



Learning about People

Children enjoy learning about their bodies. They are growing and developing everyday and wonder how things are changing. There are many ways to help your child learn about the human body and the characteristics of the people around them. This month's *ParentTips* will give you a few ideas.

INFANT:

- Play the "Where Is?" game with your infant. Ask: "Where is your NOSE?" You have one nose." After he shows you, say: "That's right! You have one nose." Continue the game, asking about a new body part each time.

TODDLER:

- Sing "Head and shoulders, knees and toes, knees and toes, knees and toes, head and shoulders, knees and toes. Eyes and mouth and ears and nose, ears and nose, ears and nose. Eyes and mouth and ears and nose." As you sing, be sure to act out the song.
- Choose a doll to use while playing with your child. Ask your child to point out the doll's parts. Point out the doll's mouth. Ask, "Why does the doll need a mouth." Continue playing with the doll and asking different questions about other body parts.
- Give your child a washable crayon and paper. Have your toddler trace his hand and his bare foot. Then suggest he trace one of your hands and your foot. Talk about the difference in size, explain that a young child is small now but will grow up to be bigger like you.

PRESCHOOLERS:

- Find a picture of your child. The picture should show your child from head to foot. Show your child the picture. Ask him to name the parts of the body as you point to them. Examples: arms, feet, ears, etc. Then, let your child look at himself in a full length mirror and point to the parts of his body.
- Collect pictures of family members. Have your child sort them into age groups (babies, children, adults, grandparents.) Then ask your child to tell you a few words about each picture. She might say, "The baby is little." The boy is my size. The lady looks old."

Book suggestions:

We've All Got Bellybuttons! David Martin and Randy Cecil
Everyone Poops. Taro Gomi and Amanda Mayer Stinchecum. Kane Miller Book Publishers.