

Belly Button Book is a great way for children to explore their own bodies. Point to your child's belly button or have your child find their belly button and other body parts.

For extra fun, add movement as you talk about body parts: Nod your head, wiggle your fingers, jump with two legs. Your child is learning body awareness as they intentionally move a specific body part. They are learning to follow directions and remembering action words. Belly Button BOOK



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