



Challenge 4

Enjoy exploring new things and make choices



Help make lunch



Create a picture or model

Top Tips

Involve your child in everyday jobs like putting the shopping away. Talk to them about what's involved and ask questions, for example: 'Where should we put the potatoes?'

Encourage your child to have fun with you making and eating food. You could make fruit kebabs together and eat them at an indoor teddy bears picnic.

Collect a range of different craft materials such as different papers, glue and children's scissors into a storage box so they can make choices about what they want to use. Toddlers love sticking empty containers together to make models which they can paint and decorate.