

Home Activity Cards



I Pour You Pour

Children are constantly developing in all areas physically, emotionally, and cognitively. As we guide them through their world we can use every day moments to have them become aware, and capable of how to make use of it all. See what your child can do and share the experience together using hashtag #grow2gether.

Have you ever found yourself in a power struggle with your child because he or she has shown you that he or she is ready to do something on his or her own?

Use this opportunity to invite your child to help you with a simple task such as pouring his or her own drink. Begin by discussing how much you have noticed in growth. You might say “Since I see that you are growing, let me see you try pouring your own drink today.”

Use the hand over hand method first and when you both feel ready let him or her give it a try. Spills happen, and it is okay if it not accomplished the first couple of times. Remember, the goal here is to help your child feel empowered through your guidance.

Learning on the Go!

- Shopping at the local grocery store? Great! Use this opportunity to ask your child to make choices of some things to add to your cart.
- You might say “Let’s see if you can help me pick a healthy choice” by describing what healthy means. This not only shows your child that you are bonding and trusting the choice they make, but promotes self-worth and value to everyday tasks



Share with us! We would love to see how you did this activity.
Use the hashtag #grow2gether so we can find it!



#grow2gether

