

Fun ways to engage your child at home



Dance parties

Schedule dance parties with your child.
Switch on the music and dance to the beat!



Hide and seek

Make a list of items around the house for your child to find. Take turns with your child in hiding and finding the items.



Obstacle course

Build an obstacle course with what you have at home – get creative! It's a great way to get your child moving by jumping, crawling and rolling.



Simple child-friendly exercises