**A picture containing wheel, transport

Description automatically generatedPower of Play Developmental Program**

We know you want the best for your child and for them to stay on track developmentally by learning new skills each month, but how do you find time to do it all?

Here are a few things we recommend:

1. We start with a [toddler routine](file:///C:\Users\kimao\OneDrive\Documents\TOTS\OT%20Boxes\Info%20Sheets\TOTS%20TODDLER%20ROUTINE.docx) to tell your time where to go. If you are like most, you don’t have much free time and you sure don’t have time to waste. For those of you who are new to routines, we recommend starting with the bedtime routine then add a mealtime and snack time routine. When your child is sleeping and eating at consistent times their brain is getting what it needs, they feel better and are prepared for more complex activities that include learning. The toddler routine is just an example, but it gives ideas for a variety of activities. The top priorities are bedtime, mealtime and intentional playtime routines. We understand many of you moms work all day and can’t implement this routine but hopefully your childcare center has something similar. You may want to incorporate story time at night after their bath or have certain activities your do after dinner in the evening. There are many opportunities to teach new skills and doesn’t take but a few minutes.
2. Provide one on one time with your child (about 15 minutes 2x each day) for intentional play time. This is your teaching time to ensure your child is learning and practicing the skills. If they are not able to sit and participate, that is where you are starting. Maybe it is for five minutes and then next week your child can participate for ten minutes, but it takes practice to be able to sit and attend. Paying attention is learned. May the activities fun and be excited as your show your child new things.
3. Increase your knowledge about the skills your child should be learning and then provide appropriate activities for intentional learning time. Have three or four specific activities available allowing you to change them out if your child loses interest. You may put your child in a highchair or booster to increase their attention to the activities.
4. Provide verbal instructions, demonstration and hand over hand if needed to complete the activities.
5. Always, always provide positive praise. This encourages your child to continue to try and your child will learn how to attend when given consistent opportunities to engage in meaningful activities.

Don’t have time to match activities to skills? Subscribe to our [POWER OF PLAY DEVELOPMENTAL PROGRAM](http://www.otbox.org/store) and receive an OT Box each month. There is a list of skills, items for the activities and instructions for each area of development (Cognitive, Fine Motor, Language, Social, Gross Motor and Self-Help). You will also receive a monthly calendar with ideas for activities appropriate for your child’s level of development AND you will have access to a pediatric occupational therapist who specializes in child development and has extensive training in Sensory Processing and Autism Spectrum Disorders to answer your questions.

[JOIN our TODDLER TALK](mailto:kima.ot@hotmail.com?subject=NEWSLETTER) newsletter for information about your developing child. We thank you for your interest in our program and look forward to hearing from you soon!