



CHILD CARE OPTIONS
www.childcareoptions.ca

**Child Care Options Resource
and Referral Program**

#100 – 6846 King George Hwy.
Surrey, B.C. V3W 4Z9

Canada

Phone:
604-572-8032

E-mail:
childcareoptions@options.bc.ca

ARTICLES & ACTIVITIES

Written By Child Care Options

Rainy Day Activities

Build a Fort

What child does not enjoy the fun and creativity of building a fort? All you need are blankets, pillows and your imagination. Help your children lay blankets over chairs, couches and even end tables to give them that feeling of being in a fort. Then allow the real fun to start. Let them bring in items that will keep them occupied for a long while. Books, paper, crayons, favourite stuffed animals, blocks, plastic people and animals are just a small list of some of the items they can bring into their fort area. Have them make signs for their fort and name it after themselves. For example call it Fort Justin. Then when your child starts to get tired grab a book and a flashlight and crawl into the fort for a quiet time together.

Washing Dishes

Haven't used some of those old plastic containers collecting dust in the back of the cupboard lately? Or how about those pots and pans you rarely use? Then why not drag them out and let your child wash them for you. Just add a little water and dish soap to your sink and supply sponges, scrubbers and dishcloths and let them have fun! Just be sure to have lots of tea towels or even bath towels around to clean up the mess. Note: Never leave a child unattended near water.

Have a Bath

You're thinking no way; she doesn't like to take a bath! Well trust me either does mine. But as soon as you drag out those old plastic containers and plastic turkey basters they quickly change their minds. Include plastic measuring cups and spoons, strainers, plastic animals and more. Let your imagination take over. Note: Never leave a child unattended in the water.

Puddle Pleasures

Who says you have to stay inside on a rainy day? Grab the raincoats, rubber boots and mud pants and head outside for some good old, wet fun! Try and find every puddle you can and jump in! Or try jumping across the puddles. Count how many puddles are in your driveway, in your backyard, on the side walk, on the way to the mail box. Get down low and discover what if anything is living in the puddle, especially after the rain. Come out again later when the sun comes out and see how many puddles are left. Ask where have they gone?

Puppet Play

Dig out your old socks, mittens and gloves. Put some scrap material, yarn, markers, and glue out and let your child make his own puppets. When your child is done creating you can act out your favourite story together such as Caps for Sale, The Three Little Pigs or The Little Red Hen. If your child is feeling especially creative he could produce his own play and act it out for you and his favourite stuffed animals.