

Tips and Activities for Parents of  
Children 18 to 36 Months • Year 1

## God Gives Me Food

**“God gives us food.”**

(See Genesis 1:29.)



**This month we will help your child:**

- hear words and songs about God’s gift of food;
  - feel thankful for good food;
  - taste and identify several foods.
- (Alert nursery staff of any food allergies your child has.)

## November

Do these activities with your child to continue the learning your child has experienced at church.

## Little Activities for Little People

Toddlers

- A toddler seldom comes to you and announces, “I’m tired!” However, each child has his or her own signals to let everyone know when a brief rest is needed. Be alert to provide a few quiet minutes for sitting in your lap, looking at a book or singing a quiet song.
- When a playmate visits your child, expect your child to be reluctant to let the intruder use his or her toys. A ball is an excellent toy to begin helping a child have fun taking turns. Roll it first to your child, and then to the visitor. Continue alternating, talking about who has the ball now. Provide several similar toys for the children to share. However, if a conflict arises, avoid scolding your child for being selfish. That will only make your child feel more insecure and reluctant to take turns.

### Tell It!

Jesus Gave Food to His Friends

Jesus’ friends were hungry.  
So Jesus cooked some fish and bread.  
“Come and eat!” Jesus said.  
The fish and bread tasted good.  
Jesus’ friends were glad He gave them food.  
We are glad for our food, too.  
(See John 21:9-13.)



To taste my cracker.  
Thank You, God,  
For my cracker.



Do this finger play with your child before giving him or her a snack. If your child is interested in what you are doing, ask, **Where is your nose?** **Where is my nose?** Watch your child point to the noses. Then do the whole finger play, encouraging your child to do it with you. While your child is eating his or her snack, do the finger play again. (If you are having a different snack than crackers, use the name of your snack in the finger play instead of crackers.)

### Do It!

My Food



This is my nose  
To smell my cracker.  
These are my eyes  
To see my cracker.  
These are my hands  
To hold my cracker.  
This is my tongue



### Sing It!

I Thank God

(Tune: “Mulberry Bush”)

Apples taste so good to me,  
So good to me, so good to me.  
Apples taste so good to me.  
I thank God for my food.

# November Parent's Home Page

Show your toddler an apple. Say, **Is this an apple or a banana?** Give your child a chance to respond, then say, **This apple is red!** Sing this song with your toddler. Do the motion of rubbing the tummy when saying the words "so good to me." Serve your child an apple. (When having a different snack than apples, sing this song about the snack you are having—bananas, pears, crackers, etc.)

## Get Ready! Holidays Are Coming

Thanksgiving and Christmas are traditional times for families to gather. And your young child is bound to be one of the main points of interest for everyone from the youngest cousin to the oldest grandparent. All this togetherness is great fun for the cousins and grandparents, but it can produce real stress for your child and you.

To reduce the chances of your child (not to mention his or her parents!) getting overstimulated, tired and fussy during holiday celebrations, remember these five hints:

- Avoid overscheduling through the holiday season. Turn down a few invitations if necessary. When visiting at someone's home who doesn't have children, don't expect that your host will necessarily have appropriate food or toys for your child. Bring a favorite snack and several favorite toys along with you.
- Plan time each day when you can be alone with your child—and with your spouse when possible!
- Plan a time of prayer every day—even when

taking a walk with your child, driving on an errand or in the shower!

- Protect your child's nap time as much as possible.
- Understand and accept your child's times of upset. The holiday excitement is bound to take its toll sooner or later. Offer calm words of understanding, a hug of comfort and a short break from a crowded room.

## Feely Sock Game

- Put an object (baby's brush, a toy car, a block, a piece of fruit) inside a clean adult sock. Stick your hand in the sock and feel the object. Let your child do the same. Say, **What do you think it is? Is it a blanket? An apple? A car?** (If child is reluctant to put a hand in the sock, show the object before putting it in.)
- Let your child feel the object and, if interested, guess the object's name. Then let your child take the object out and look at it. Say the object's name.
- Then, without letting your child see, put a different object in the sock. Let your child feel this object, too. Say, **What do you feel? Is it hard or is it soft? Is it smooth or rough? Is it hot or cold?**
- Continue letting your child feel different objects in the sock as long as he or she is interested. Name and talk about each object as your child takes it out of the sock.
- As your child gets better at this game, try placing an item with an easily defined shape (such as a toy airplane) into the sock and invite your child to feel the object from the outside to guess what the item is. Then let the child place his or her hand in the sock and pull out the item.

**"Before I got married I had six theories about bringing up children: now I have six children and no theories."**

**John Wilmot (1647-1680)**