



VIRTUAL CHILDCARE  
PARENT SUPPORT  
SERVICES

VOLUME #141  
**BORN TO EXPLORE -  
HOW CHILDREN LEARN BEST**

**HELLO PARENTS,**

When babies are born, they are ready to learn and discover their new world. Their brains develop through use and exploration. Children learn best by being involved in their own learning, participating in stimulating activities, making connections, and actively engaging with their environment. In this newsletter, you will find activities that encourage your child to explore and learn.

**ACTIVITIES  
INFANTS (3 -18 MONTHS)**

**CONTAINER PLAY**

**MATERIALS:**

- Small toys (blocks, balls or large pegs)
- Container with a big opening
- Narrow mouthed container
- Long toys (rectangular blocks, large pegs and plastic spoons)

**DIRECTIONS:**

- Place a few small toys in a container with an opening that is slightly bigger than the toys.
- Encourage your child to explore the container. They will probably turn it over and over, causing some toys to tumble out.
- When your child realizes that something is rattling inside and the toys seem to be falling out, they may start shaking, banging and reaching inside the container.
- Once your child figures out how to take all the toys out of the container, you can extend the activity by choosing a narrow-mouthed container and long toys.

[Click here](#) for more activities.

**TODDLERS (19 MONTHS – 2.5 YEARS)**

**BATH TIME BOX**

**MATERIALS:**

- Plastic boats
- Small rubber animals
- Small funnel
- Sponges
- Wash cloth
- Measuring cups
- Small plastic pitcher
- Large plastic box

**DIRECTIONS:**

- Collect all the materials in the box.
- Have your child use the box every time they take a bath.
- Your child will experiment with: filling and dumping, sinking, floating etc.
- Comment on and imitate their actions.
- The box can be used outside, with a water hose or sprinkler.

[Click here](#) for more ideas.

**PRESCHOOLERS (2.5 – 5 YEARS)**

**EXPLORING COLOURS**

**MATERIALS:**

- A foil tray
- Baking soda
- White vinegar
- Ice cube tray or small containers
- Eye dropper (or small spoon)
- Liquid watercolours or food colouring

**DIRECTIONS:**

- Give your child a foil tray.
- Fill the foil tray with baking soda.

- Fill each ice cube tray or small containers with vinegar. Add different liquid watercolours to each tray section or small containers.
- Have your child use an eyedropper or small spoon to place a few drops of the coloured vinegar onto the tray of baking soda. Watch what happens!
- Observe together with your child the reactions that take place and talk about what you see.
- Encourage your child to predict what would happen if they add different colours.

[Click here](#) for 50 STEM activities.

**JK/SK (4 – 6 YEARS)**

**NUMBERS EVERYWHERE**

**MATERIALS:**

- Dice
- Calculator
- Measuring tape
- Objects to count such as: buttons, shells, coins etc.
- Plastic container

**DIRECTIONS:**

- Collect all the items in a plastic container.
- On Monday, encourage your child to use a measuring tape and measure furniture in their room. Talk about the length and height.
- On Tuesday, encourage your child to use dice and a calculator to add the numbers that they will get from rolling the dice.
- On Wednesday, encourage your child to sort buttons, shells, coins or other materials that they may have.
- On Thursday, encourage your child to create interesting arrangements from the materials that they have.
- On Friday, take a break.

[Click here](#) for more ideas.

**SCHOOL-AGERS (6 – 12 YEARS)**

**POKE AND WAIT**

**MATERIALS:**

- Ziploc bag
- Six sharp pencils
- Water

**DIRECTIONS:**

- Fill the bag half way full with water and seal it.
- Hold a pencil in one hand and the top of the bag in the other hand.
- Push the pencil right through one side of the bag and halfway through the other side without spilling a drop of water.
- Repeat the same process with the rest of the pencils.
- Be careful not to push the pencils all the way through the holes.
- Try it over the sink for the first time.
- Later, you can experiment with different liquids.

[Click here](#) for more ideas.

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**A TIP FOR TODAY**

- Stimulate your child with open-ended questions.
- Create an environment which encourages them as inquisitive learners.
- Provide your child with plenty of hands-on experiences.
- Observe your child's emerging interests, and provide them with learning opportunities that expand them.
- Answer questions clearly according to your child's age.