



Parenting Tip: Exercise and your preschooler

Over half of Canadian children are not active enough to ensure optimal growth and development. So.... exercise with your child everyday! Each day encourage your preschooler to participate in at least 60 minutes of structured physical activity. Such activities could include: swimming, walking, running, riding bikes, dancing, kicking, throwing, catching, jumping, skating, climbing, etc. and other active sports. If you cannot structure their day with activity such as these make sure that they have at least 60 minutes or more of unstructured physical activity, with free play involving movement like running, jumping, dancing, building forts, etc.

Recipes:

Fruit kabobs on wooden skewers:

Place an assortment of fruit (grapes, watermelon, strawberries, oranges, pineapple) Serve for a snack or with lunch. Be careful skewers are sharp! Supervise! Serve with plain yogurt for dip.

Veggies and dip:

Combine 1 cup plain yogurt, 1/2 cup spinach, 1/4 cucumber, 1/2 tsp. pepper, 1 tsp. lemon juice, 1 tsp. dill in a food processor. Blend until smooth. Use vegetables like peppers, broccoli, carrots and cucumbers and dip!





Rhymes: 5 little monkeys

5 little monkeys jumping on the bed (5 fingers jumping on a palm) One fell off and bumped his head (Point to head) Mama called the doctor and the doctor said (pretend to phone) No more monkeys jumping on the bed. (Nod head; shake finger) Continue: 4, 3, 2, 1 (Variation: 5 little snowmen riding in a sled... Frosty called the doctor)

Hi my name is Joe

Hi my name is Joe (Wave "hi") I work in a button factory I've got a wife and two kids (show 2 fingers) One day my boss came up to me and said "Joe are you busy?" I said "No I'm not busy" (Shake head "no") He said "push this button like this" (push button with finger) Repeat and keep adding buttons with both hands, feet and tongue!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Place pillows, large books or carpet squares all over the floor, then pretend that the floor is water and you have to step on the "rocks" or the "crocodiles" will get you.	During bath time, talk about body parts and see how many different ones your child can name, try different ones like "elbow, chin, ribs, ankle, etc."	Talk about rhyming words --words that sound the same. See how many words rhyme with "hop". Write them down to show your child what they look like.	Hide a small toy in one hand. Ask your child to guess "which hand it is in?" ... "this hand or that hand?" or for the older child "my right or left hand?"	With a brag book or photo album, have your child cover their eyes and cover part of the picture, then when they open them have them guess who or what it is.		Give your child a sheet of stickers, let them take them off and decorate another piece of paper or a coloring page.
Read a story together that has some fun rhymes in it (like a book of Dr. Seuss, or nursery rhymes).	Have your child help you wash some vegetables for a meal like potatoes, or carrots. Count the veggies also. Wash lettuce and have your child help you rip to make a salad.	Play and sing "Ring around the Rosie" together.	On a cookie sheet sprinkle some flour or cornstarch, with your child practice drawing numbers or letters in the powder.	Recite the days of the week with your child. Point to a calendar like this one while saying the days.	Place your child's snack in a container with a twist off lid. Other good twisting items are bolts and nuts that match, and plastic bottles with lids that twist on.	Have a "green" day. Wear something green. Play "I spy something green". Eat green snacks (peas, cucumber, celery, kiwi or honeydew melon, etc)
	Give your child some straws to practice cutting. Supervise and watch that they do not cut themselves.	Prepare some raisins, cut up grapes or even cubes of cheese. Before eating, ask your child to count their snack pieces with you as you place before them or put into a container.	Poke toothpicks into play dough to make a porcupine. Then count how many quills there are, together.	Play catch with your child with a medium sized ball. Help them learn how to catch with their hands extended or in their arms.	Make silly sounds together. Name an object and then make its sound. (try a fire truck, a lion, a cat fighting, a new puppy, a spaceship etc.)	Make a bank for your child, by cutting a slit in a plastic container lid. Have them practice sliding poker chips or buttons in. Repeat.
Sing the "ABC" song while washing your hands together. Talk about the importance of using soap and warm water and to scrub, scrub, scrub until the song is done!	Show your child how to nest containers, into one another. Bowls or measuring cups or stacking cups work well for this activity.	Practice going up and down stairs with your child. Encourage them to hold on to a rail or your hand for support at first. Eventually they will be able to go up with one foot per step.	Have your child practice using "yes and no" in their communication. Ask them questions "Do you like bananas?" "Do you like onions?" Encourage them to nod and say the answers.	With different colors of paper, place on the floor or table and then with toys (like blocks, cars that match the colors) classify and sort, as well as label the colors.	With a jump rope or string, tie to two chairs so that the rope is two inches off the floor. Hold your child's hand and practice jumping over the line, raise the rope to make it harder.	Have your child practice using a zipper. Place a jacket on the floor and show them how to do it up and undo it.