

Toddler Newsletter

March 30, 2020



Hi everyone! For this week's newsletter, we're sending you 28 fun ideas for Spring Break (four per day). We hope you enjoy!

1. At home car/bike/toy wash! Get a bucket of water and a big sponge. Have them scrub your car, bikes in the garage, or even a bunch of toy cars and trucks.



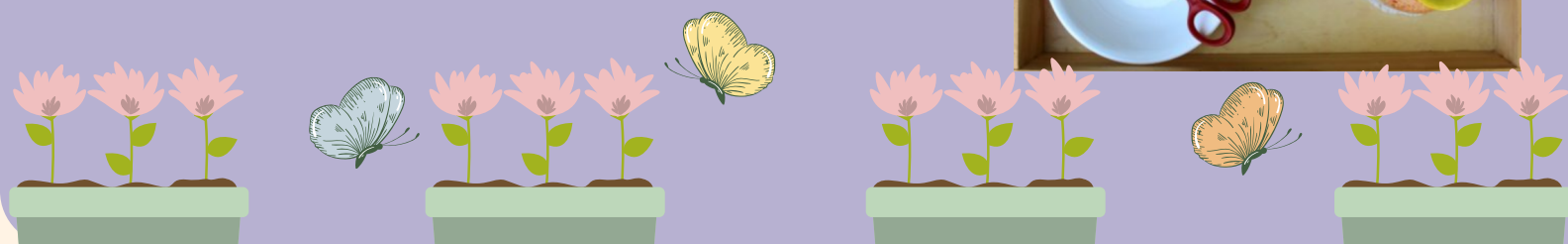
2. Painting with water: all you need is a bucket of water they can tote around with a paint brush. "Paint" rocks, the side of the house, the sidewalk (great way to remove chalk for new space to draw), etc.

3. Pouring work outside: Get a big bucket or plastic box and fill it with water. Add different sized containers for your child to use to pour water back and forth. For added fun, add bubbles!



4. Got weeds? Have your child help you de-weed the garden! They will love the tough work of pulling them up.

5. Flower Arranging. Can be done with fake flowers if real flowers are not available.



6. Make jam- [recipe here](#)



7. Bunny art project- Toilet/paper towel rolls. Take three toilet paper rolls and glue them into a bunny shape, or cut up a paper towel roll to achieve the same shape. Dip in paint and press onto paper, add grass or any other scenery! Keep these bunny projects for CGMS- The bunny is our mascot!



8. See & Sketch: Draw your own house, your favorite tree in your backyard, your family, your favorite food, your pet. Please share your creations!

9. I Spy around the neighborhood. Great for language development- share words for new colors, textures, and natural resources.

10. Is it raining/snowing? Create a cozy blanket fort for reading books, singing songs, or even taking a nap. What's cooler than napping in a fort versus your toddler bed?



11. Try out the seed project! Document how long it takes for your seed to sprout.

12. [Pizza Dough Recipe](#)- Get creative with toppings and send us your pictures!

13. Hunt for eggs inside or outside! Put the eggs in a pine tree to make it a little fun and different!



14. Make sun tea

15. Use a long roll of ribbon or painters tape and lay in any pattern for a balance beam. Cut elephant footprints from foam or paper

16. Shaving cream "cake decorating"

17. Make a pet rock using a flat rock and paint or food coloring

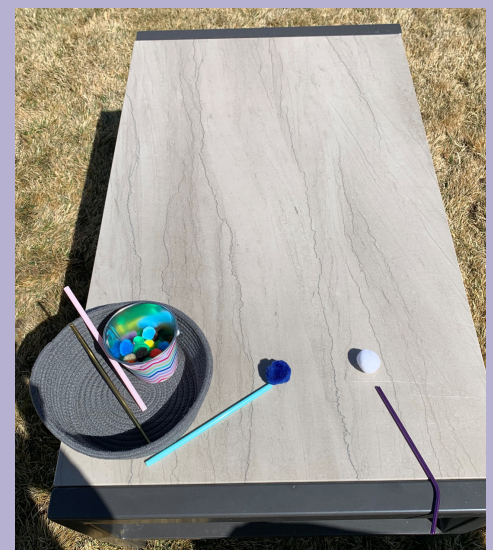
18. Sticker sorting activity

19. Recycled Giant Lacing Box: 1. When large cardboard box is assembled use screwdriver to puncture holes around half of the box so that a rectangle is formed at the bottom of each side. 2. Use a box cutter to cut box in half lengthwise. 3. Use box cutter to cut out solid piece that remains on box. 4. Cut a long length of yarn or string. 5. Tape one end of the string so that it does not unravel.

20. Oats and Easter Eggs Sensory Bin

21. Pom Pom Race: You will need 2 straws, a table, and pom poms or popped popcorn. Have both players line up on end of the table. Give both players a straw and see who can blow the pom pom across the table first!

22. Toilet paper roll haircuts



23. Flower Power Race! You will need 2 baskets or containers, flower petals (fake or real), leaves, or torn up pieces of colored paper, and a timer. Scatter the petals, then give each child a basket and have them collect the flower petals! Vary by timing them to race or who gets the most in 40 seconds, etc.



24. Color block puzzles

25. Animal insect or fish fun! You'll need an empty storage bin with lid filled with dirt, sand, rocks, or water, and play animals, fish, or insects. This can be used inside or outside - just put the lid on when done!



26. Free the animal fine motor activity

27. Take the stuffed animals out for a picnic! Your toddler can help prepare food for the picnic too



28. Animal tape rescue



Having a Daily Routine

by Leslie

Young children benefit from routines. Routines give them a sense of security and safety. During this time at home, typical weekday family routines have been disrupted. However, it's a good idea to create a new normal weekday routine. Doing so will help your child feel safe and happy, as well as help the day run smoother. A loose schedule can help ease power struggles because if a child knows that bath time always happens before bed, for example, they will be less likely to argue about it - because that's just how the routine goes. When toddlers know what to expect, it reduces stress and anxiety for them because they're not left wondering what will happen next. It can also encourage independence because a child isn't always waiting for the parent to tell them what's next. Once they learn that teeth brushing comes after breakfast or playtime is after nap, they can initiate these activities on their own.

Of course, things don't always go as planned and that's okay! If it's really cold, you won't be able to play outside for exactly one hour. Naps might run long or short. That's why I think it's easier to create a loose outline that works for your family and then stick to it as well as you can, adjusting timing as needed. But even a loose outline will provide structure and happiness for a toddler.

Here's an example of a toddler daily home routine:

- Breakfast
- Self care after breakfast: dressing, brushing teeth, combing hair
- Play outside or a walk
- Snack time (toddlers can help prepare snack too)
- Reading time
- Lunch
- Nap
- Independent play
- Dinner preparation (toddler could help or could do other practical life activities during this time if they are interested)
- Dinner
- Calming family activity (maybe an easy art project, reading, flower arranging)
- Bedtime routine (bath, books, bedtime or whatever works for your family)

A successful routine could look a lot of different ways depending on your child and your life. Do whatever works for you! A visual schedule is another great way to encourage independence. Here's a [how-to on visual schedules](#).