



# AT HOME WITH TODDLERS

IDEAS / INSPIRATION / RESOURCES



# Contents Page

Introduction.....	03
Suggested Toddler Rhythm.....	04
Easy Recipes.....	07
Games & Activities Inspiration.....	13
Online Resources.....	35

# Introduction

This guide was created to offer you some inspiration whilst at home with your small children. The ideas are perfect for ages 2-6 years but can be used for older and younger children too. We have looked at many different resources and put together our favourite of what we found.

Take what you need. The best advice for parents during this challenging time is “you do you”. There is no one size fits all to being at home with our children for long periods of time.

We hope that what you find inside inspires great play, learning and bonding between you.

Wishing you all the best,

Wastonia Early Learning



# Suggested Toddler Daily Rhythm

<b>7:30am</b>	Brush Teeth + Get Dressed
<b>7:00am - 8:00am</b>	Breakfast Time, help tidy up
<b>8:00am - 9:15am</b>	Self Sufficient Free Play
<b>9:15am - 9:40am</b>	Play
<b>10:00am – 10:20am</b>	Morning Tea
<b>10:20am- 10:40am</b>	Storytime
<b>10:40am – 11:40am</b>	Movement Time
<b>11:40am - 12:00pm</b>	Learning Games
<b>12:00pm - 12.30pm</b>	Lunch
<b>12:30pm - 2:00pm</b>	Naps/ Quiet time
<b>2:00pm - 3:00pm</b>	Play
<b>3:00pm - 3.15pm</b>	Afternoon tea
<b>3:15pm - 5:00pm</b>	Play



## Play-based learning for preschoolers

Everyday activities can be fun learning opportunities. Pretending, creating and helping allows your child to discover new things. Play helps children learn about themselves and where they fit in the world. Evidence shows that play can support learning across physical, social, emotional and intellectual areas of development.

Let your child's imagination run wild. Encourage them to play dress ups or pretend to be a favourite character. Ask them to tell you about it.

**A few suggestions of good play experiences for toddlers include:**

- Drawing, painting, finger painting and making potato prints
- Emptying and filling containers in the bath or paddling pool – but never leave your child unsupervised
- Dressing up in your old clothes, shoes and jewellery
- Playing with dolls/toys/cars

**There are many activities suitable for indoors that you can play with your child.**

You can get creative with recyclable objects that you have around the house to build structures. It's inexpensive and encourages your child to use their imagination and think creatively.

**Ideas for indoor activities include:**

- Musical chairs and musical statues
- Making an obstacle course
- Jumping over soft objects or a rope
- Acting out stories
- Hide and seek
- Follow the leader games
- Throwing a softball or bean bag into a bucket



Involve your child in cooking and other household duties. Cooking teaches about healthy food, numbers and measurement, science, sharing and new words.

## Talking with your child

Talking and interacting with your child regularly increases their language and listening skills. While helping to grow their confidence in language. Outings can also provide a world of new vocabulary. Discussion during outings can enrich your child's understanding of the world.

### **Other fun activities can include:**

- Share rhymes, poems and songs. Encourage your child to join in.
- Share and talk about family histories and family photos.
- Look at picture books or art books. Ask your child to describe what is happening in the pictures and make up stories together.
- Look at 'junk mail' and talk about the things you see in it

## Book Chats

Chat about the book before, during and after reading. Encourage your child to share their ideas and to ask questions about the book.

### **Here are some questions you can ask before, during and after reading the book:**

- Look at the cover. What do you think this book might be about?
- How would you describe the character at the beginning of the story?
- How does the place the book is set in make you feel?
- What is happening in the pictures?
- What do you think is going to happen next?
- Why might a character have done this? What would you do in the same situation?
- Who was your favourite character in the story? Why did you like that character?
- What was your favourite part of the book?

# Easy Recipes

A decorative background featuring two large, overlapping wavy shapes. The top shape is a muted teal color, and the bottom shape is a light salmon or peach color. They overlap in the center of the page, creating a layered effect.



