

September

Fall is a great time to spend outdoors. The weather is still warm enough to enjoy being outside. Walking to the park or playing in the yard is a great chance to learn. Include your child in activities you do in the yard during the fall. Talk about what you do and why you do it. Play together and have fun.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Collecting leaves

- Talk about the leaves.
 - What colour are they?
 - What sound do they make when you step on them?
 - Do the leaves feel dry or wet?
- Collect your favourite leaves.
- Glue the leaves on paper to make a picture.

Raking leaves

Let your child help you rake leaves – even toddlers can help with a toy rake

- Make a big pile of leaves to run and jump into.
- Let your child bury you with leaves.
- Talk about where all the leaves have stuck to you. Are they on your hair, shoe, sock, or pants?
- Hide outdoor toys in the leaves and search for them.
- Let your child help put the leaves in the bag.

Yard clean up

Your child can have fun in the garden.

- She can pull up the dead plants.
- Let your child bury you with leaves.
- She can dig in the dirt with her toy shovel.
- She can learn new words like, dig, dirty, clump, worm, root, and rock.

Back to school

Do you have an older child who goes to school?

- Talk about how he gets to school – by walking, taking the bus, or going in the car.
- Talk to your younger child about the change that will happen when his brother or sister goes to school.
- Explain that preschool, play groups, and community or church groups are like school.

- Let all your children tell you what they did at school that day

Farmer's market

A farmer's market or the grocery store is a fun way to learn about different fruit and vegetables.

- Let your child feel how heavy a pumpkin and a carrot are.
- Talk about all the different colours of apples.
- Talk about which fruit and vegetables she likes to eat.
- Your older child can play a sorting game – pick something up and have her tell you if it is a fruit or a vegetable.



Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

Apple song

Author unknown

Apples, apples, good to eat,
Apples, apples, juicy and sweet.
Pick them from a tree, buy them at a store.
Apples, apples, we want more!



Books

Go to your local public library to find these and many more great books.

Growing vegetable soup by *L. Ehlert*

The apple pie book by *Zoe Hall*

Fall leaves fall by *Zoe Hall*

Froggy goes to school by *Johnathan London*

Spot goes to school by *Eric Hill*

The little mouse, the red ripe strawberry, and the big hungry bear by *Don and Audrey Wood*

Where are you? by *Francesca Simon and David Melling*

To learn more about reducing children's recreational and sedentary screen time visit

www.healthykidsptbo.ca