

# Family Earth Day Ideas

## Olathe Parents as Teachers



### **Recycle and let your child help. Let your child take responsibility completing a task:**

- Teach them how and why we care for our environment.
- Let them sort safe recyclables (no glass).
- Let them visit the recycling center or watch for the recycling truck.
- Find a book to learn what happens next.
- Give your child specific encouragement when they complete the task.
- A resource for your questions about recycling is [RecycleSpot.org](http://RecycleSpot.org).

### **Make an art recycling box. Scribbling allows the practice of fine motor skills that will develop into drawing and writing and keyboarding.**

- Save paper with one blank side for scribbling.
- Save magazines for tearing or learning to cut. Save stickers, paper, greeting cards, wrapping paper etc. for crafts and collage activities.
- Save empty boxes for crafts or pretend play.

### **Make your own baby food to eliminate waste as well as helping the family budget.**

- Baby's food will be fresh and have no additives.
- You can control adding texture to baby's diet.
- Refill your water bottles and cups rather than buying juice boxes or bottled water.
- Bring your own bags to the grocery, reuse cloth, paper & plastic bags.

### **Sort and rotate your toys. Your child will play with more focus if presented with fewer toys that are interesting and age appropriate.**

- Save the expense of buying toys by trading toys and books with a friend or buying used toys. Be aware of safety and recalls.
- Visit the library to borrow books.
- Children enjoy open ended creative play experiences such as a dress up box of old clothing from you or a thrift shop.

**Turn off the television and the computer and go outside. The American Academy of Pediatrics do not recommend any screen usage for children under two years of age. Time on a computer may take away from other tasks that are important to your child's overall development.**

- Your child needs to build brain connections by actively exploring rather than passive activities.
- Outdoor play provides hands on sensory experiences.
- Take walks, encourage your child to notice the sights and sounds. Name the things you look at and touch.
- Describe the way things feel. Notice texture, size, color and shape.
- Listen for the sounds around you. Imitate the sounds.
- Notice when toys sink in water or float. Let your child pour and dump during water or sand play.
- Use prepositions as your child plays to describe over, under, inside, outside and behind.
- Move some indoor activities outside. Bring your drawing materials outside or paint with water on a sidewalk. Sit outside and read a book.

**Time spent outside offers unlimited opportunities for fun and learning. Never leave your child unattended outside, always keep safety a priority.**



Adapted from Parents as Teachers Parent Handouts:

The Great Outdoors  
Parent's Little Helper  
Television and Your Toddler  
Your Child's Drawing and Writing  
Reinforcing Positive Self Esteem  
Baby Bytes: Computers and your Toddler



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