



QT 30

The Fun Times!



GREAT WAYS TO
SPEND 30 MINUTES OF
QUALITY TIME WITH
YOUR CHILD 0 - 8



quality time
makes the difference

www.QT30DE.com



“When an adult spends thirty minutes of quality time with a baby or young child each day, they are giving that child an extraordinary head start on life, in terms of health and well-being, educational attainment and social success. It’s super simple...and, it works!”





QT 30

It stands for spending **30** minutes of **Quality Time** every day with a child in your life.

This is one of the best things adults can do to help children grow up to be their best!

Quality time is easy to understand. It means attention is 100% on your child. They can look into your eyes, and you into theirs. You are doing something together. You are touching, playing, interacting.

Quality time is simple to give. It's cuddling. It's talking and smiling together. It's pat-a-cake and other simple games. It's breastfeeding, and singing and a whole lot more.

This Guide shares 160 daily quality time activities. There are some for infants and toddlers, and some for older kids. Do one each day for three months, and then start over. You've got a full year of fun ahead!



Delaware Early Learning Foundations

Some activities in this book are marked with a gold star. They are some of the evidence-based early learning foundations set by the Delaware Department of Education. All children are learners and all children learn through play. These activities give your child a head start on their education!

WHY ARE YOUR CHILD'S EARLY YEARS SO IMPORTANT?

Happy and healthy lives start early. How your children do in school, how they behave, even how they do in life takes shape in the earliest years. Thankfully, it is easy to give your child a healthy start with quality time!

The First Three Years

The first three years (1000 days) of a child's life are a period of super-fast changes in their bodies, their brains, and their emotions.

In that time, children go from at rest, non-speaking babies to walking, talking toddlers.

A child's growth in this short period of time is amazing. Their bodies, minds, and feelings are getting ready for the life they will live.

Even before they walk or talk, babies learn by what they see, hear, and feel. That's where quality time comes in!

Ages Four to Eight

These are the wonder years when children's personalities take shape and they become more independent. The quality time you spend helps them to do better in school, get along with others, and have confidence in themselves as they grow up.

Swim

Get into the water together and splash around.

0-3 Outdoor

★ Rolling Ball

Roll a ball to your baby. Encourage him/her to roll it back to you.

0-3 Outdoor

★ Blocks

Stack them, knock them down, and rearrange them again.

0-3 Outdoor

Turkey Baster

Fill a bucket with water. Show your little one how to squeeze the bulb to draw water into the baster and then squeeze it again to squirt it out.

0-3 Outdoor

Sidewalk Chalk

The driveway is your canvas. Remember that bigger chalk is easier for your little one to hold.

0-3 Outdoor

Homemade Ball Pit

Fill your baby's Pack 'n' Play with soft balls and let him/her play in it, tossing the balls in and out. Be sure to remove all items before naptime.

0-3 Outdoor

Where Did It Go?

At a park, in a sandbox, or at the beach, show your baby a bright or colorful object. Then, hide the object in the sand. Help your baby brush the sand away. Eventually, let your baby dig the toy out by himself/herself.

0-3 Outdoor

★ Kick Start

Sit on the ground and hold your baby up with one hand around his/her chest and the other supporting his/her bottom so that your baby is standing. Place a ball in front of your baby and help him/her "kick" the ball.

0-3 Outdoor

Bubble Catching

Sit your baby down, whether on a blanket outside or on the carpet, and blow bubbles in his/her direction. Watch your baby try to catch the bubbles.

0-3 Outdoor

★ Nature Walk

Go for a walk with your baby (if your baby is still in a stroller, that's fine!), allowing him/her to interact with nature by introducing him/her to leaves and other things along the way. Name the objects as you show them to your baby.

0-3 Outdoor

Play Ball

Start teaching the basics of throwing, catching, and kicking a ball.

0-3 Outdoor

Snow Sledding

Go sledding with your child. Sit your child in between your legs at first, and as your child gets older, let him/her go down the hill on his/her own. Make sure to dress up!

0-3 Outdoor

Good Luck

Look for 4 leaf clovers in the backyard or in a park. Explain the meaning behind them, and save the ones you find in a notebook or photo album.

