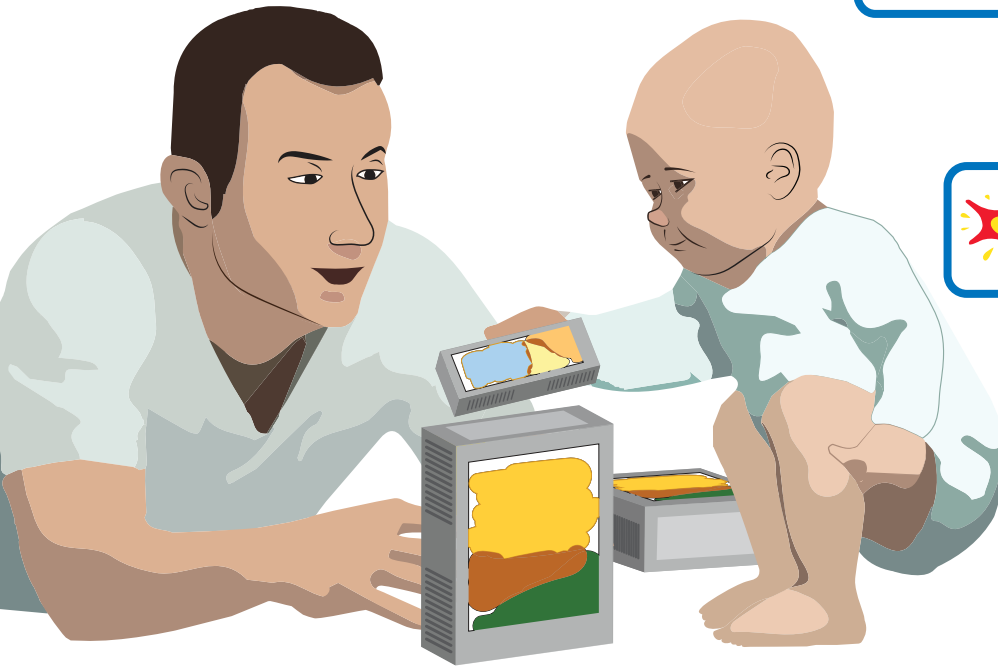


PLAY WITH YOUR TODDLER – INDOORS

TURN OFF THE SCREENS! GET MOVING WITH YOUR TODDLER



Help him roll a ball to knock over empty plastic bottles.



March in place or dance to music with her.



Let him splash and play in the tub.



Help him stack boxes and cans or pots and pans.



Put toys or books in a pillowcase for her to carry.



Drape a sheet over a table to make a cave or playhouse for her to crawl through.

**Set a good example.
Let your child see you being active!**

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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