

Feeling giggly-squiggly?

It's **WIGGLY TIME!**



Let's walk like rhinos.

Stomp



clomp



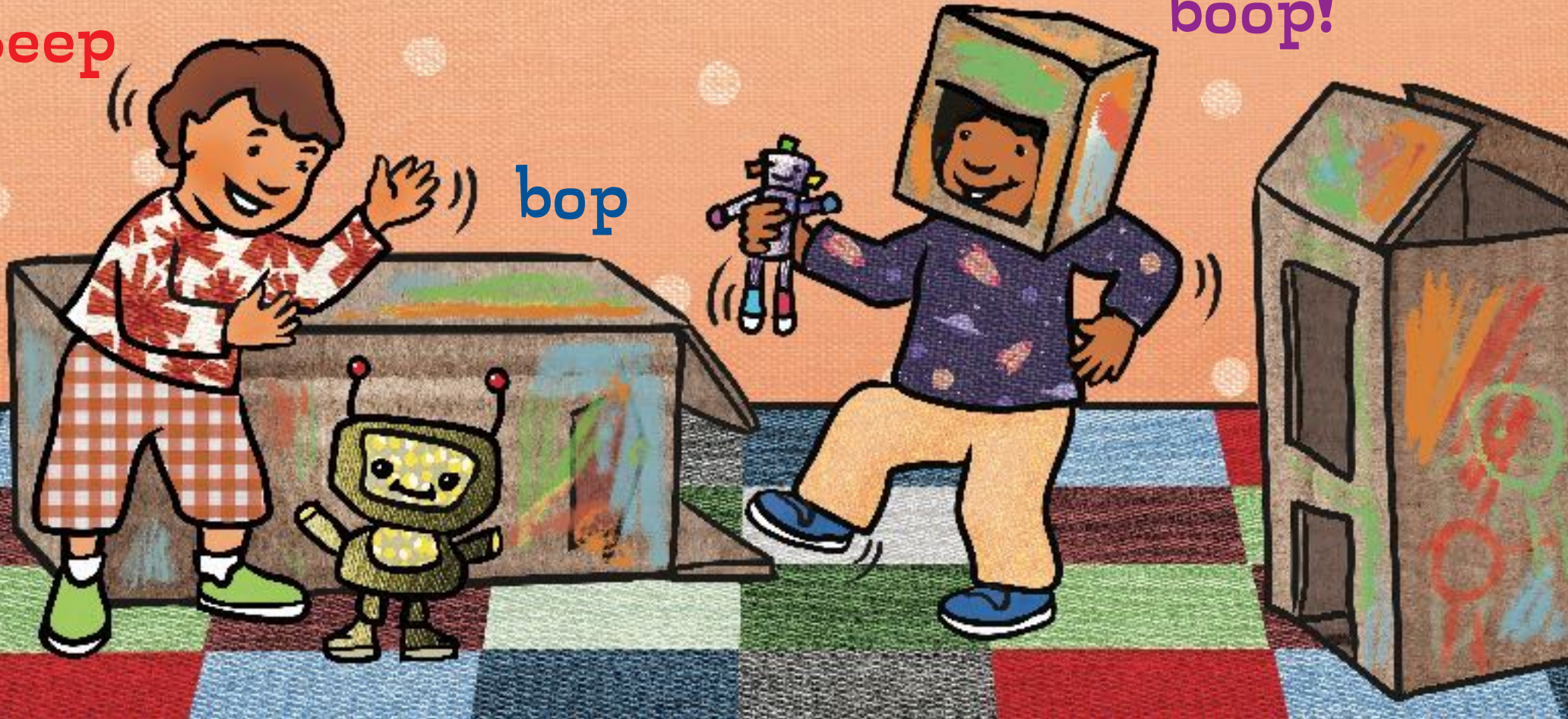
BOOM!

And dance like robots.

Beep

bop

boop!



## Wiggly Time Tips for Parents & Caregivers

Toddlers learn best through movement. Their brains and bodies crave activity—and activity builds muscle strength, coordination, and balance. Experts say movement encourages social and emotional development too. As you read *Wiggly Time*, encourage your child to stand up, move, and groove!

**Know the daily guidelines.** Little ones need lots of physical exercise every day, so make sure your toddler gets enough. Some general guidelines: (1) at least 30 minutes of adult-led physical activity per day, (2) at least 60 minutes—and up to several hours—of child-led physical activity per day, and (3) no more than 60 inactive minutes at a time, except when children are sleeping. Children who follow these guidelines will feel better, sleep better, and be fitter.

**Be “movers” together.** Get outside with your child: run, swing, play tag, throw balls, and provide riding toys. Head to the nearest park or playground whenever possible. Look for indoor programs that introduce toddlers to tumbling, dance, and movement—especially those that invite parents to join in.

**Be a role model.** Your child watches how you spend your time. Try to be aware of (and avoid) sitting for long periods, especially looking at screens. Get up and stretch, join your child in their play, and take long walks together, bringing a stroller or wagon if your toddler might need an occasional break.

**Make room for active indoor play.** Does your child have space to jump, bounce, and dance? Set up some rugs, pillows, or mats, and then get down to your child’s level to stretch, crawl, and roll. Try movement activities like Follow the Leader or simplified Simon Says. Turn clean-up into a game, so you work together to keep the play area neat and safe.

**Add a soundtrack.** Children love music, whether listening as they play or joining group music activities that teach rhythm and social skills. Turn on some music indoors or out, and lead young children in movement activities that include fast and slow, big and little, loud and quiet. Offer directions: “Let’s march, let’s spin, let’s rock, let’s roll.” Next, have your child direct the show.

**Find fun energy-releasers.** *Wiggly Time* is meant to inspire a little get-up-and-go. Use the book as an energy-booster or to segue into a new activity. Daily transitions go more smoothly if you give your child ways to release pent-up energy. If your toddler has to wait five more minutes for dinner, call out some of the book’s moves. While waiting in line, encourage stillness with “Freeze like ice.” Try “Sun’s out, let’s melt” to encourage floor time and relaxation. Add a little wiggle whenever your child is in the car by clapping hands and tapping feet. And if children are in a place where full-body wiggling isn’t possible? It’s helpful to show how wiggling fingers and toes can still get the sillies out.

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