0-3 Outdoor

★ First Water Slide

On a sunny day, get an old shower curtain or new and clean heavy-duty garbage bag and place it on a level lawn area. Pour warm water on it and put your baby tummy-down or sitting, with your support, on the 'waterslide' next to you. Encourage your baby to splash in the water; you can even add toys.

0-3 Outdoor

Wet Footprints

Get brown paper bags and fill a shallow pan with warm water. Dip your baby's feet into the water (depending on your baby's age, you can hold him/her while you do this or let him/her do it) and help your baby walk across the paper bag. You can also do this with hands. Compare foot and hand prints.

0-3 Outdoor

Oats and Water Bin

Outside, set up a bin and fill it with water and dry oats. Give your baby a whisk to mix everything together. You can give your baby some other toys, like a bowl or a spoon, and you can even add some flavor to the oats with cinnamon or brown sugar.

0-3 Outdoor

Family Photos

Look at pictures of family members in a photo album or on the computer, saying each person's name.

0-3 Indoor

Nesting Cups

Plastic measuring cups are a fun thing to stack and bang together.

0-3 Indoor

Peek-a-boo

No explanation necessary.

0-3 Indoor

Blanket Time

Place a blanket on the floor and work on tummy time, rolling, stretching, and reaching.

0-3 Indoor

Mirrors

Show your baby his/her reflection in a mirror. See how he/she reacts to seeing himself/herself in the mirror.

0-3 Indoor

Toddler Dominos

Take empty cereal boxes and have your child place them in a row. Then, knock over the first one and see if they all fall down. Try different patterns with the cereal boxes.

0-3 Indoor

Walk In My Shoes

Get a variety of shoes in all sizes from the closet and have your toddler try each pair on and attempt to walk in them.

0-3 Indoor

★ Obstacle Course

Fill the room with objects your baby can crawl over, under, and around.

0-3 Indoor

Crawl Tag

Crawl after your baby, saying, "I'm going to get you!" Then crawl away, encouraging him/her to follow. Try hiding behind a piece of furniture and letting him/her "find" you.

0-3 Indoor

★ Easy Sledding

Cover a piece of cardboard with a baby blanket, put it down on a carpet, and lay your baby tummy-down on top of it. Slowly slide your baby around, giving him/her the sense of forward motion.

0-3 Indoor

★ Ups and Downs

Prop your baby on his/her back on a pillow. Hold his/her hands and gently pull your baby into an upright position. Gently lower your baby and repeat.

0-3 Indoor

★ Present Play

When your baby is in the bath, use a washcloth to wrap up a toy. Give it to your baby and exclaim, "I got you a present!" While he/she is un-wrapping it, wrap another toy.

0-3 Indoor

★ Climb Every Cushion

Stack cushions, with the largest on the bottom (like couch cushions). Holding your baby, help him/her climb the stack of pillows until he/she reaches the top!

0-3 Indoor

Balloon Ball

Get a few balloons and have your child throw or hit them into the air. Don't let any balloons hit the ground! This promotes hand-eye coordination.

0-3 Indoor

Pet Playdate

If you have a family pet, teach your child how to correctly interact with it, like gentle petting. Spend some time teaching your child about that particular animal.

0-3 Indoor

★ Color Reading Game

Read a book with your child. Choose a color and have your toddler point it out on each page.

0-3 Indoor

Magic Cups

Using large cups, hide a toy under a cup and ask your baby to find it.

0-3 Indoor

Where is it?

Hide a toy and give your child clues to find it: "Where's the ball? Can you find it? It's under something blue."

0-3 Indoor

Prism

Hang a glass prism in a window and see how your baby follows the colors.

0-3 Arts & Crafts

★ Finger Puppets

Draw a face on your fingers and put on a little play.

0-3 Arts & Crafts

Stickers

Get a variety of fun stickers and a piece of paper. Let your child peel off the stickers and decorate the page to develop fine motor skills.

0-3 Arts & Crafts

Flashlight Dance

In a low-lit room around bedtime, sit with your baby in your lap and slowly shine a flashlight over the walls. You can play soothing music while you do this.

