

TODDLER

Week

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

Trip to the Doctor's Office

Materials: internet access, website:

<https://www.youtube.com/watch?v=gXXmVqS3tLk>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "How tall do you think you are?" "The doctor looked at the ears, nose, and what else?"



Going to the Doctor

by Anne Civardi

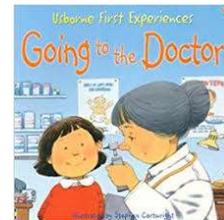
Materials: internet access, website:

<https://www.youtube.com/watch?v=bBd-7Loqtfo>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Do you sign in at the Doctors Office?" "Can you take a big deep breath in and let it out?" Show your child an example of a deep breath.



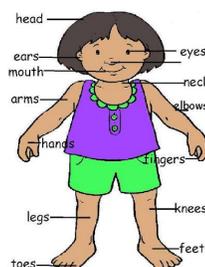
My Body Painting

Materials: construction paper, paint, paintbrush, crayons

Preparation: Gather materials.

Instructions:

1. Have your child draw a creative picture of his/her body while identifying body parts (eyes, arms, legs, etc.) as they are drawn.
2. Ask children to identify body parts on you as well.



Practice Handwashing

Materials: sink, water, soap, paper towel, internet access, website:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Preparation: Review information about handwashing and handwashing steps at the website above.

Instructions:

1. Engage your child in a conversation about handwashing and when to wash hands.
2. Model handwashing steps.



Trip to a Children's Hospital

Materials: internet access, website:

<https://youtu.be/BQAbsFRca98>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "Does the ambulance go fast?" "What do X-rays take pictures of?"



Doctor Maisy

by Lucy Cousins

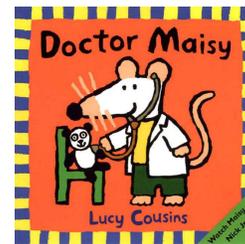
Materials: internet access, website:

<https://youtu.be/Q-McLCznXak>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What sound did the heartbeat make?" "Can you check my temperature?"



Ambulance Craft

Materials: paint (various colors including white), paintbrush, construction paper

Instructions:

1. Paint the bottom of your child's foot with white paint and apply to construction paper. Allow time to dry.
2. Use paint to add "+" symbol to the middle of the ambulance. Use black paint or markers to create tires. Add a window and red siren on top.



Play Doctor

Materials: adhesive bandages, lab jacket, thermometer, etc.

Preparation: Gather materials.

Instructions:

1. Role play like you are going to the doctor with your child.
2. Allow your child to choose the roles he/she wants to play (doctor, nurse, receptionist, etc.), checking temperature, eyes, height, etc.



Field Trip to the Vet

Materials: internet access, website:

<https://youtu.be/jcuYp-gwdZ4>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What animals did you see?" "Does the veterinarian check Boss's ears?"



Biscuit Visits the Doctor

by Alyssa Satin Capucilli

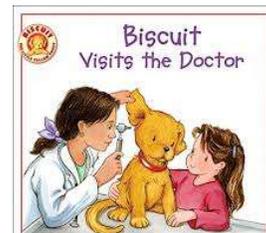
Materials: internet access, website:

<https://youtu.be/bEIIj1-4HN4>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What kinds of animals did Biscuit see in the waiting room?" "What all did Dr. Green do during Biscuit's checkup?"



Animal Hospital

Materials: teddy bears, first aid material, vet coat, etc.

Preparation: Set up an area to use as a veterinarian's office.

Instructions:

1. Create your very own veterinary hospital with your child. Use stuffed animals as patients.
2. Encourage your child to use his/her imagination to create scenarios about why each animal has come to the vet.
3. Assist the animals to help them get well.



Water Play with Animals

Materials: water, animals, medium/large sized container

Preparation: Add water to container.

Instructions:

1. Engage in play with your child splashing water, cleaning, racing, making animal sounds.
2. Optional: Use food coloring or add drop of liquid soap to make bubbles



Visit to the Dentist

Materials: internet access, website:

<https://youtu.be/eM6NLLTKkI8>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "What does the dentist look at?" "How do we clean our teeth?"



Ready, Set, Brush

by Che Rudko and Matt Mitter

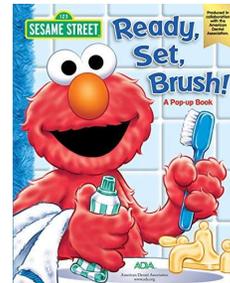
Materials: internet access, website:

<https://youtu.be/gEnuSUVxt7c>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Do we brush our teeth before bed?" "Do you need a lot of toothpaste?"



Toothbrush Painting

Materials: paper, old toothbrush, various colors of paint, small cups/cupcake liners (to hold paint)

Preparation: Pour paint in cups/cupcake liners.

Instructions:

1. Model dipping toothbrush into paint and painting on paper.
2. Allow your child to use his/her imagination and create a toothbrush masterpiece.



<http://www.paper-and-glue.com/2015/06/dental-health-preschool-craft-brush-your-teeth.html>

Practice Flossing

Materials: building blocks, string, playdough

Preparation: Gather materials.

Instructions:

1. Engage your child in a conversation about flossing.
2. Place "food" (playdough) in spaces between the "teeth" (building blocks).
3. Model how to use the "floss" (string) for your child.
4. Ask your child to floss and remove food in other spaces.



Bear's Loose Tooth

by Karma Wilson

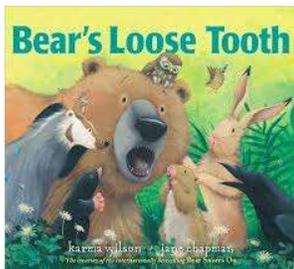
Materials: internet access, website:

<https://youtu.be/oNRCqePmF0o>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the book, ex: "Can a tooth be wiggly?" "Did they pull the tooth out?"



My Kids Dentist Virtual Tour

Materials: internet access, website:

<https://youtu.be/e6BGWQNbmcK>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions related to the video, ex: "Did you see anything cool?"



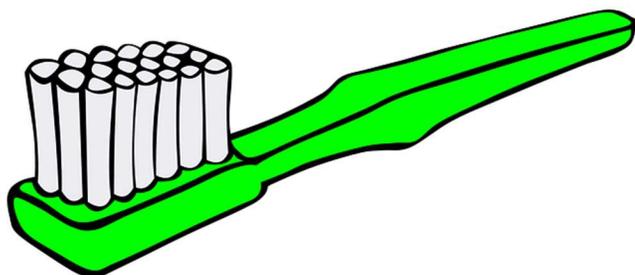
Craft Toothbrush

Materials: craft stick, paint/marker, cotton balls, glue

Preparation: Gather materials.

Instructions:

1. Give your child a craft stick and fully paint or color.
2. Assist your child with putting small drops of glue in areas for cotton balls.
3. Add 3-5 cotton balls and allow time to dry.



Bubble Blowing

Materials: bubbles

Instructions:

Go outside and have fun blowing and catching bubbles.

