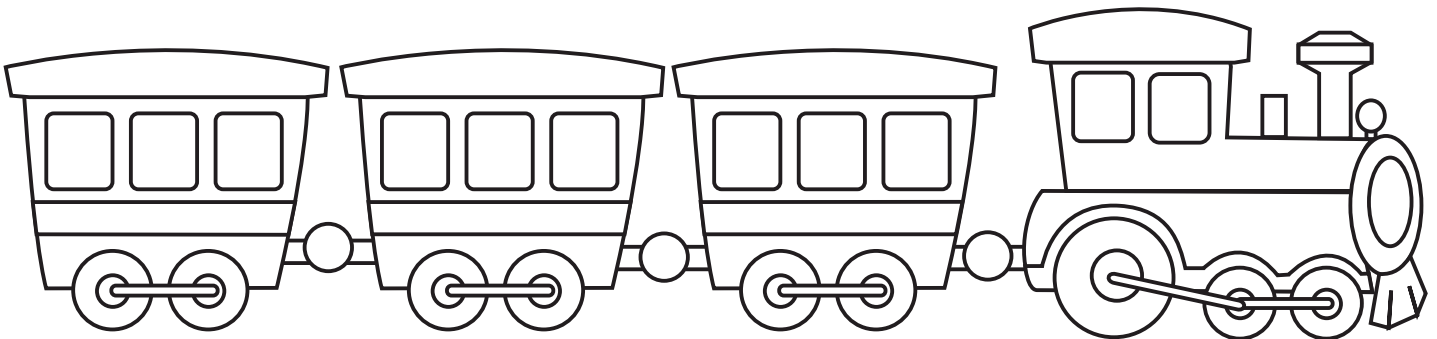
Cognitive Development

All sorts of different things in your life make sounds. Focus on the different modes of transportation shown below, and work with your child to identify the sounds they make.

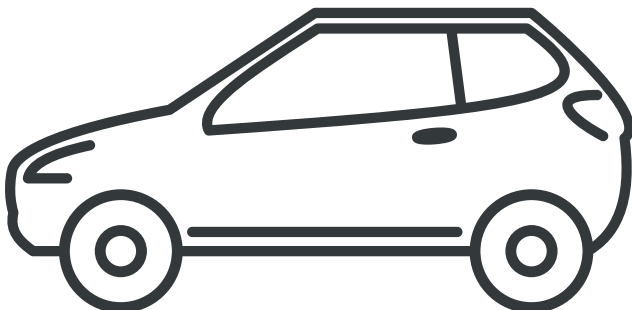
Fire Truck/Ambulance = Wee-Yoh



Train = Choo Choo



Car = Beep beep



Bike = Ding



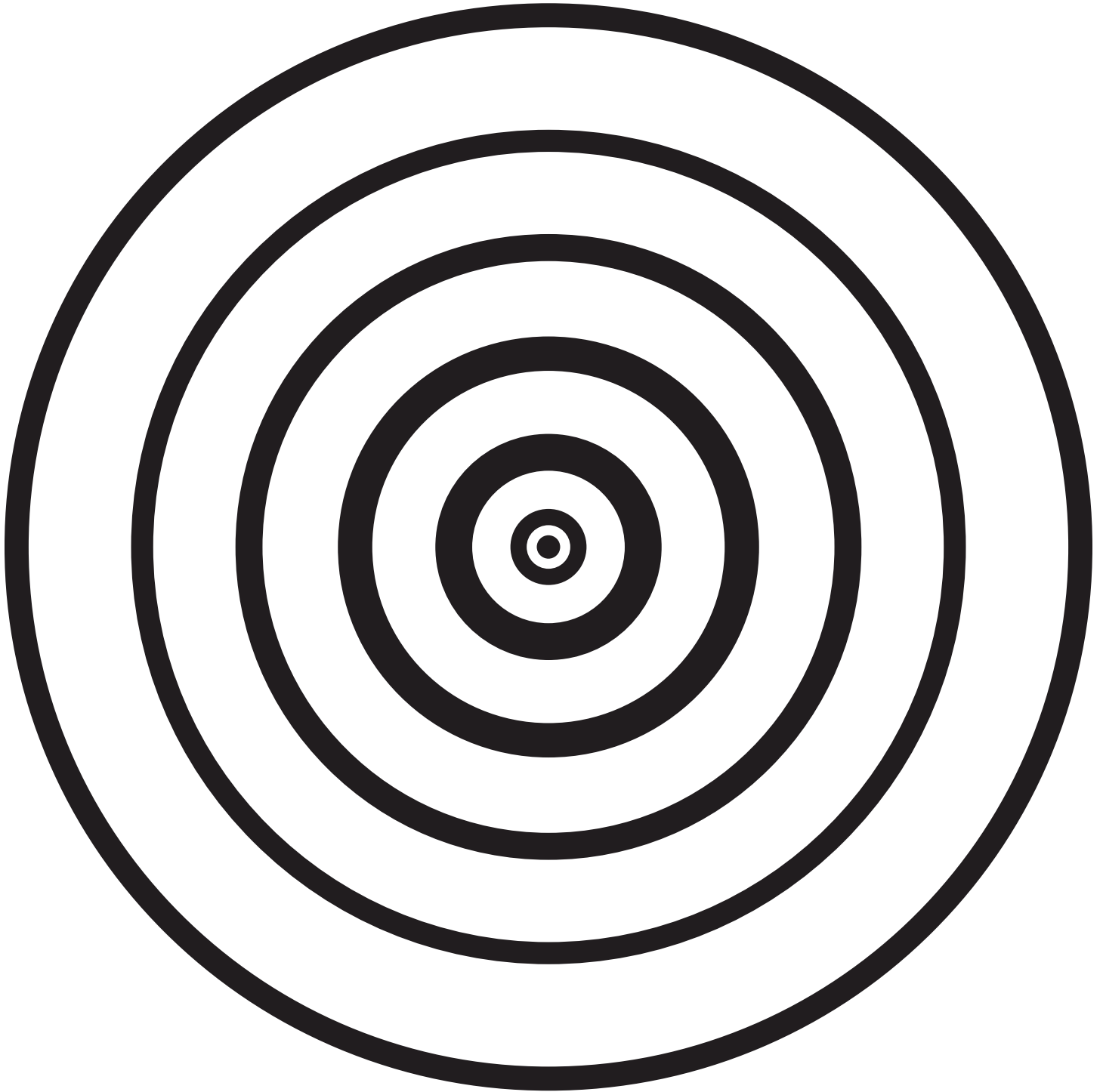
Language & Communication Development

One of the first steps in learning to read is to memorize songs, finger plays, and books. Using the pictures below, see if your child can remember a story that goes along with them. If not, see if they can act out or tell a story using these pictures.



Physical Development & Health

Hand-eye coordination is an important part of so many skills, such as writing, using utensils, etc. Use the target below to help build hand-eye coordination. Start from a short distance away, and throw bean bags (or anything that won't break or bounce), then work to increase the distance between your child and the target.



Social & Emotional Development

Identifying and expressing feelings can be difficult for children, especially because they can't always identify what they're feeling. One way to help develop this skill is to talk about your family. Using the pictures below, have your child identify the house that looks most like yours. They can color it, or use the drawing to recreate it with blocks or boxes. While they're building or coloring, talk about the people who live in your home and some of the wonderful things you have experienced together.