0-3 Arts & Crafts

★ Water Painting

Outside the house, give your baby a bowl of water and a few paintbrushes. Ask your baby to paint the wall or an object with the water; if your baby can't grasp a paintbrush yet, tell your baby to use his/her hands.

0-3 Arts & Crafts

Bubbles

Blow Bubbles with your child. Have your child chase and pop them.

0-3 Arts & Crafts

Hand Turkey

Around Thanksgiving, help your toddler trace your hand onto a piece of paper. Give your child some feathers, glue, and markers to decorate the turkey, just be sure to supervise and help your child glue things.

0-3 Arts & Crafts

Popcorn Pictures

Use popped popcorn and construction paper to create a picture. To get different colored popcorn, toss it in a paper bag with powdered tempera paint, or use markers.

0-3 Arts & Crafts

Corn Painting

Take a raw ear of corn and roll it in non-toxic paint. Have your child roll the corn onto paper and see how many different designs he/she can make.

0-3 Arts & Crafts

Foot Tracing

Have your child stand on a piece of paper while you trace around his/her feet with a crayon or pen. Then trace your feet and compare the sizes and color them in.

0-3 Arts & Crafts

Paint Dancing

Tape a large piece of paper to the floor. Pour non-toxic paint into a dishpan or tub and place it next to the paper. Have your child dip his/her feet into the tub and step onto the paper. Play your child's favorite tunes and have him/her dance away. Use a towel and water to wipe his/her feet.

0-3 Arts & Crafts

Ziploc Shake Art

Place a piece of paper into a Ziploc bag. Put nontoxic paint on a small ball or object of your choice and put it into the bag. Zip and SHAKE, SHAKE, SHAKE. Add another color of paint and repeat.

0-3 Arts & Crafts

Touchy Feely Runway

Get different textures, like sandpaper, toilet paper, bubble wrap, and other materials and line them up in a line like a runway. Have your baby explore the different textures by moving down the line.

0-3 Arts & Crafts

Rainbow Sponge Fun

Get a big bin, some dish soap, and non-toxic food dye. You can use a changing pad to make a giant sponge. Squirt the soap, some warm water, and food dye onto the changing pad and watch as your baby creates colorful suds.

0-3 Arts & Crafts

Handprint Animals

You can teach your toddler different animals using hand art. Some possible animal creations are crabs, monkeys, caterpillars, peacocks, giraffes, reindeer, and so many more!

0-3 Arts & Crafts

Alphabet Book

Make your own alphabet book with your toddler using handprints and footprints to draw animals, trees, or other objects beginning with the appropriate letter.

0-3 Arts & Crafts

Block Printing

Use your baby's stacking blocks for this project, and dip them in different colored paint (correspond colors, like a yellow block in yellow paint). Your baby will love printing shapes on paper with these.

0-3 Arts & Crafts

Sing

Put on your favorite music and sing along.

0-3 Words, Numbers, & Sounds

Sounds

Use rattles, paper, cellophane, tinfoil, and other noisy items to surprise and delight your baby.

0-3 Words, Numbers, & Sounds

★ Fingers and Toes

Slowly count your baby's fingers, from one hand to the next. Then, move on to your baby's toes.

0-3 Words, Numbers, & Sounds

★ Opposite Game

Build vocabulary by demonstrating things like high and low, big and small, and near and far.

0-3 Words, Numbers, & Sounds

★ Imitate Me

See if you can get your baby to do the same thing that you do: roll over, clap, smile, etc.

0-3 Words, Numbers, & Sounds

Musical socks

Put varying numbers of jingle bells into five different socks and shake them to see the different sounds each sock makes. Let your baby do the same.

0-3 Words, Numbers, & Sounds

Bubble Wrap

Have fun popping it together.

0-3 Words, Numbers, & Sounds

Sorting Spoons

Place an assortment of big and little spoons in front of your child. Show your child where each one goes and help him/her sort the spoons by size.

0-3 Words, Numbers, & Sounds

★ The Hokey Pokey

With your baby on your lap, sing the hokey pokey while moving along with the song (right foot out, left foot out, etc.). Help your baby participate by moving his/her hands and feet along with you.

