



## ZERO TO FIVE MESSENGER

### Winter 2021

### Encouraging Speech in Toddlers

As a toddler, your child is starting to master language. You can encourage toddler talking skills with everyday play ideas—listening to your child, chatting together, singing and telling stories, saying nursery rhymes, and reading. What to expect: toddler talking-

#### Your toddler will probably start to:

- Speak in correct sentence from 24-30 months
- Be understood more by strangers from 26-36 months
- Use pronouns (I, you, me, we, they) and some plurals from 26-36 months
- Understand most of what adults say by about three years.

**By Age 2:** Your toddler will probably enjoy naming everyday things, like ‘doggie’ and ‘drink’. Also, understand a simple request, like ‘bring me your book’ or ‘wave bye-bye.’

**By Age 3:** Your child will probably move on to simple sentences, like ‘Where doggie gone?’

Talking can be frustrating for toddlers—they can have so much to tell but can’t quite get the words out. If you give your toddler time, they’ll get there eventually. Trying and making mistakes are important parts of learning. Toddlers respond best to encouragement and interest, rather than correction or being made fun of, so try to avoid correcting your toddler’s mistakes too often.

Learning to talk is a complex skill. When you’re helping your child express himself, try to focus on having fun together.

(<https://raisingchildren.net.au/toddlers/play-learning/play-toddler-development/talking-play-toddlers>)  
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### Activities to Encourage Speech & Language Development

There are many ways you can help your child learn to understand and use words. See a speech-language pathologist if you have concerns. For more information visit <https://www.asha.org/public/speech/development/Activities-to-Encourage-Speech-and-Language-Development/>

#### Birth to 2 Years

- Say sound like “ma,” and “ba.” Try to get your baby to say them back to you.
- Look at your baby when he makes sounds. Talk back to him, and say what he says. Pretend to have a conversation.

#### 2 to 4 Years

- Ask questions that include a choice. “Do you want an apple or an orange?”
- Help your child name body parts.

#### 4 to 6 Years

- Help your child learn new words, then tell him what it means. For example, say “vehicle” instead of car. You can say, “I think I will drive the vehicle to the store. I am too tired to walk.”

### NUTRITION CORNER



#### Free Summer Meals Extended

The Department of Agriculture (USDA) is allowing the Griffin-Spalding County School System (GSCS) to offer free meals to all kids, regardless of income or enrollment, through **June 30, 2021**. This will allow **any child age 18 and under** to take part in the free meal program. For more information contact Mr. Robert Wheeler - GSCS Director of Nutrition

# Science Activities for Toddlers to Try

These are some awesome science activities for toddlers for a fun science theme, learning all about science. They help a child explore, observe and take notes. Science is about experimenting, trial and error. For more ideas visit <https://handsonaswegrow.com/science-activities-toddlers>.

Experiment with your child and have fun!

## Nature

1. Make a nature collage.
2. Toddlers can paint with nature (leaves, rocks, sticks)
3. Go on a scavenger hunt.
4. Explore textures they find in their backyard.
5. Dig up dirt together.
6. Build a bird's nest.

## Physics

1. Explore gravity!
2. Paint using gravity.
3. Visit the Inspiration Laboratories for more ideas  
<https://inspirationlaboratories.com/tag/a-to-z-science/>

## Weather

1. Paint puffy clouds
2. Go on a hunt to see if you can make real rainbows
3. Make a set of weather sensory bottles from Pocket of Preschool.

## Human Body

1. Make a body book from *I Can Teach My Child*
2. Have your toddler wash their doll! From *Living Montessori Now*
3. Sing body songs from *The English Club*.



## Helpful websites:

[cdc.gov/coronavirus/2019](https://www.cdc.gov/coronavirus/2019)  
[www.verywellfamily.com](https://www.verywellfamily.com)  
[www.thekidzpage.com](https://www.thekidzpage.com)  
[www.kidshealth.org/kid](https://www.kidshealth.org/kid)



## IMPORTANT WINTER DATES

January 1 New Year's Day  
January 18 MLK Birthday Observance  
February 2 Groundhog Day  
February 12, Chinese New Year  
February 14 Valentine's Day  
**February 15-19 GSCS Winter Break**  
February 15 President's Day  
February 17 Ash Wednesday  
March 17 St. Patrick's Day  
**April 5-9 GSCS Spring Break**  
April 4 Easter

## Suggested Reading List

- *Little Quack Loves Colors* by Lauren Thompson
- *Baby Dance* by Ann Taylor
- *Mindful Day* by Deborah Hopkinson
- *There's a Wocket in My Pocket!* by Dr. Seuss
- *Daytime Nighttime* by William Low
- *Franklin and the Tooth Fairy* by Paulette Bourgeois & Brenda Clark

