



# PPOD™

## Parents & Pediatricians Optimizing Development

**PPOD Tip of the Month:**

### LEARNING COLORS

There are several pre-academic skills that toddlers and preschoolers need to learn in order to be successful in kindergarten. Learning colors is one of these skills. By the time that your child is three years old, your child should know one color; by the time that your child is four years old, your child should know all of the primary colors.

One of the most important things that you can do to teach your child about colors is to talk about the colors you see every day. In addition, you can have a special color day. If the color of the day is green, make your child green pancakes and sliced green apples for breakfast, put milk in a green cup, wear a green shirt, go for a walk to find green grass and green leaves, for lunch eat green beans as the vegetable, go on a scavenger hunt in the toy box to find all of the green toys, at dinner eat broccoli as the vegetable, use a green washcloth at bath time, and find all the green objects in the pictures when you read the bedtime story.

#### MORE IDEAS



You can do simple art projects to teach your child about colors. Together, finger paint with blue paint, snip the edges of a piece of yellow paper with child safety scissors to make a placemat, or play with the red clay.



When driving in the car, talk about the colors of the trees, the sky, and the stop sign. Every once in a while, ask your child to tell you the color of an object.



Talk to your child about the color of the socks or the different colors on the shirt when getting dressed in the morning. Occasionally ask your child to give you an item of clothing by color: "Give me the blue one." You can also point to a color and ask, "What color is this?"



Talk with your child about the color of the cups, the plates, and the food at mealtime. If there is a box of cereal on the table at breakfast, talk about the colors on the cereal box.



When reading books, describe the different colors in the pictures, ask your child to point to different colors, then point to an object and ask “What color is this?”



Talk about colors at the grocery store. In the produce section, talk about the colors of the fruit and let your child hold the fruit prior to putting it in the shopping cart. In the cereal aisle, give your child a box of cereal to hold. Talk about the colors on the box or ask your child to point to a certain color. While waiting to check out, play “I Spy.” Say “I spy the color blue.” Then look around until you both find something blue.

For more information about what specific skills your child should learn between birth and three years of age and to discover fun ways to help your child develop these skills, check out PPOD: a new interactive tool that can be used on the computer, iPad, and iPhone. To learn more about PPOD, go to [www.myppod.com](http://www.myppod.com) or go to the Apple App store.