0-3 Words, Numbers, & Sounds

Two-Handed Clacking

Give your baby a wooden spoon in each hand. Show him/her how to hit the spoons together to make noise; after a few tries, your baby will be able to do it himself/herself.

0-3 Words, Numbers, & Sounds

★ Story Time

Grab a cute picture book and read to your child at bedtime. Make this a nightly routine; your child will begin to remember what each book is about and will build a positive relationship with books.

0-3 Words, Numbers, & Sounds

Sound Discovery

Give your baby toys that he/she can squeak, shake, and pull. Let your baby discover ways to make things happen.

0-3 Words, Numbers, & Sounds

★ Rhyme Time

Sing rhymes to your baby. Hold his/her hands and clap along with the words.

0-3 Words, Numbers, & Sounds

Matching Laundry

Have your child help you while folding laundry. Show your child a sock and let him/her find its match. Point out the different colors and say things like, “Whose little green socks are these? Whose big white socks are these?”

0-3 Words, Numbers, & Sounds

★ Press the Button

Using a toy phone, say a number to your baby and press the button of the number on the phone. Have your baby imitate you.

0-3 Words, Numbers, & Sounds

Baby Sensory Bin

Put dry noodles, rice, and plastic shapes in a casserole dish and explore the different textures with your baby.

0-3 Kitchen & In-Home Fun

★ Finger Paint

Let your little one paint his/her highchair with pudding or frosting.

0-3 Kitchen & In-Home Fun

Drums

Put some overturned pots and pans on the floor around you and your baby and see how different-sized pots make different sounds.

0-3 Kitchen & In-Home Fun

Lid Fit

Get different-sized pots with lids and see if your little one can put the right lid on the right pot.

0-3 Kitchen & In-Home Fun

Smoothie Snack

Use milk, fruit, and yogurt. Have your child help find the ingredients in the refrigerator. Mix in a blender and enjoy. Try different flavor combinations.

0-3 Kitchen & In-Home Fun

Scoop the O's

Pour Cheerios into a large container and practice scooping out the Cheerios and putting them back in.

0-3 Kitchen & In-Home Fun

Print It

Create hand or footprint stones with sand, cornstarch, and hot water and bake at 300 degrees for one hour.

0-3 Kitchen & In-Home Fun

★ Thread the Needle

Use different colored pipe cleaners and weave them through the holes of a colander with your child. This is a fun way to improve eye-hand coordination.

0-3 Kitchen & In-Home Fun

Color Fun

Cover a baking sheet with baking soda and give your child a dropper to put vinegar-tinted food coloring onto the sheet. The color drops will create colorful fizziness.

0-3 Kitchen & In-Home Fun

Thumb Print Cookies

Use a mix or start from scratch using a family recipe. Take the dough and place even-sized balls onto a baking sheet. Have your child push each ball down using his/her thumb. Bake the cookies and enjoy thumb print cookies with your child!

0-3 Kitchen & In-Home Fun

Vegetable Match

Print out pictures of fruits and vegetables you have in your fridge. Place them on a blanket or table top. Give your child the real vegetables and fruits and have them match them with their picture.

0-3 Kitchen & In-Home Fun

Flour Play

Pour flour into a baking dish or baking pan. Let your child use his/her fingers to draw in the flour. Use a vacuum for easy clean up.

0-3 Kitchen & In-Home Fun

Utensil Investigation

Place non-sharp kitchen utensils on a blanket on the floor. Let your baby explore the texture and look of each item. Suggested items: colander, wooden spoon, whisk, ice cream scoop, basting brush, measuring spoons, etc.

0-3 Kitchen & In-Home Fun

Food Exploration

Give your child whole fruits and vegetables. Let your child touch them, bang them, and taste them. Point out the different colors and textures of each.

0-3 Kitchen & In-Home Fun

Silly Walks

Invent as many different kinds of silly walks as you can.

4-8 Outdoor Activities

Down On The Farm

Take your child to a local farm where he/she can see and possibly pet the animals.

