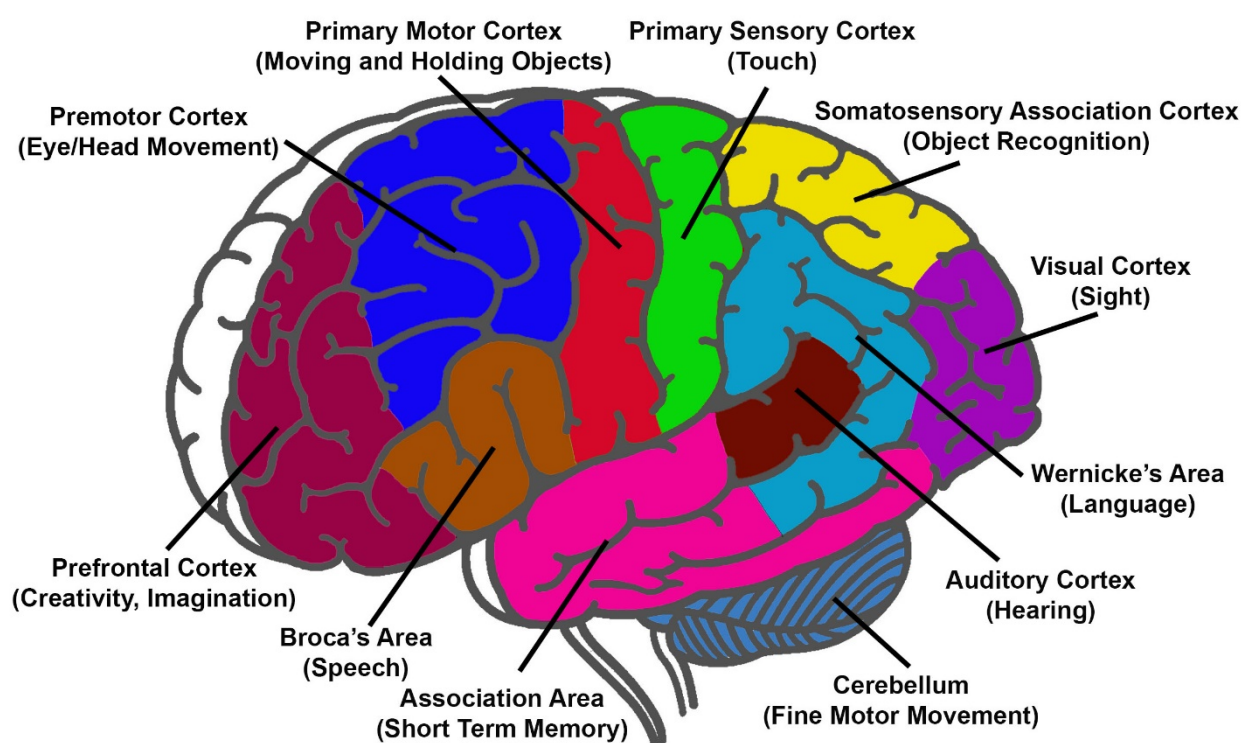


Activities for children

13 to 18 months

On the next pages you will find suggestions of activities to do with a child **13** to **18** months old. Don't worry about using the specific toys/items suggested, use whatever is available to you. The goal of these activities is to encourage parents and caregivers to play with their children and foster brain development. After the suggested activities you will find a sheet containing pictures of the brain and the parts that are activated when doing each activity. Below is a picture of a brain with all of the parts labeled.



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These activities are brought to you through a collaboration between [Hillsboro Area Hospital](http://www.hillsboroareahospital.org/) (<http://www.hillsboroareahospital.org/>), [Hillsboro Community Child Development Center](https://hccdc.edublogs.org/) (<https://hccdc.edublogs.org/>) and [Southern Illinois University School of Medicine Department of Population Science and Policy](http://www.siumed.edu/popscipolicy) (www.siumed.edu/popscipolicy).

Please contact PSP@SIUmed.edu with any questions.



Activities for children 13 to 18 months

Bag C: 13-18 months

100 First Words Book

Hold your toddler on your lap and read the book. Follow the words with your finger as you read. Name the animals or objects on the page. Later, encourage your toddler to find objects that you name on each page. Give praise for correct answers. Point to objects that your child didn't find.



