

Brain Building Activities

For parents and their children

ages 2-3

Toon Time

Turn playtime into music time. What is one of your child's favorite songs? Sing a line for him/her and then pause. Can he/she sing the next few words? Take turns back and forth, and clap to the beat. You and your child make beautiful music together!



Brainy Background

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Music time becomes learning time. By helping your child pay attention to the words of songs and the beat, you are helping him/her learn to listen carefully. Remembering the words and tunes of songs also strengthens your child's memory.



Laundry Sense

Give your child a chance to explore textures when you're putting away laundry. Before you fold, pass them to your child first and ask him/her how each feels. Is it soft, rough, thin, heavy? What else feels that way?



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This game helps your child "think like a detective" because he/she is using his/her senses (including touch) to understand the world around him/her.

Bowl Half Full

When your child is eating out of a bowl, have a back and forth conversation about how full the bowl is. Is it a little full? Half full?



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When you have a back and forth conversation about how full the bowl is, you are helping your child gain basic ideas about math. It can also help him/her learn new words!

Splish, Splash, Pour

Grab two cups before bath time. Give your child a cup and pour water from your cup into his/hers. Then ask your child to pour the water from his/hers back into yours. Count the number of times out loud and see how many times you can go back and forth!



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Supporting children as they explore and discover will help them become learners for life. Counting out loud also helps your child build a stronger sense of numbers.