



# Alternatives to TV

*Changing the way Americans use television.*

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## **Ages One to Three: The Runabout Age**

### **Developmental Characteristics**

The years from one to three cover the period when the child's mental powers are awakening. During these years he or she learns to walk and to talk. The child develops a definite personality with distinct likes and dislikes. Toddlers imitate behavior seen in adults, older children and on television.

### **Indoor Activities**

Informal play  
Reading aloud  
Pictures books to look at  
Nursery rhymes  
Singing  
Imitative play  
Dress up  
Blocks, Duplos  
A doll  
A truck  
Listening to audio tapes

### **Outdoor Activities**

Watching,  
Walking, crawling  
Climbing  
Digging  
Watching  
Riding  
Pulling