4-8 Outdoor Activities

Nature Bracelet

Create a “nature bracelet” with masking tape. Your child can wear it outdoors and stick discoveries to his/her bracelet.

4-8 Outdoor Activities

Fishing

Turn a kiddie pool into a fishing experience with fishing nets and rubber ducks. Count the number of ducks you and your child catch.

4-8 Outdoor Activities

On Ice

Create a giant ice cube with toys and trinkets inside for your child to chisel away with a spoon on a hot summer day.

4-8 Outdoor Activities

Pouring Pots

Set up pots, pans, or cups for your child. Let your child experiment with water and pouring.

4-8 Outdoor Activities

Dinosaur Dig

Get plastic dinosaur bones and bury them in a sandbox. Have an archeological dig with your child.

4-8 Outdoor Activities

Bike Smart

Teach your child about bike safety then go for a bike ride to practice what he/she learned.

4-8 Outdoor Activities

Nature Walk

Go for a walk with your child in a rural area, in a forest, around a lake, etc. Write down or draw the types of plants and animals the two of you discover and talk about them.

4-8 Outdoor Activities

Fly a Kite

On a windy day, go to the park and teach your child how to launch the kite into the air and fly it in the wind.

4-8 Outdoor Activities

Picnic

Get out a picnic basket and ask your child to help you fill it up with food, snacks, and drinks for a picnic. Your child can even help you make sandwiches. Have a picnic in a park or even in your own backyard.

4-8 Outdoor Activities

Hide and Seek

Play hide and seek with your child. This can be done inside or outside, but be sure to set safety parameters.

4-8 Outdoor Activities

Snowball Fight

Have a snowball fight with your child. Use smaller snowballs and don't pack them too hard.

4-8 Outdoor Activities

Build a Snowman

Make a snowman and have your child choose the items for the nose, arms, etc.

4-8 Outdoor Activities

Mini-Garden

Pick out plants or vegetables to grow with your child, plant them together, and have your child document the garden's progress.

4-8 Outdoor Activities

Stargazing

Get a star chart and see how many constellations you can identify together.

4-8 Outdoor Activities

Car Wash

Have your child fill a bucket with soap and water and help you wash the car on a sunny day. Or, ask your child to help give the dog a bath. These can be fun and refreshing summer activities.

4-8 Outdoor Activities

Hopscotch

Use street chalk and show your child how to draw hopscotch in the driveway. For a more challenging game, toss a small rock onto the hopscotch, skipping whichever square it lands on.

4-8 Outdoor Activities

Rock Animals

Have your child pick some rocks from your yard or local beach. Glue the rocks together to create his/her favorite animal.

4-8 Outdoor Activities

Sand Art

Go to the local beach or playground. Build a sandcastle or draw in the sand. Bring a cup or funnel for extra digging fun!

4-8 Outdoor Activities

Color Spot

Take a walk with your child. Have them pick his/her favorite color and see how many times they can spot it on the walk.

4-8 Outdoor Activities

Dance party

Choose your favorite dance tunes and boogie down.

4-8 Indoor Activities

Move Like Animals

Walk and act like an animal and ask your child to guess what you are. Then have your child act out his/her favorite animals while you guess.

4-8 Indoor Activities

Kid's Yoga

Introduce your child to a new yoga position or series of poses at his/her age level. Yoga teaches concentration and balance; you can practice together.

4-8 Indoor Activities

Frog Leaps

Scatter pillows around your living room and have your child leap from one pillow to the next.

4-8 Indoor Activities

Build a fort

Help your child build a fort with chairs, a table, and blankets. Your child will have his/her own homemade play zone.

4-8 Indoor Activities

Bowling

Set up empty plastic bottles in a line, square, or triangle and knock them down with a ball.

4-8 Indoor Activities

Paper Football

Fold a sheet of paper into a tight, compact triangle. Have your child stand at one end of the table and slide the 'football' back and forth across the table to each other. If it lands on the edge without going over, that's a touchdown. Make goalposts with your fingers and kick the extra point.

4-8 Indoor Activities

Theme day

Pick a movie theme (western, sports, action, horror) and then dress like that theme using only what you have in your closets.