# Chocolate Brownie Cake

Serves: 6-8

## Ingredients:

- 100g butter
- 175g caster sugar
- 75g light brown or muscovado sugar
- 125g chocolate (plain or milk)
- 1 tbsp golden syrup
- 2 eggs
- 1 tsp vanilla extract /essence
- 100g plain flour
- ½ tsp baking powder
- 2 tbsp cocoa powder



## Method:

1. Heat oven to 180C/fan 160C/gas 4. Grease and line a 20cm cake tin.
2. Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan and melt gently on a low heat until it is smooth and lump-free.
3. Remove the pan from the heat.
4. Break the eggs into the bowl and whisk with the fork until light and frothy. 5 Add the eggs, vanilla extract or essence, flour, baking powder and cocoa powder to the chocolate mixture and mix thoroughly.
5. Put the mixture into the greased and lined cake tin and place on the middle shelf of the oven. Bake for 25-30 mins.
6. Remove and allow to cool for 20-30 mins before cutting into wedges and serving.
7. Serve with cream or ice cream and plenty of fresh fruit.



# Apple and Strawberry Muffins

Serves: 12

## Ingredients:

- Apples peeled and grated
- 3 large eggs
- 100 g (3.53 oz) self-raising flour
- 2 tsp cinnamon
- 2 tbsp maple syrup
- 90 ml (2.71 floz) sunflower oil
- 50 g (1.76 oz) dried strawberry pieces



## Method:

1. Preheat oven to 200°C (180°C fan-assisted), gas mark 6, 400F.
2. Put the grated apples in a large bowl with the eggs, maple syrup, and oil. Mix.
3. Add the self-raising flour and cinnamon. Mix again.
4. Add the strawberries and fold through.
5. Spoon the batter into a lightly oiled, greaseproof 12 hole muffin tin.
6. Bake for 15-20 minutes, until golden and cooked in the centre. Stick a skewer in the centre of a muffin to check they are cooked – it should come out clean.

# Dairy & Gluten Free Jam & Coconut Thumbprint Cookies

Serves: 40 cookies

## Ingredients:

- 300g Gluten Free Self Raising Flour
- 300g Golden Caster Sugar
- 200g Shredded/Desiccated coconut
- 200g Melted Coconut Oil (I used Vita Coco)
- 2 Beaten Eggs
- Approx 100g jam of your choice

## Method:

1. Preheat your oven to 180c.
2. Grease and line several baking trays
3. Melt your coconut oil and add to all of your other ingredients aside from the jam and mix well.
4. Using approximately a teaspoon of the mixture roll into balls between your palms and place the balls on the baking parchment spaced about two inches or so apart, using the base of your palm squish the balls so they are flat circles.
5. Using your thumb press lightly so there is a dent but not a hole and fill each space with a small amount of your jam – try not to overfill.
6. Bake for approximately 8-10 minutes until the edges are golden brown but the centre is still pale.
7. Place the parchment on a cooling rack. Leave on the parchment for a few minutes as they are much easier to remove.



# Raspberry Banana Cookies

Serves: 18

## Ingredients:

- 40g (1/4 cup) Sultanas / Raisins
- 2 Ripe bananas
- 95g 1 cup Oats
- 1/4 tsp Cinnamon
- 100g 1 cup Frozen raspberries



## Method:

1. Pre heat oven to 180C
2. Add sultanas into a bowl and soak in boiling water
3. In a large mixing bowl, mash the bananas to a puree consistency.
4. Add the oats & cinnamon and stir through. Add the raspberries and stir until the raspberries have broken down and incorporated into the mixture.
5. Drain the sultanas and add to the mixture.
6. Form tablespoon sized balls (add more oats if you need to make the mixture firmer) and place on a greased baking tray (I used coconut oil)
7. Flatten the balls to form cookie shapes and cook for approx 15 mins.
8. Allow to cool

# Chocolate Chip Cookies

Serves: 10

## Ingredients:

- 125g unsalted butter, at room temperature
- 50g / 1/4 cup light brown sugar
- 1/2 tsp vanilla extract
- 1 medium egg
- 100g / 3/4 cup wholewheat flour
- 100g / 1 cup rolled oats
- 1/4 tsp bicarbonate of soda
- 50g / 1/3 cup chocolate chips

