

AUGUST ACTIVITIES

The dog days of summer are here, so plan accordingly. Try and get outside as early as possible (right after breakfast?), make sure plenty of water is available to drink and try and find the shady spots. Many outdoor activities can be adapted for inside.



Infants—Bicycling—This month make a point of “bicycling” with the infants after changing their diapers. Remember, when you put an infant in a high chair, one of the exercise chairs or stroller, they should not have their movements restricted more than 15 minutes at a time (unless feeding).



Toddler— Encourage your toddlers to kick a ball. This can be a way to ease into standing on one foot. Make sure they switch feet and don't use the same one all the time.

Pre Schoolers—If you are outside, place a rope or board on the ground to mark a path. If you are inside, you can use painter's tape.

Have the children follow the path. You can have them do it with one foot on either side, on the line (one foot in front of the other), go forwards and backwards. The path doesn't have to be straight. You can make it curved or zig-zag. To make it more interesting, place objects on either side for them to reach out and touch (some close, some far away)

