

# Dump and Pour

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical, Cognitive

## What You Need:



- A plastic bowl or box that is small enough for your child to pick up.
- Safe items like plastic film containers or thread spools that she can grasp

## What To Do:

1. Show your child how to fill the bowl or box with the safe items.
2. Then, show her how to turn the bowl or box over to dump out the items.
3. Encourage her to copy you. Give her positive encouragement as she does so.
4. Count the items as she puts them in. If you speak more than one language, count in different languages. For example, "uno, dos, tres" (Spanish).
5. Talk about what she is doing and what happens when she turns the bowl or box over.

Safety Alert: Items that are small enough to fit through a toilet paper tube can cause choking if swallowed. Check the size of items for safety before you let your child play with them.



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