## Method:

1. Preheat the oven to 180c / 350f and line two baking trays with parchment paper.
2. In a large bowl beat together the butter and sugar with an electric whisk. Add the egg and vanilla and beat for another few seconds.
3. Add in the flour, oats and bicarbonate and mix well.
4. Finally mix in the chocolate chips.
5. Divide the mixture into 10 equal sized dough balls. Place them on the baking trays and then press down into a cookie shape.
6. Bake for 15 minutes. Allow to cool for a few minutes on the trays before moving to a wire rack to cool completely.
7. Store in an airtight container for up to 4 days.



# Learning Games For All Ages





# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  |   |
| Do a somersault.  |   | Pretend to shoot a basketball 10 times.   |
| Wave your arms above your head.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Walk like a bear on all 4s.   | Balance on your left foot for a count of 10.  |   |
| Walk like a crab.   | Balance on your right foot for a count of 10.   | Pretend to ride a horse.  |
| Hop like a frog.  | Bend down and touch your toes 10 times.   | Pretend to milk a cow.  |
| Walk on your knees.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Take 5 of the biggest steps forward that you can.   |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   | Pretend to lift a car.  |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
|   |   | Scream.   |





# what's *fit activity* for kids your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

1.

## Hot and cold game

See his favourite stuffy over there? Hide it and then have him search the room. If he's wandering away from it, he's cold, and as he gets closer he's warm, warmer, hot! If he gets frustrated, you can hold his hand while he looks around. This game will sharpen your kid's emotional skills—he'll learn patience, perseverance and the idea that just because you can't see something, it doesn't mean it isn't there.



## 2.

## Parachute

Spread out a large sheet and have everyone hold an edge tightly in both hands. Working together, you can slowly raise it overhead and say “Up, up, up!” then lower it saying “Down, down, down!” When you call “Under, under, under!” everyone can let go of the sheet and hurry under. Alternatively, you can get under the sheet while still holding its corners. This game helps kids develop their fine motor skills while teaching them to wait and listen.



## 3.

## Scavenger Hunt

Is there anything more fun than a scavenger hunt? Send your toddler hunting for objects around the house based on commands, such as “find me something round” or “find me something red.” Or, you could ask her to choose a bunch of random objects and ask her questions like “Which one is blue?” or “Which one is longer?”

## 4.

## Hide-and-seek

Teach your little kid problem solving skills by hiding from him! Or, if you'd rather not hide, you can always ask your her to hide an object in another room or sneaky spot of her choice—it could be as simple as asking her to go put a wrapper in the trash without telling her where the trash can is.

## 5.

## Obstacle course

Promote gross motor skills, coordination and balance with a fun, safe obstacle course. If space allows, you can set up a small course in your living room or outside in the yard to get your kid rolling, jumping and running around, over or under objects or markers.

**Tips:**

You can set it up in another room and then direct children how to go through each part. Set up a tunnel with a blanket, chairs and an end table. Aa folded blanket can serve as a balance beam. Four masking tape X's serve as spots for them to jump from one foot to the other. Finally, a footrest with a stack of pillows made a great place for somersaulting off. You can then change direction and go the opposite way through the course.

Older kids could have to do the course walking/crawling backwards. Smaller children could do different rounds being various animals (hop like a frog, roar like a lion, flap like a bird, etc.) For babies, you can make each activity more about textures and small feats.



## 6.

## Odd one out

Place a series of blocks of the same colour in front of your toddler, making sure to add at least one block that's a different colour (you could also do this with small fruit or veggies). Once they have had a chance to look at all the blocks, ask her which one is the odd one out.

## 7.

## Bathtub with Stuffed Animals (& no water!)

Have a fun playtime with all your child's favorite stuffed animals! Just simply put them in an empty bathtub and let them play. Kids can play for a long time using their imagination. They might pretend they are on Noah's ark during the flood.

