

AT-HOME TIPS to make the most of everyday moments with your toddler



Everyday routines with your toddler can be more than “routine.” Whether it is mealtime, play time, or bedtime - turn everyday moments with your toddler into valuable, brain-building moments.



MORNING

BRUSH TEETH

Tip



Toothy Twosome

When brushing your teeth, have your child be your partner. Let them brush their own teeth first, then give them your toothbrush so they can help brush yours. Ask, “Can you help me brush my teeth? Can you brush the ones in the front, and then the ones on the sides?” Take turns.

Brainy Background

Sharing a moment and taking turns is one of the most important ways you can promote your child’s learning today and in the future.



AFTERNOON

NAP TIME

Tip



Good Morning, Good Night

Is your child beginning to pretend? Then you can play the Good Morning, Good Night game. When you say, “Good night,” they can pretend to sleep by lying down and closing their eyes, and when you say, “Good morning,” they can get up and dance!

Brainy Background

Pretend play helps your child make sense of their world and everyday situations. This game is a good way to help them understand more about going to sleep and getting up. It also encourages them to pay attention, follow the rules of the game, and control their behavior.



EVENING

BATHTIME

Tip



Bathtime Stories

When your child is in the bath, make up a story about a child just like them who takes a bath too. You can say things like, “First, they washed their hair” while you wash their hair, or “Then they splashed in the water,” and see if they splash too.

Brainy Background

When you make up stories, you’re introducing your child to creative ways of thinking while sharing lots of new words with them. They’re learning focus and self-control as they listen closely, and making connections when they move their body to your words.



MORNING

BREAKFAST

Tip



One, Two Foods

Pick two food words, such as “banana” and “apple,” to make a word pattern two times. Repeat with your child, “Banana, apple, banana, apple.” Have them pick two food words and make a pattern two times: “fork, spoon, fork, spoon.” Talk about which word comes first and second.

Brainy Background

When your child is choosing words, listening to words, and making patterns with you, they’re creating and then using a rule. Understanding and applying rules in creating patterns will them learn math concepts as they grow.



AFTERNOON

ACTIVITY

Tip



Mail Time

Talk to your child about getting mail and what it means. Then write them a note or give them a piece of junk mail or store flyer and say, “Mail Delivery!” After they “open” it, take turns talking about the letters, pictures, colors, and designs.

Brainy Background

This game sets the stage for a back and forth conversation. As you talk about mail, your child’s vocabulary grows. As you point at the letters, they begin to understand that the lines on paper stand for sounds, words, and objects. This is a big step in becoming a reader.



EVENING

BEDTIME

Tip



20 Questions

When you’re reading or telling a story to your child at bedtime, ask them questions about the story. Pause the story and ask: “What do you think will happen next? How do you think the character feels? What would you do if that happened to you?”

Brainy Background

Asking questions (what, where, when, who, why) helps your child learn to focus and pay attention to the details of the story and use critical thinking skills. These questions also build their memory.



Visit WeAreBrainBuilders.org for more information on brain building tips to make the most of everyday moments with your toddler.