Head, Shoulders, Knees and Toes...

Children's bodies go through periods of extensive growth and development from birth to three. They go from not being able to do anything for themselves, to using the toilet and dressing themselves. They are fascinated by the things that their bodies can do. From babies grabbing their feet to toddlers exploring their belly buttons, there is a lot to discover about themselves.

Young children need a lot of repetition to store learning in their long-term memories. Talk often to your child about parts of their bodies- as you dress them, change their diaper or toilet them, bathe them, as you are helping them eat, and as you play together.

Playing games like Peek-a-Boo and Pat-a-Cake as you go through daily routines with your child will make the learning fun and more memorable. They will think it's fun to bend, wave, roll their arms, jump and stretch. The more they learn about their bodies and how they work, the more confident they will be in learning new skills as they continue to grow. So get up and get moving together!

Featured Book

The Foot Book, by Dr. Seuss

“Left foot, right foot, feet, feet, feet. Oh how many feet we meet.” There are lots of things that children can do with their feet. This book teaches a lot of concepts beside being a lot of fun to read. It teaches colors, positions, counting, etc. The rhymes in Dr. Seuss books make it easy for kids to remember and learn.

More Books about Bodies...

- These Hands, by Hope Lynn Price
- Hand, Hand, Fingers, Thumb, by Al Perkins
- Where is Baby's Bellybutton, by Karen Katz
- From Head to Toe, by Eric Carle
- All of Baby, Nose to Toes, by Victoria Adler
- Germs Are Not for Sharing, by Elizabeth Verdick
- I Can Do it Myself! by Stephen Krensky
- Potty, by Leslie Patricelli
- Smile! by Roberta Grobel Intrater
More fun with The Foot Book…

Let’s talk… As you are putting socks and shoes on your child, point to their feet and toes and name what they are. Count their toes and feet, and sing songs about them, like “This Little Piggy” and “One, Two, Buckle My Shoe”.

Matching game… Gather together 3-4 pairs of children’s shoes. Put one shoe from each pair in front of your toddler. Ask them to find the matching shoe from the other pile. Matching is a good skill to have for learning letters and numbers when they are preschoolers.

Get moving… Sing “Five Little Monkeys Jumping on the Bed” and:
- have your toddler jump on the floor
- gently hold your infant and jump them on your lap
- act out calling the doctor on the phone

Arts and crafts… Trace around your child’s foot at different times in their lives. As they grow older they will be interested to see how much they have grown, and how small their feet started out.

Dress up… Young children love dressing up. Provide shoes that are safe to wear so they can pretend to be mommy or daddy or a dancer, etc.

Song to sing with your child…

Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes,
(touch each)

Head, shoulders, knees and toes,

Eyes and ears and mouth and nose.
Head, shoulders, knees and toes.

(to if your child is too young to move their own bodies, gently help them touch each part of their body)

To see a video of this song go to: www.circletimekids.com/songs-and-games/english-head-shoulders-knees-and-toes-video

Nursery Rhyme

One, Two, Buckle My Shoe

One, two, buckle my shoe.
Three, four, shut the door.
Five, six, pick up sticks.
Seven, eight, lay them straight.
Nine, ten, a big fat hen.

What your library can do for you…

Most libraries have storytimes for babies and toddlers. They are a fun way to learn body parts and how to move their bodies. Check to see if your library has lapsit or toddler storytimes.

Books to Go from Your Library

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