## 8.

## Car Wash with Toy Cars

Grab your toy cars and get them cleaned in a car wash! First set the toy cars up by the sink. Then fill the sink with soapy water. Have a bucket of water on the other side to rinse the cars off. Lastly dry them with a towel. This is a great activity to learn how to follow steps. You could also do this with action figures, dolls, little animals, etc.

9.

## Car Ramp

Draw lanes on a cardboard box to make a car ramp. Let them race their cars down it.



## 10.

## Fine Motor Practice with cereal

Just take some play dough, roll it in a ball, then stick spaghetti noodles on the top. Have your toddler slide cheerios down the noodle. It's simple, but great for practicing fine motor skills! And it really keeps them busy.



## 11.

## Melting Ice

There's something about melting ice that's fun for kids. You can freeze water balloons and then squirt them with warm water in squeeze bottles. It's also a great science lesson on water and ice.

Or you could put little dinosaurs/figurines in the water balloons and make them into Eggs! Simply cut the balloon off after it's frozen.





# 12.

## Sticking Beans!

Beans, Paper, Bottle of Glue.

Picking up little beans builds fine motor skills. Making art with non-art materials teaches kids to think outside the box. Problem-solving skills will be encouraged as children make choices about where and how to place the glue and beans



## 13.

## Guess Again!

This simple game will help your little thinkers put their brains to bed before their bodies settle in for the night. Lay out a toy grid on the floor and have a blanket at the ready. Then it's eyes shut tight while mom or dad hides ONE toy under the blanket. Open your eyes and the search is on as your little Sherlock tries to figure out which toy is missing??

## 14.

## One for you, one for me

Perfect for younger toddlers, this game teaches sharing. Set out a pile of objects like crayons or buttons and ask him to distribute them between you while saying “One for you, one for me.” Make sure you each have a container to hold your growing collections.

## 15.

## Indoor Pool Party

Fill the tub up nice and full and added a few drops of aqua gel food colouring to give it a pool feel, then collected a few pool/summer things – beach balls, a watering can, a pail and shovel, some water wings, and a water bottle.



## 16.

## Abstract Art in the bath

How to Make DIY Kids Bath Shapes:

Supplies: A smooth foam sheets or textured foam sheets in your choice of colors, scissors & kiddo in a bubbly bath!

Steps: Use scissors to cut your colorful foam sheets into various basic and abstract shapes. I used textured foam sheets to add an extra tactile sensory element.



## 17.

## Tape Shape Game

A simple roll of low-tack Painter's tape can be used to make shapes spaced out like an obstacle course to get kids exerting their energy in all sorts of creative ways.



# 18.

## Tape Lines

Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the “start” line and then give your kids simple instructions:

- Long Jump: See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
- Run ‘n’ Jump: Now let them take a running start and see if they can jump even further!
- Long Jump Backwards: Increase the difficulty by performing the tasks jumping backwards.
- Hop: How far can they jump on one leg?
- Reach ‘n’ Stretch: How far can their leg reach with one foot on the “start” line?



## 19.

## Shadow Drawing

You can draw the shadows of a person or any toys / animals you have.

