

# Four Favorite Games to Play with a Toddler

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Let's be honest - who has time to exercise? I know I don't. And I haven't seen a bead of sweat in YEARS... until I started chasing around a toddler who realized those two little pegs below her belly actually gave her the freedom to run freely and wildly between doors and hallways.

The key to making sure Emmie (and I) get our one hour a day of exercise is having the will power to make it happen. Below are just a few of our favorite games and activities that you can also do with your toddler.

## DANCE PARTY

Our favorite "exercise" is "Dance Party." One of Emmie's toys plays all sorts of music that would make any child want to jump up and down and "pump it up." I usually find that Emmie will mimic my moves (I'm sure she'll be thanking me at her first high school dance). We'll shake, lift our legs, spin, and shake some more.

## SOCK AND SLIDE

It's amazing how much fun you can have with socks on your feet – AND hands. Not only can you slide on all fours, but we'll slide on our backs using our "slippery sock paws." I love this game because it actually helps a two year old with her sense of balance (go core muscle!) when her socks start to slide too far. Sometimes we'll add a stomp-and-slide to mix it up.

## CATCH MOMMY

Another family favorite is "Catch Mommy!" Crawling, hopping, skipping, or playing hide-and-seek around couches always proves to raise that cardio to a new level. Toddler presses and baby swings also make great exercises for moms and dad — just like a kettle bell, we swing Emmie between our legs, or make her "fly" while we lay on the floor.

## WHO CAN PUT AWAY THE FASTEST?

My all time fave – "Who can put away the fastest?" This is all about cleaning up the room and usually at the end of the day. I set up her baskets in different parts of her room so she has to run to each basket to put her toys away.

Once I figured out exercising can be fun with my two-year-old daughter, it feels like less of a chore. And what better way to bond than to lay next to each other on the floor, in exhaustion, while giggling.

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