4-8 Indoor Activities

Pillow Fight

Get soft pillows and have a pillow fight with your child. Just remember to be gentle!

4-8 Indoor Activities

Board Games

Have your child pick a favorite board game and play it together, or grab a new one and explain the rules as you go along.

4-8 Indoor Activities

Tea Party

Have a tea party with your child and his/her favorite toys or stuffed animals. Let your child play the host and follow his/her lead. You can even dress up.

4-8 Indoor Activities

Treasure Hunt

Hide things throughout the house. Give your child a list of what to find, with some clues along the way. Give points depending on how well each item is hidden.

4-8 Indoor Activities

Theater Time

Write a short story or play with your child, then act it out. Get costumes and even fake accents.

4-8 Indoor Activities

Fashion Show

Dress up in different clothes, encouraging your child to use your clothes as well, and have a fashion show down the hallway or living room.

4-8 Indoor Activities

Dominos

Help your child set up dominos on a hard floor or surface. Once the line is set up, knock them down! Try fun designs.

4-8 Indoor Activities

Rainy Day Picnic

Have your child help you set up a picnic inside. Put a blanket down in the living room, turn on a movie, and eat lunch on the blankets. It'll feel like you're at a drive-in.

4-8 Indoor Activities

Indoor Camping

Help your child turn one of your rooms into an outdoor camping adventure. Make sure to pack s'mores!

4-8 Indoor Activities

Card Games

Pick your favorite childhood card game (Go Fish, Memory, Crazy Eights) and teach it to your child.

4-8 Indoor Activities

Make Your Own Superhero

Have your child draw or dress up as his/her own superhero.

4-8 Indoor Activities

Pajama Party

Stay in your pj's, make breakfast, and play your child's favorite game.

4-8 Indoor Activities

Oil and Water Dazzler

Put room temperature water and vegetable oil in a pitcher, then add a few drops of food coloring and watch what happens. Try a bunch of different food colorings.

4-8 Arts & Crafts

Wax Paper Collage

Have your child collect flowers and leaves and then place them flat between two pieces of wax paper. Use an iron to seal the two pieces of wax paper together and create beautiful artwork.

4-8 Arts & Crafts

Origami

Start by folding paper into squares. Make some of the squares into triangles and some into smaller squares or rectangles. See if your child can make any other shapes, or get an origami book out and try to make some fun animals.

4-8 Arts & Crafts

Paper Bag Puppet

Get a small paper bag, some yarn, googly eyes, glue, and markers. Have your child decorate the paper bag and then play with your puppets!

4-8 Arts & Crafts

Cotton Pictures

Using cotton balls, glue, and markers, have your child create a snowy winter scene. Or, cut out a piece of construction paper into a ghost shape and have your child glue cotton balls to the ghost. Use black construction paper on top for its eyes and mouth.

4-8 Arts & Crafts

Tissue Paper Collage

Get different colored tissue paper and have your child cut the papers up into pieces (use child friendly scissors and supervise!). Then have your child glue the smaller pieces onto a big piece of paper. Your child can also draw over this.

4-8 Arts & Crafts

Egg Carton Box

Give your child markers and other decorative items and an empty egg carton. Your child can decorate the carton and use it to store treasures he/she finds.

4-8 Arts & Crafts

Holiday Crafts

Make snowflakes or homemade valentines with your child depending on the season. Use lollipops, black pipe cleaners, black poms, and googly eyes to make spiders at Halloween.

4-8 Arts & Crafts

Macaroni Jewelry

Make a macaroni necklace with your child.

4-8 Arts & Crafts

Noise Maker

Using a paper towel tube, have your child pick household items such as rice, beans, or beads. Place them in the tube. Tape the ends and shake away.

4-8 Arts & Crafts

Impressions

Place objects such as pennies or leaves under drawing paper. Have your child use crayons or markers to sketch over the objects and make impressions on the paper.

4-8 Arts & Crafts

Tie-Dye Tee

Pick up a tie-dye kit at your local store along with white t-shirts for you and your child. Mix colors and help your child create a unique design.