If you have chalk you can also draw on concrete outside



# Online Resources:



Little Science and Dinosaur Walk.  
Museums Victorian Online

<https://museumsvictoria.com.au/learning/online-resources-and-tools/>



Yoga and Relaxation/Storytelling,  
Movement and Gross Motor Skills

<https://www.youtube.com/user/CosmicKidsYoga>



ABC KIDS PLAY

<https://www.abc.net.au/abckids/abc-kids-play-app/11131080>



Port Phillip e-library

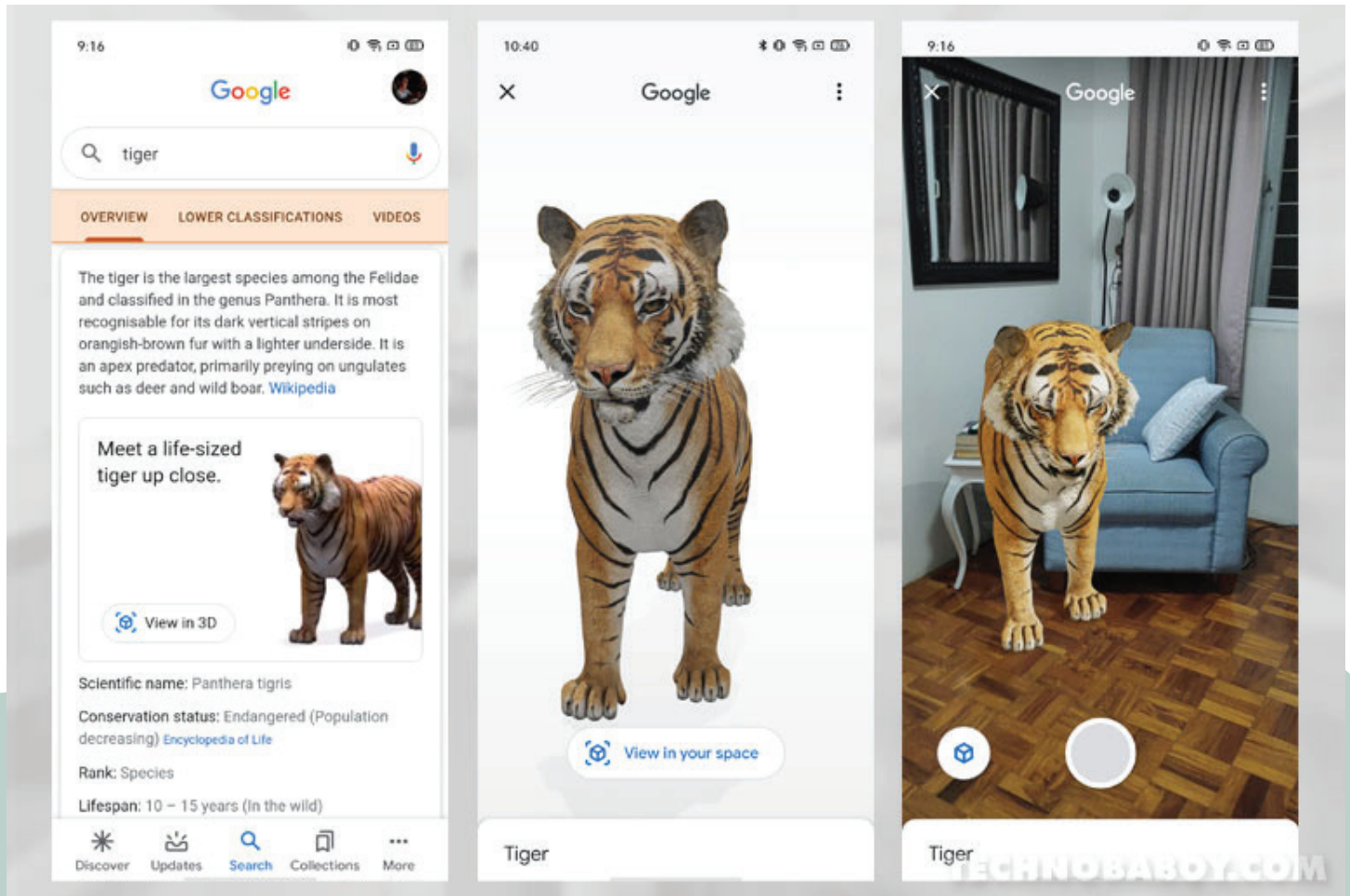
<https://library.portphillip.vic.gov.au/eLibrary>



Zoos Victoria Online Streaming

<https://www.zoo.org.au/animal-house/>

# Google 3D Animals - brought into your home!



## Google 3D Animals List

- Alligator.
- Angler fish.
- Brown bear.
- Cat.
- Cheetah.
- Dog.
- Duck.
- Eagle.
- Lion.

Using a smartphone, type the animal name into Google, and hit search, scroll down to where it says 3D, click it and on your phone the option will appear to hit AR (augmented reality) wait for it to load, and the animal will arrive in your home. Finger pinch to make them bigger or smaller.

Tips - when the animal appears ask your kids questions “what should we call him?” “what size is he meant to be?” “what does he eat?” “what does he like to do?” “where does he usually live?”