

Caregiver Chronicle

49 fun physical activities to do with kids aged 2 to 4

If you have a little one under 5 years old [in your care], then you've experienced what it's like to try to keep up with an energetic toddler or pre-schooler. But did you know that kids this age need three hours of physical activity a day?

Children between 2-4 years old don't only need a lot of movement, they also need a lot of variety of movement. So while it's essential to make time for unstructured, active playtime, it's also important to have access to plenty of fun, simple activities that you know will help them get active and develop skills in a variety of ways.

This list of 49 activities is the ultimate go-to for any playdate, home child care setting, or a morning or afternoon with a caregiver. Whatever the situation, short attention spans mean that it's a good idea to have a few of these up your sleeve.

Animal Walk—Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours. *Skills developed: hopping, galloping*

Keep the Balloon Up—Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?
Skills developed: volleying, striking

Puddle Jumping—Preferably outside in what our two year old called “chocolate water”, throw on your kids’ most water-proof gear and let them jump in, out, and over puddles. *Skills developed: jumping*



Wet Sponge Designs—On a hot, summer day, gather up lots of sponges, provide a tub of water for endless re-soaking, and have your kids throw their sponges on a wall or on a cement surface to make designs. Sponges can also be used to “paint” walls. *Skills developed: throwing*

Digging for Treasure—Whether it's an inside or outside sand table or sandbox, kids love to dig for treasure. Hide small toys like plastic dinosaurs, small cars, or marbles, and let your child release their inner pirate as they search for booty! *Skills developed: lifting and lowering objects, object manipulation*

Run Away From the Monster—Kids love a game of chase, especially with a parent or other adult they trust. A game of running from a “scary” monster will involve much squealing with delight. *Skills developed: running, dodging, agility*

Find the rest of these activities at:
<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

Contact Us:

Sydney Lindenfelser
763-783-4881
slindenfelser@accap.org

Doreen Jackson
763-783-4891
djackson@accap.org

Allison Frey
763-783-4823
afrey@accap.org

Stacy French
763-792-8759
sfrench@accap.org

Tara Johnson
763-792-8713
tjohnson@accap.org

Ashley Skogen
763-783-4736
askogen@accap.org

Amanda Judd
763-783-4737
ajudd@accap.org

Annette Borman
763-783-4711
aborman@accap.org

Lori Schmidt
763-783-4973
lschmidt@accap.org

Terri Hoffman
763-324-2362
thoffman@accap.org

Gail Wincek-Balcerzak
763-783-4750
gwincek-balcerzak@accap.org

Inside this issue:

Help Me Grow	2
Getting Your CDA	2
Parent Aware	2
Professional Learning Communities	3

Challenging Behavior: Helping your Toddler Manage Anger and Frustration

Around age 2, children have developed good communication skills and begin to assert their own ideas, wishes, likes and dislikes. At the same time, 2- and 3-year-olds have not developed patience, do not understand waiting and are not yet able to control their emotions.

<http://helpmegrowmn.org/HMG/HelpfulRes/Articles/ManagAnger/index.html>



Have you been thinking about getting a CDA?

Think Small is offering a MN Child Development Associate Learning Community (MNCDA)! In this Learning Community, participants will receive 120 hours of training, assistance with their Professional Portfolio and the required resource materials (books, flashcards, etc.). Below are highlights on the upcoming English Learning Community**. Find and view the MNCDA flyer on the [Think Small website](http://ThinkSmall.com) TinyURL.com/yagf75ok

Interested persons should contact their Professional Development Advisor with questions and registration assistance; and return the application to their Advisor for enrollment.

In Washington County contact Cheryl Kotke at 651-233-2260; in Anoka County contact Kristen Peters at 651-641-6613.

[English] Learning Community Dates: 2/21/2019-1/30/2020, training will occur on Thursday evenings and some Saturdays

Location: Think Small St. Paul (Little Canada, off of Rice Street and 35E)

Cost: Four installments of \$150 for a total of \$600*

***Upon completion of the 120-hour cohort and earning the CDA, participants are eligible to apply for a training cost reimbursement through Child Care Aware of Minnesota of up to \$600.**

****A Somali Learning Community will be held at Think Small – Minneapolis. Details are coming SOON!**

The most wasted of all days is one without laughter ~ E.E. Cummings

CONGRATULATIONS!!!

