Things You Can Throw

Parents can gently remind young children that some things are appropriate and safe to throw—and some are not! Help your child practice throwing safely. Use these activities to nurture baby’s curiosity about the world, while fostering muscle development and strength.

- Encourage your child to throw soft toys into a basket or tub—a soft ball, bean bags, or scarves work well. Talk about how each toy behaves when you throw it: “A scarf is light and floats down.” “That bean bag is heavy and falls fast!”
- Go outside together and look for lightweight things on the ground. Pick up leaves and maple seeds—which resemble tiny “helicopters.” Toss them up in the air and watch them float and spin.
- Either indoors or outside, roll a ball to your child and ask them to roll it back to you. This back-and-forth activity helps children practice taking turns and sharing.
- Visit Tiny Tots Indoor Playground at the Lakewood Community Center, a great active indoor time for children ages 5 and under. For further information, go to co.pierce.wa.us/2428/Tiny-Tots-Indoor-Playground.
- Check out safe indoor play spaces for very young children at the South Hill Mall, the Tacoma Mall, and the Outlet Collection in Auburn. For other regional indoor play, check soundsfunmom.com/2010/09/28/rain-rain-its-here-to-stay-indoor-playgrounds.

More Books

- Ball by John Hutton
- A Ball for Daisy by Chris Raschka
- Bounce by Doreen Cronin
- Tyrannosaurus Wrecks! by Sudipta Bardhan-Quallen
- What If? by Laura Vaccaro Seeger

Rhyming Fun

Big, Bigger, Biggest

A little ball, a bigger ball,
And a great big ball I see.
(Open your arms wider with each word)
You can help me count them,
One, two, three!
(Holding baby’s index finger, “count” each ball.)