

Building and Thinking



Help your child develop their language skills by talking to them about what you're doing as you go about your day together. For example, talk about what you're buying at the grocery store. Ask them questions and give your child time to respond. When out for walks or playing in nature, discuss the rocks, flowers, and things you see. What colour are they? Is it heavy or light? Is the item smooth or bumpy? These conversations build your child's learning and thinking skills as well as their vocabulary!

Cooking with kids

Cooking food with your child allows you to share food and cooking traditions, helps your child learn important food and cooking skills, and develops healthy habits as they grow. At this age, your toddler likes to explore with their five senses (sight, touch, smell, hearing, and taste). They start to become more independent and like to do things on their own. Check the following links for tips to get your child cooking and to find great recipes to try:



- [Cooking with Kids of Different Ages](#)
- [Video: Food skills](#)

It's time to get outside & play!

The early years are an important time for children to learn how to move in the world around them. Outdoor nature play provides the perfect opportunity for this!

Playing outside helps children get active & learn new skills while sparking curiosity, exploration, and learning.



How can you help your kids experience all the benefits that nature affords? Five ways to start:

1. Get outside
2. Be curious
3. Let your child lead
4. Have fun
5. Repeat

Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive. Contact us to find out more or to get your child screened.



How much does my baby need?

	Guideline
Sleep	In a 24-hour period, 1-2 year olds should be getting 11-14 hours of sleep, including naps, with consistent bedtimes and wake-up times.
Movement	Your child should be getting at least 180 minutes a day of physical activity of any intensity. This includes energetic play and should be spread throughout the day. More movement is better.
Sitting time	Don't restrain your child in things like a stroller or car seat for more than 1 hour at a time. Screen time is not recommended. When sitting with your child, try reading, storytelling or singing with them.

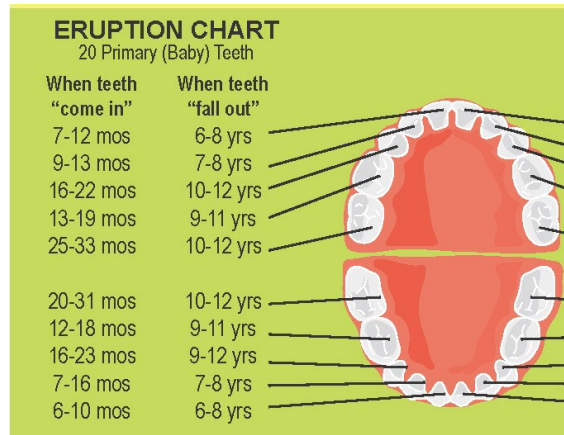
[From: Canadian 24-Hour Movement Guidelines for the Early Years \(0-4\)](#)

Looking for a fun tool to help encourage your child to brush every morning and night?

Try making a tooth brushing chart to track your child's tooth brushing.

Don't forget:

- Brush for two minutes every morning and every night, to keep your teeth clean and white!



Mental Health

Play is fundamental for a child's happiness. Having fun, laughing, exploring, relaxing. Happy children are less stressed and anxious and more resilient. Children at this age learn a lot through play. Let your child lead and, as the adult, follow along. Playing outside and in nature is also of great benefit to a child's development - put down the screens and go play!

CONTACT US!

Call us toll free
1-866-747-4305 and ask to
speak to a **Healthy Babies**
Healthy Children nurse

