

The Bunny and the Dog

Here's a little bunny

(hold up two fingers on one hand)

Sitting in the sun

(use the sign for sun- hold hand in a "C" shape around the eye and then move your hand up and out to the sky)

Along comes a little dog

(hold two bent fingers on other hand, with hand horizontal to the ground)

Watch that bunny run!

(place first hand behind your back)

Of course you can substitute anything your child wishes for the dog or the bunny.



Children learn by trial and error. As far as art supplies are concerned, children will not know how much or how little to use until they experiment.

In general, they will use extreme amounts at first. If you make your own paints, you will probably be more comfortable allowing your child to work through this developmental stage.

Homemade Paste Paint

Blend 3 Tablespoons of cornstarch with enough water to make a thick cream.

Add 1-1/2 cups boiling water, stirring continually. Add food dye to the mix until you get the color you want. You can also add more water if you want a thinner paint.

Allow the mixture to cool.



Indoor Tumbling

-no travel or tuition required

You don't need to spend a lot of money or time to provide your child with tumbling time.

Just set up a tumbling area, over carpet with some additional padding- like a few sleeping bags, a pile of blankets or a twin mattress.

Show your child how to roll like a log, over and over. Coach them to keep their arms above their head.

Show them how to do "egg rolls" by lying on their back, folding their knees to their chest with their arms holding them tight and rock back and forth.

You can also create a tumbling hurdles with tow long pool noodles. Coach them to go under, over and in between. To increase skills as needed, hold the noodles higher. Young children will also benefit from this activity by physically learning the words "under", "over" and "between".

These physical activities help children become more aware of their bodies, keep them active and will help them focus better on cognitive and fine motor activities.