

18 to 36  
Months

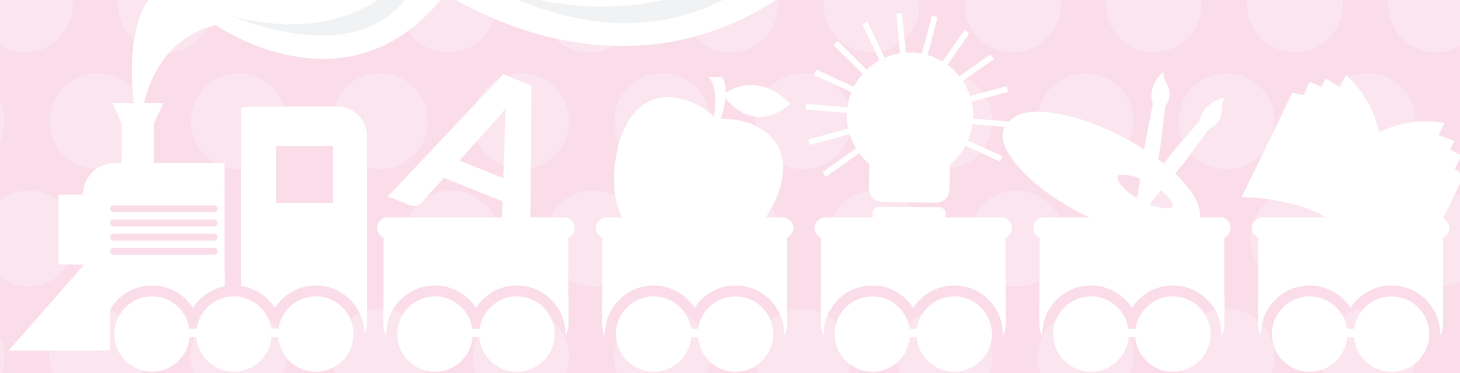
**AWARE, CARE, & SHARE™**



**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

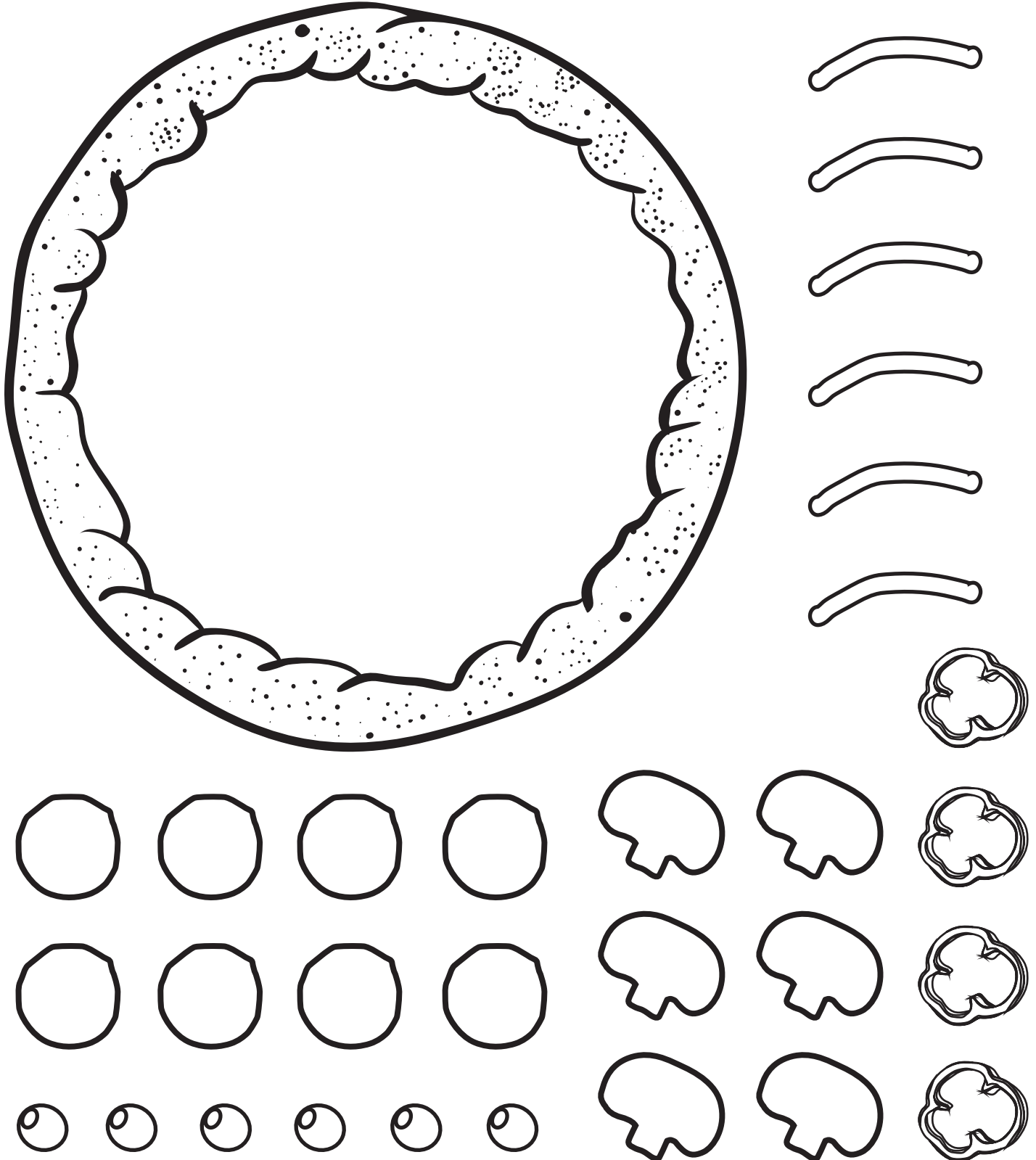


**Dr. Susan**  
Chief Academic Officer

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

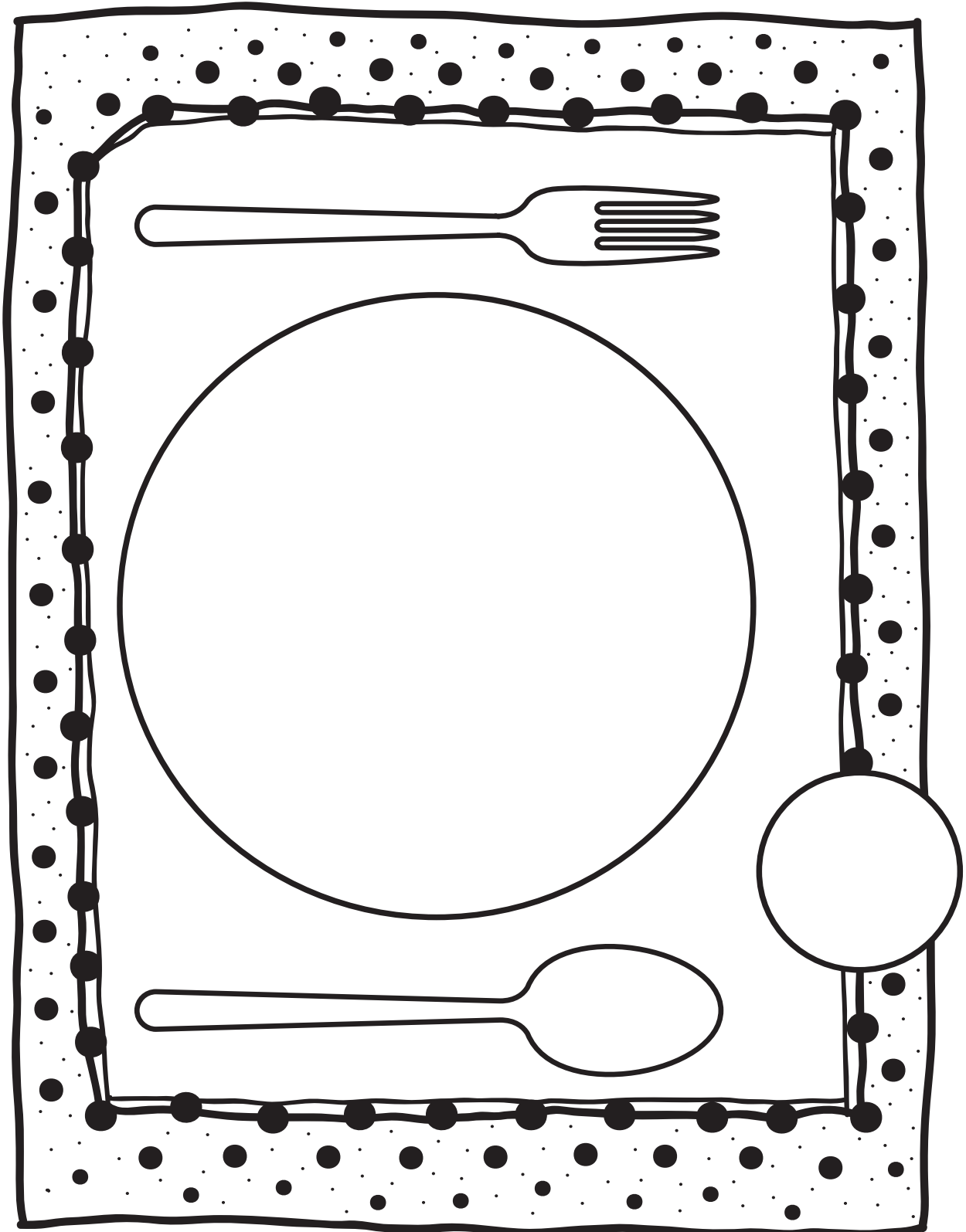
# Approaches to Learning

An important developmental milestone is for children to use materials in different ways, for example, using items to represent other objects or events. Encourage your child to color the pizza and toppings below. Cut out the pieces, and then have your child assemble their pizza.



