

ACTIVITY TIME

Once Upon My Legs

Mike Dumbleton and Sarah Boese

Once Upon My Legs helps children understand their body, how it moves and the different movements they are learning as they grow up.

Celebrate special milestones

You will need:

- You and your baby
- Activity template
- Coloured pencils, textas or craft items to use for decoration
- Your phone or camera

What to do

1. Colour in and decorate the milestone flowers on your template. Carefully cut around each flower and keep them in a safe place.
2. Read Once Upon My Legs together and talk with your baby about all the different movements the children make in the story. "Look at this little baby, she is crawling on the ground" "This baby has learnt to stand up! Can you see she is balancing by holding onto the window sill?"
3. As your baby reaches the milestones on the markers, take a photo of your little one with the matching flower.
4. Talk with your baby about the different achievements as they reach them and encourage them to keep trying new movements. It may take some time for them to get used to new ways of moving. "Well done, you sat up today!" "Keep going, you're nearly crawling!"
5. To remember all the special moments, you can stick the photos into a book with the flower markers.

Your baby's development

From birth, your baby's brain will grow an amazing 80% in the first three years. As a parent or caregiver, how you bond and show interest in your baby, from the very beginning, fundamentally helps to support the neurons and connections (building blocks) in your baby's brain.

Babies need to hear people talk to them about what they are seeing and experiencing, for their brains to fully develop language skills.

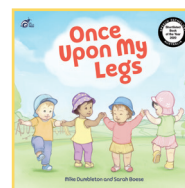
The rhythmic pattern of Once Upon My Legs is perfect for young children. It helps them learn about actions like bending, wiggling and running, which they can have fun doing while reading the story.

Songs to sing

Head, Shoulders, Knees and Toes, If You're Happy and You Know It, Open, Shut Them.

Key message:

The first five years matter and last a lifetime.



Adult supervision is essential. Involve and talk with your child as much as possible.



Proudly supported by

The Advertiser



Government of
South Australia

raisingliteracy.org.au • littlebookpress.com.au

