



The Wiggle & Giggle Busy Book: 365 Fun, Physical Activities for Your Toddler and Preschooler

By Trish Kuffner

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The Wiggle & Giggle Busy Book contains 365 creative, lively games and activities to keep toddlers and preschoolers busy and active. It provides great alternatives to watching television, playing video games, or doing other sedentary activities. This book will get your young child up and moving for hours! *The Wiggle & Giggle Busy Book* shows parents and daycare providers how to: instill a love of physical exercise through games and activities that encourage a child to move; focus a child's energy constructively; encourage a child to strengthen large and small motor skills; connect music and rhyme with physical expression to develop a child's creativity; and celebrate holidays and other special occasions with games and activities that get everyone moving. This book is written with warmth and sprinkled with humor and insight.

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Editorial Review

About the Author

Trish Kuffner lives with her husband and five children just outside Vancouver, British Columbia. She is the author of *The Toddler's Busy Book*, *The Preschooler's Busy Book*, *The Arts & Crafts Busy Book*, and *The Wiggle & Giggle Busy Book*.

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