

20-24 Month Play Ideas

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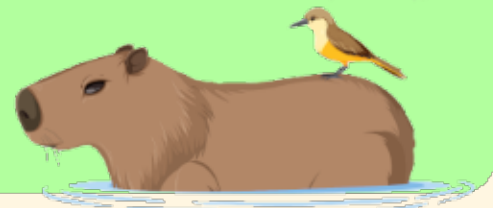
Play is a natural way for your young child to grow and learn. Activities in this list support key areas of development from your ASQ. Start with easy ones and see what they enjoy. Help your child build important skills while having fun.

Communication

Your child's language skills, what they understand and what they can say.

Rhymes and songs with actions are popular at this age. “Itsy Bitsy Spider,” “I’m a Little Teapot,” and “Where Is Thumbkin?” are usual favorites. Make up your own using your toddler’s name in the song.

A good body parts song is “Head, Shoulders, Knees, and Toes.” Get more detailed with body parts by naming teeth, eyebrows, fingernails, and so forth.



Gross Motor

How your child's moves their arms and legs.

Set up your own bowling game using plastic tumblers, tennis ball cans, or empty plastic bottles for bowling pins. Show your toddler how to roll the ball to knock down the pins. Then let your toddler try.

Make grocery sack blocks by filling large paper grocery sacks about half full with shredded or crumpled newspaper. Fold the top of the sack over and tape it shut. Your toddler will enjoy tearing and crumpling the paper and stuffing the sacks. Avoid newsprint contact with mouth.

Fine Motor

Your child's hand and finger movement and coordination.

Make your own playdough by mixing 2 cups flour and 3/4 cup salt. Add 1/2 cup water and 2 tablespoons salad oil. Knead well until it's smooth; add food coloring, and knead until color is fully blended. Toddlers will love squishing, squeezing, and pounding the dough.



Make your toddler an outdoor “paint” set by using a large wide paint brush and a bowl or bucket of water. Your toddler will have fun “painting” the side of the house, a fence, or the front porch.

Problem-solving

How your child thinks, plays with things and how they solve problems.

Hide a loudly ticking clock or a softly playing transistor radio in a room and have your child find it. Take turns by letting them hide and you find.

Add a few Ping-Pong balls to your toddler's bath toys. Play a “pop up” game by showing your toddler how balls pop back up after holding the toys under the water and letting go.



Find More Activities

Personal-social

Asks about feeding, dressing, and how they engage with others.

Playing beside or around other children the same age is fun but usually requires adult supervision. Trips to the park are good ways to begin practicing interacting with other children.

Toddlers enjoy looking at old pictures of themselves. Tell simple stories as you look at the pictures. Talk about what was happening when the picture was taken.