Kudos go out to all of the providers and programs that earned a Parent Aware Rating in December!

They have shown their commitment to quality care and education for our youngest Minnesotans.



All of our Parent Aware programs deserve a **BIG**



Join Us for a Conversation About Powerful Interactions With Our Guest Jonathan Fribley



Jonathan Fribley's passion is to assist early educators in bringing our best selves to our lives with children. Jonathan supports the growth of early educators and young children as a learning partner – coach, mentor, facilitator. His work addresses adult-child interactions and relationships, early language and literacy, assessment and children's thinking. He develops and leads workshops, coordinates projects, and collaborates with early educators and administrators. Jonathan has over 30 years of experience as an early educator and in guiding educators, including coordinating and leading professional development for major federal early childhood grant projects. He has assisted public schools, Head Start agencies, nonprofit organizations, childcare providers, charter schools, and state agencies in over 20 states—connecting professional development to practices that make a difference in the lives of children and early educators.

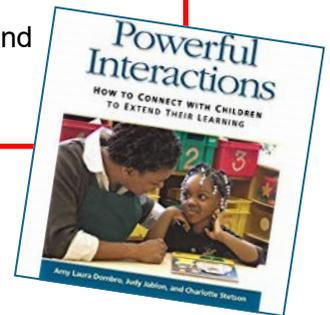
This Professional Learning Community Meeting will be held Thursday, February 21, 2019

6:30pm to 8:30pm at:
Peace of Mind Early Education Center
9025 Tamarack Rd
Woodbury, MN 55125

PLEASE RSVP TO ANNETTE BORMAN
aborman@accap.org or 763-783-4711

This topic will be held in Anoka County on March 12th

Meeting participants will receive a copy of the book *Powerful Interactions*, by Amy Laura Dombro, Judy Jablon, and Charlotte Stetson **(while supplies last!)**



Are you wondering "What's Up With develop?"

Join us for a workshop directed at using the EQUIP function in Develop.

By January 2020, all grant recipients will need to be submitting their spending and goals through Develop. This includes Building Quality, Parent Aware, and Regional Grants.

Bring your laptop or tablet, and your Develop *Membership* sign in information, and work with us on how to enter your goals into EQUIP.

There are limited electrical outlets, so please be sure your device is charged!

Tuesday, February 12, 2019

6:30pm—8:30pm

Blaine Human Service Center
1201 89th Ave NE, Suite 345
Blaine MN 55434

You **MUST** have a Develop membership (not just an account), and have registered your organization account, in order to access the EQUIP function. If you need assistance with this, please contact Doreen Jackson **ASAP** at djackson@accap.org or 763-783-4891.

PLEASE RSVP TO ANNETTE BORMAN at aborman@accap.org or 763-783-4711

This topic will be held in Washington County on April 18th

Early Childhood Professional Learning Communities

This is a place for you to meet with other providers, learn new things, help each other be successful, share what you know, and what works for you! Your experience providing child care and/or teaching preschool is important for children. Your thoughts, ideas, and wisdom will lead the discussions along with Special Guests!!! This professional opportunity is offered at no cost to you.

We hope you will join us!!

Anoka County Held at Blaine Human Service Center 6:30-8:30pm	Washington County Held at Peace of Mind 6:30-8:30pm
Parent Aware Develop EQUIP & Grant workshop** February 12, 2019	Powerful Interactions—Jonathan Fribley February 21, 2019
Powerful Interactions—Jonathan Fribley** March 12, 2019	1-2-3 Magic—Lori Hameister March 21, 2019
Challenging Behavior—Tina Feigal April 9, 2019	Parent Aware Develop EQUIP & Grant workshop April 18, 2019
1-2-3 Magic—Lori Hameister May 14, 2019	Tour a Family Child Care Outdoor Environment at Debra Murphy's home May 16, 2019
Resource Medley—Hear from three resource providers about how they can help you June 11, 2019	Resource Medley—Hear from three resource providers about how they can help you June 20, 2019

**Topic change from previous schedule!

Please RSVP to Annette Borman at aborman@accap.org or 763-783-4711

Blaine Human Service Center
1201 89th Ave NE
Blaine MN 55434

Peace of Mind Early Education Center
9025 Tamarack Rd
Woodbury, MN 55125

If you will need an interpreter, please make your request 7 business days prior to each event.

Building Quality participants may count attendance as coaching hours.