4-8 Arts & Crafts

Sock Puppet

Start with a sock, some yarn, googly eyes, glue, and markers. Have your child decorate the sock and then play with your puppets!

4-8 Arts & Crafts

Paper Dolls

Fold a standard sheet of paper 3-4 times and have your child use safety scissors to cut a doll shape. Make sure hands and feet connect on the fold.

4-8 Arts & Crafts

Telephone

Attach two plastic cups to the end of a long piece of string or yarn. Talk into the plastic cups.

4-8 Arts & Crafts

Call Grandma

Write a family member's phone number on a piece of paper and have your child dial the corresponding numbers on the phone. This will help your child learn numbers. Then, have a great conversation.

4-8 Scholastic Activities

Poetry

Write a poem with your child. Teach him/her about the rhythm and rhyming of a poem. Make it short and see if your child can learn it by heart.

4-8 Scholastic Activities

Thermometers

Get two thermometers. Place one in hot water and one in cold water. Compare the temperature level on each thermometer. Explain how thermometers tell the temperature.

4-8 Scholastic Activities

Volcano

Spoon two tablespoons of baking soda into a bowl. Add a tablespoon of white vinegar and watch your volcano erupt.

4-8 Scholastic Activities

M&M Sorting

Have your child sort M&Ms by color and line each color in a row. Ask your child to count the number in each row and decide which one has the most and which one has the least.

4-8 Scholastic Activities

Shoe Laces

Show your child how to lace a shoe. Then, undo the laces and have him/her try. It will take your child a few tries to figure it out, so go step by step and offer help along the way!

4-8 Scholastic Activities

Story Time

Ask your child to pick a book to read together. Make eye contact with your child and have him/her point out different things in the illustrations. If your child is learning to read, ask him/her to read aloud to you.

4-8 Scholastic Activities

Day Recap

When you get home, ask your child about his/her day. Have your child draw a picture of what he/she saw and learned during the day.

4-8 Scholastic Activities

Maps

Look at maps and learn how to read them. Explain the difference between cities and regions, rivers and lakes and oceans, mountains and plains, etc. Look at a familiar area—maybe you can point out your house or your child’s school.

4-8 Scholastic Activities

Tornado In a Bottle

Fill a 2-liter bottle with water. Using heavy tape, connect the top of the bottle to the top of another empty 2-liter bottle. Rotate the middle in a circular motion to create a tornado or hourglass effect.

4-8 Scholastic Activities

Nature Collage

Gather leaves, flowers, sticks, etc. Have your child build a collage and identify the different types of items.

4-8 Scholastic Activities

Bead Jewelry

Using beads with letters or numbers on them, create jewelry while reviewing spelling or math with your child.

4-8 Scholastic Activities

Color Mix

Using markers and strips of paper towel, draw different colored lines on the paper towel. Dip the paper towel in a glass of water and watch the colors blend. Have your child identify the colors as they change.

4-8 Scholastic Activities

Sound Boxes

Stretch rubber bands of different sizes around small boxes, plastic cups, and containers. Pluck the part of the rubber band that is stretched over the opening of each container to make different sounds.

4-8 Scholastic Activities

Humming Bubbles

Create a chorus of humming bubbles with just a straw and a glass of water. Place a straw in a glass of water. Blow into the straw while humming a song.

4-8 Scholastic Activities

Taste Tests

This is a great way to have your child try new foods while playing a fun game. Do blind taste tests where you and your child take turns being blindfolded and trying something of the other's choice.

4-8 Kitchen & In-Home Fun

Food Art

Make eating veggies fun for your child: have him/her create a picture with veggies.

4-8 Kitchen & In-Home Fun

Dinner Dice

Use dice during mealtimes to play a game with your child. Have your child roll the dice to see how many more bites he/she has to eat before being excused.

4-8 Kitchen & In-Home Fun

Baking

Bake a pie, cake, muffins or whatever your child feels like making. Use a mix or start from scratch using a family recipe, and help your child break the eggs, mix the ingredients, etc.

4-8 Kitchen & In-Home Fun

Home Decorating

Decorate the house with your child in keeping with the season. Your child can help you unpack boxes of decorations, can make his/her own decorations (see some other activities or look online), and help you hang lights.

