



Summer Ideas for Parents of Preschoolers!

1. Make Homemade Non-edible Play dough:

- 4 cups flour
- 2 cups salt
- 4 TBS cream of tartar
- 4 cups water
- 2 TBS oil

Cook over medium heat, stirring until stiff. Let cool. Add food color as desired . Let cool and knead until smooth. Store in ziplock baggie or plastic storage container. Do not eat.

2. Ocean or Wave in a Bottle

- 1 small clean and empty soda or water bottle
- Fill $\frac{1}{2}$ full with water
- Add blue food color
- Add $\frac{3}{4}$ the way full with mineral oil
- Do not fill all the way to top
- Hot Glue lid on

3. Bath Time or Outdoor Water Squeeze Fun

- Use washed empty dish liquid bottles
- Fill with water and squeeze (this strengthens your child's fine motor muscles).

4. Go to the Park and play on slide and other park toys

5. Go visit the Richmond Zoo

6. Go visit the animals at Maymont Park

7. Go to the Children's Museum - Good for rainy day fun

8. Make a tent with a sheet draped over something: inside if too hot or outside in the yard. Your child can pretend to be camping.

9. Make pie pies with a nice mud puddle after a rain shower: messy but oh so fun !

- 10 . Make an obstacle course or your own water park in your back yard with various toys and items found in and outside the home: (water sprinkler, water hose, child wading pool, and etc.)
 - Go in, out, over and under items.
 - Go under a picnic table, go in the wading pool, jump over a plastic toy (?), go through a large empty box with both sides opened are a few ideas. Your child will want to do this one many times
11. Go for walks with your child in the cool of the morning or evening
12. Look at the stars and moon together
13. Let your child help water flowers, garden or pet
14. Encourage your child to be as independent as possible in dressing :
 - Example: put shirt over child's head, then encourage your child to put arms in holes.
 - Or if your child can't put legs in pants, help put in one leg, then help them put in the other leg, If they can't put their legs in pants independently, parent can do this but encourage them to pull up pants on own.
15. Sand Play:
 - Play in sand with trucks and cars or dolls
 - Write name in sand
 - Make shapes
 - Draw self or family members in sand
 - Wet some of the sand and make a sand house or castle with beach bucket
16. Go to the local Library and check out picture books for your child. The library may also have a summer reading program that your child could participate in.