Bag C: 13-18 months

Animal & Tissue Paper

Wrap an animal in a tissue paper and let your toddler find it. Have your toddler wrap the paper around the animal. Get two cups or containers that look the same. Hide the animal under one cup while your toddler watches. When your toddler finds the animal, have him/her hide the toy under a cup for you to find. The animal is a great toy for the bathtub. Have it "talk" with your child throughout bath time.



Bag C: 13-18 months

Beach Ball

Toddlers like to play with balls. Have your toddler roll, throw, or kick the ball. Save empty plastic bottles or boxes and set them up like bowling pins. Let your toddler roll the ball to knock down the pins. Ask your toddler to help set them up again. Gently throw the ball and have your child try to catch it. Sit on the floor, roll the ball to your toddler, and ask your child to roll it back.



Bag C: 13-18 months

Measuring Cups



Encourage your baby to pick up the cups. Your baby will enjoy banging the cups together or on another surface. Show your baby how the cups fit inside each other and use words like “in” and “out.”



Bag C: 13-18 months

Pullback Car



Hold your toddler’s hand and gently show how to pull back the car or truck and let it go. Watch it go forward and cheer! If you are playing on the floor, let your toddler chase the car and pull it back again. Ask your toddler to sit on the floor opposite of you and try to send the car to you. Take turns sending the car to one another.



Bag C: 13-18 months

Stacking/Nesting Cups

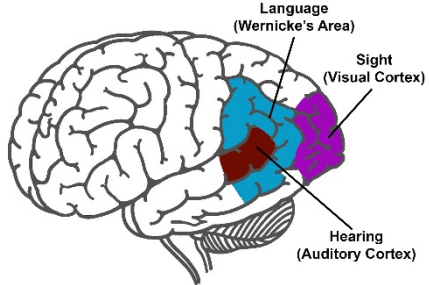
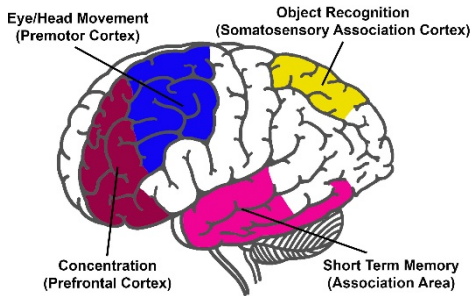
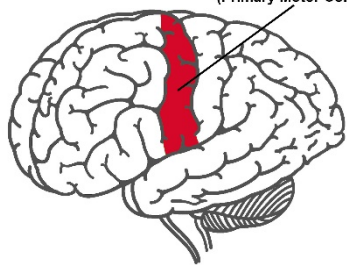
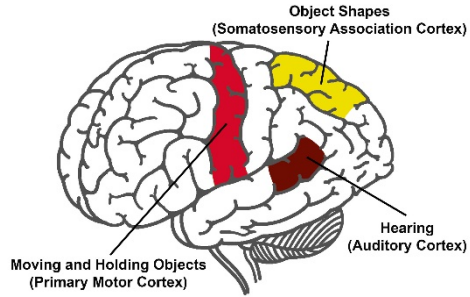


Put the cups on a sofa or a low, sturdy table. Let your toddler stand up to play. Teach how to place cups inside each other. Then, turn cups upside down and build a tower. Let your child practice both tasks. Ask your toddler to help pick up the cups and put them back together. Or, put the cups in a paper bag or container and let your toddler dump them out again. Sing a “clean up” song when play time is almost over.

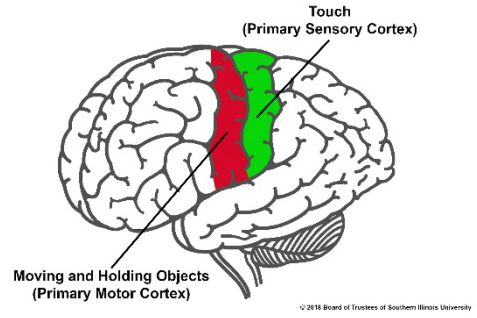


Activities for children 13 to 18 months

Brain activity

<p>100 First Words Book</p>	 <p>Language (Wernicke's Area) Sight (Visual Cortex) Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Animal & Tissue Paper</p>	 <p>Eye/Head Movement (Premotor Cortex) Object Recognition (Somatosensory Association Cortex) Concentration (Prefrontal Cortex) Short Term Memory (Association Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Beach Ball</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Measuring Cups</p>	 <p>Object Shapes (Somatosensory Association Cortex) Moving and Holding Objects (Primary Motor Cortex) Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

Pullback Car



Stacking Cups

