

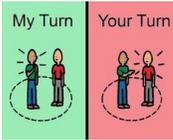


Play, Learn, and Read At Home

Developmental Activities for kid's birth to five.

Story this month: **Bizzy Bear Let's Go and Play** by Benji Davies

| | 0-12 Months | 1-3 Years | 3-5 Years |
|---------------------------------------|---|--|--|
| Problem-Solving Skills | <p>This book is wonderful for working with your little one on "Peek a boo." It has sliders and pages that you can push and pull. On two of the pages animals that couldn't be seen are pulled onto the page by the tabs. You can use your hands, a blanket or scarf to play "Peek a boo" with your little one. By ten months your little one might be beginning to figure out how the tabs work to make the animals be seen.</p> | <p>Exploring the world around them. You could sit in the grass while you read the book and look for the soccer ball on each page. Do you see it? What else can you find on each page?</p>  | <p>Figuring out different park equipment and how to use it. Swings are hard to move on your own, begin teaching how to pump their legs. The teeter totter won't go up and down with just one person, how does this work?</p> |
| Language/ Communication Skills | <p>By a year old children should be able to or starting to imitate sounds, silly sounds are fun to do while playing at the park. While pushing on the swing, weeeee. Going down the slide whooooooshhhh.</p>  <p>You can also narrate what the child is doing while in the park, Up/Down of the teeter totter, 1, 2, 3, goooooo while playing on the slide, or more or finished when on the swing.</p> | <p>Your child should be beginning to point to things in the book and within their world. Using the book you can see if you can find the objects at the park like a scavenger hunt.</p>  <p>You can also go through each page looking for simple objects and then as the child grows make it harder by asking for more detailed items, such as "where is the bear's eye?"</p> | <p>Learning prepositions, such as up, down, on, under is beginning to take place at this age. Using the book's pull tabs or movement pieces you can work on this skill.</p> <p>Pull tab 1: who is <i>under</i> the curtain? Ball movement: Who is the ball <i>in front of</i>? Teeter Totter: who is <i>up</i>? Who is <i>down</i>? Pull tab 2: Is Bear <i>in front of</i> Rabbit or <i>behind</i> Rabbit?</p> |

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| Small/Fine Motor Skills | <p>By a year old your child should be flipping the pages of a book, this book is perfect for little hands as the pages are sturdy to help them work on flipping the pages. They can also begin to learn to isolate a finger into a point to put in the holes and learn to move the swing back and forth, the teeter totter up and down, or the ball back and forth.</p> | <p>Ball Play! Throwing a ball is a fun activity to do at the park or outside. Your child may begin just a toss, and worked up to a full throw. Using a laundry basket you could make your own hoop that is at a perfect level to making a basket with the ball!</p>  | <p>Creating your own ball. Using junk mail, magazine pages, paper, or newspaper you can work with your child on crinkling these up into a ball shape. They can make a variety of sized balls. If you'd like to, add tape (duct or otherwise) to help the ball keep its shape so it can be used over and over again.</p>  |
| Large/Gross Motor Skills | <p>By about 8 months your child should be crawling. Crawling on a variety of surfaces is a fun way to explore the environment. Grass can feel funny, sand can feel rough, and pavement can be bumpy.</p> <p>Ball Play can continue by rolling the ball across the floor or grass this can help with the crawling as they may chase the ball across a variety of services.</p> | <p>Toddlers love to crawl in places and explore. Some playgrounds have a variety of tunnels, which can be an amazing place to crawl, walk, or use their voice while in these spaces. Some of these spaces may have windows that can distort the world outside, trying to figure out what different objects in the environment through these windows is another fun way to label.</p> | <p>Learning to pedal a tricycle or bike is a fun activity for the whole family. Children can learn how to use their hands, vision, and feet together to propel themselves to other areas with this skill. Helmets are highly encouraged with bikes.</p> <p>Another option is no pedal bikes called strider bikes, these help work on balance which is an area highly encouraged when learning to ride a bike.</p> |
| Self-Help Skills | <p>Children will begin to help with dressing by ten months, you can work on a variety of clothes as the seasons change for going outside.</p> <p>Summer: shorts, t shirt, hat Fall/Spring: pants, long sleeve shirt or sweatshirt or light jacket Winter: hat, mittens/gloves, scarf</p> <p>They may help push their head through, or an arm or a leg. They may pull their hat down or assist in wrapping a scarf.</p> | <p>Working on sharing. This is hard for little ones and should begin with an adult. My turn/Your turn is a fun game that could be played with a ball or a variety of other activities. On a playground, the child might go down the slide and then it could be your turn.</p>  | <p>Preschoolers will be still working on sharing but now with other children. It helps to have an adult nearby as little ones may still have a hard time with this. The adult can help facilitate or stand back and only help when frustration is turning to anger.</p> <p>EX: Two children playing ball, bouncing it back and forth. One child may hold onto the ball longer or take it away.</p> |
| Social-Emotional Skills | <p>Labeling children's emotions helps them deal and put some meaning to this emotion. When they get hurt, labeling it, offering a quick hug or another sign of comfort and moving on helps build more self-confidence. Adults staying calm when a child is hurt, is helpful to the child because it allows them to remain calm (sometimes).</p>  | <p>Many toddlers have a special stuffed animal, toy, and/or blanket that they must have when they are moving from one activity to another or going to be going away. This is often referred to as a transitional object. A child may need this for nap-time, a car-ride, or when they go to daycare. The presence of the object provides comfort and allows the child to transition from activity to activity or setting to setting much easier. This is a healthy stage that many children go through.</p>  | <p>Stranger danger may be taught at this age. Teaching your child when it is ok to talk to others, and who to talk to. When at the park you can talk about who there would be ok to talk to if they were to become lost or who may be a safe person. You might begin to talk about police officers, nurses, doctors, teachers, etc. and others within in a variety of environments that are helpers.</p>  <p>Community Helpers Directions: Watch the video. Write the missing vowel.</p> |

The Play, Learn and Read at Home activities are brought to you by the Montcalm County Great Start Collaborative Great Parents Great Start program. Children move thru predictable stages of development. The activities provided above are meant to be a guide. For more information on your child's development visit: www.GreatStartMontcalm.org