



Choo Choo Train!

Be a Train: Pretend to be a train as you listen and move to this flashback rendition of “Locomotion”! Show your child how to move her arms forward and back in a circular motion like the wheels on an old-fashioned steam train as you chug your way around the room. Don’t forget to sometimes blow the train whistle, too!

Make a Train: Turn a large cardboard box into a ready-made train car (you can also use an empty laundry basket lined with a towel or blanket). Invite your child to take her seat in the train, then push or pull the box for a chug-chug-chug ride around the room as you play the song again. To make it easy on your back, create an easy-to-pull handle using a dog leash or jump rope.

Let Your Child Be the Conductor: Encourage your child to give her favorite stuffed animals a ride in your cardboard-box train. Can she blow a warning whistle when she approaches you or goes through a doorway?

As If Having Fun Isn’t Enough: Pretend play is an important part of your child’s cognitive development. And whether she’s pretending to be a train herself or pulling her stuffed animal friends around in a homemade train, your child is exercising her large muscles and developing coordination.



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