4-8 Kitchen & In-Home Fun

Fun Chores

Create a chore chart and complete each one together. Make it fun by giving your child a star for each chore completed (vacuuming, setting the table, putting dishes in the dishwasher, cleaning his/her room, etc). After 10 stars, give your child a reward, like an extra dessert, additional playtime, or an extra bedtime story.

4-8 Kitchen & In-Home Fun

Grocery Shopping

Go through the fridge together and ask your child what's missing in the fridge (for example, ask your child if there is milk in the fridge). Create a list with your child, and then go to the grocery store together.

4-8 Kitchen & In-Home Fun

Home Maintenance

Have your child help you make minor repairs around the house. Discover what each tool is used for and how it works.

4-8 Kitchen & In-Home Fun

No Cook Play-Dough

Ask your child to help you make play-dough. It'll feel a lot like cooking. Get $\frac{1}{2}$ cup of salt, $\frac{1}{2}$ cup of water, 1 cup of flour, and non-toxic food dye. Mix the ingredients together in a bowl. Squirt in the food dye and the dough is ready to play with!

4-8 Kitchen & In-Home Fun

Additional Activities Based on the Early Learning Foundations:

1. Watch for your baby's reaction to commonly used words.
2. Read a book to your baby; have him/her turn the pages for you.
3. With your baby, count his/her fingers and toes.
4. Play with blocks, organizing similar shapes and or colors.
5. Listen to a variety of music with your baby.
6. Teach your baby the concept of sharing by organizing a play date.
7. Do activities that help babies learn better muscle control, particularly reaching for objects while laying on his/her back, short supervised time spent on their stomach, rolling a large ball, stretching with a large ball, and pulling up on furniture.
8. Practice vocabulary by talking about the day, naming objects, and being exposed to new objects. Repeat your baby's name throughout the day.
9. Let your little one paint his/her highchair tray with pudding or frosting.
10. Do simple one-step craft activities like finger painting, coloring with jumbo crayons on an easel, drawing with soap, and making things out of paper plates.
11. Play with finger puppets.
12. Learn about animals and play with family pets.
13. Give your baby a mini massage.
14. Play with anything that has buttons calculators, play phones, etc.
15. Read aloud to your baby.
16. Sing and dance with your baby.
17. Play with rubber forks and knives as a precursor to good table manners.
18. Sing nursery rhymes.
19. Identify colors, numbers, and shapes in books.
20. Play in the bath with tub toys.

About the QT 30 Campaign and Delaware Early Learning Foundations

The “30 Minutes of Quality Time” or “QT 30” campaign was created by the Delaware Help Me Grow Advisory Committee, with support from the Delaware Division of Public Health.

The goal is to help every child have the best possible opportunity for a lifetime of well-being.

One special benefit of quality time is a child’s readiness for school. And, the more ready a child is for school, the better they do.

The Delaware Department of Education has shared what it calls *early learning foundations*.

Simply, these are skills a preschool child can learn that will help them succeed in school. The Department of Education has also shared a set of activities that help early childhood educators and others teach these early learning skills.

Some of these early learning activities are shared through the QT 30 campaign with thanks to the Department of Education.

Early Childhood Development Resource Listing for Parents

The following are links to information and resources on early childhood development that are considered reliable by the Division of Public Health.

1. If you think something is not right with your child's development, take action immediately.

In an emergency, **call 9-1-1**.

For general concerns, talk to your health care provider.

If you need help finding help, **call 2-1-1 for Help Me Grow** and talk to a specially trained child development specialist. It's a free service.

2. For more quality time activities:

Visit the **QT 30** website at www.QT30DE.com

See the Delaware Department of Education Early Learning Foundations activity calendar at:
www.doe.k12.de.us/infosuites/students_family/earlychildhood/files/DelawareReadinessCalendar.pdf

3. For information about healthy child development, visit:

- www.dhss.delaware.gov/dhss/dms/birth3pubs.html
- www.dhss.delaware.gov/dhss/dms/epqc/birth3/files/growingtogether_rev092611.pdf
- www.cdc.gov/actearly



QT 30

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