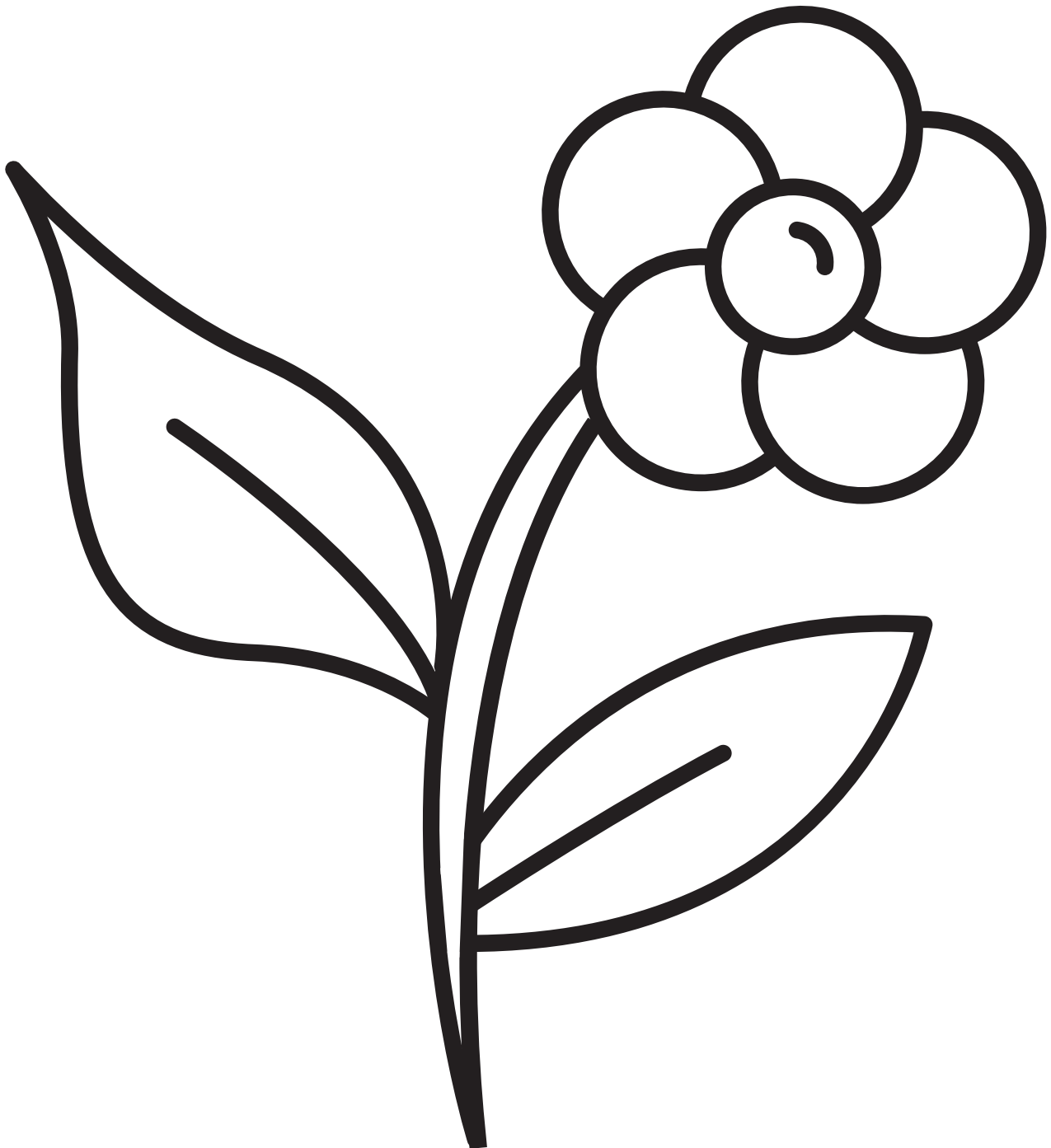
# Cognitive Development

Children begin learning math concepts before ever being able to actually count objects. Part of this process is learning how to match items in one-to-one relationships. Using the placemat outline below, have your child match items to the picture to create a place setting. Challenge them to use this skill and help you set the table for dinner!



# Language & Communication Development

Children learn basic ways to describe items and objects. It begins with identifying simple shapes and colors. Using the picture below, ask your child to color in the flower with their favorite color. Encourage your child to talk about what they are doing and why those chose their colors.



# Physical Development & Health

Handwashing is a very important skill to learn at any age, especially now. Talk to your child and help create the habit of washing hands by following these steps: Wet hands, lather soap, scrub hands (20 seconds), rinse, and then dry. Pick a song that your child knows to help ensure the 20 seconds of scrubbing takes place, such as the Alphabet song, or Happy Birthday (twice). For this activity, have your child color in the soap and the sink below. Then, go to the sink and practice proper hand-washing.



# Social & Emotional Development

Describing physical attributes of objects and people can be difficult. Hold a mirror up to your child and ask them what they see. Prompt them with questions about, for example, the color of their eyes and hair. Invite them to draw a pictures of themselves in the “mirror” below.

