








Play, Learn, and Read At Home

Developmental Activities for Kids birth to five.

Story this month: Grumpy Pants by Claire Messer

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>A pacifier or calming item at this age is the preferred method of learning to calm. They may need to be held, they may just need a pat on the back, or they may be able to self-soothe with just a pacifier.. Learning to self-soothe helps as the child gets older.</p> 	<p>Teaching your little one a variety of coping skills at this age will assist as they grow and change in how they will handle anger in appropriate ways. At this age they need guidance in what to do, but as they learn the skills they may be able to do them on their own. Breathing exercises, break time (escape or separate room), or yoga for little ones, are great ways to learn calming activities.</p>	<p>At this age children should be able to understand that they can leave the room to calm themselves when upset. They may need a cue, but could also do it on their own.</p> 
Language/Communication Skills	<p>Teaching children words for their emotions is a great way to teach communication skills as the child gets older. Talking about emotions at this age level is a great way to work on communication, "Oh you are rubbing your eyes. You are tired." Making it fun and part of the day just adds to narration, which helps build a young vocabulary.</p>	<p>At this age, giving your children what to say about their emotions becomes important because it opens up communication. It also allows them to give a name to what they are feeling.</p> <p>You may say, "You are mad." They can learn to say "I am mad."</p> <p>You may say, " You are happy!" They will learn, "I am happy!"</p>	<p>At this age they should be able to express their emotions a bit better through words. "I am mad." They may begin to tell you what they need as well. "I need a nap." "I need a snack." etc.</p> <p>If you use specific coping strategies, they may request these through short sentences, "I need a break." "I want a hug." etc.</p>
Small/Fine Motor Skills	<p>Pulling off socks when getting undressed is a good skill to work on at this age, because you have to use your hand and fingers to grasp and pull.</p>	<p>Washing items in a water bin is great play at this age. You can use sponges, scrubbies, wash cloths, or other items to wash animals, dolls, cars, etc. You can also do this in the bathtub to help with less mess, or in the summer, do it outside with spray bottles.</p>	<p>Blowing in the bathtub is a calming activity, but popping bubbles works on pointer finger to isolate movements and hand eye coordination. You have to be able to watch the bubbles movement, then pop the bubbles.</p>

<p>Large/Gross Motor Skills</p>	<p>Assist your little one in play to do the movements of the book. Holding their legs, kick off their socks or boots! Holding their arms wiggle off their sillies! Holding their torso, help them “jump” out of their grumpies!</p>	<p>Since little ones this age are learning to follow directions, you can use the cube or you can sing the song to shake your sillies out. Shake, shake, shake your sillies out. Make up movements as you go. Wiggle, wiggle, wiggle your sillies out. Hop, hop, hop your sillies out. Stomp, Stomp, Stomp your sillies out.</p>	<p>Using the cube from class, have your child (when they get grumpy) follow the directions on the cube before getting a bath. Stomp your grumpy feet! Kick off your grumpy boots! Shake it off! Wiggle off your grumpy socks! Spin off your grumpy overalls! Jump out of your grumpy underpants!</p>
<p>Self-Help Skills</p>	<p>Little ones this age need help regulating their grumpies. They may use a snuggle, a paci, their thumb, or a small stuffy. They should be learning how to self-soothe when upset. If they are older than 7 months, they should be able to grab their pacifier if they drop it to put it back into their mouth.</p>	<p>Your child at this age you should be able to begin undressing themselves. They may begin with putting their arms up to pull the shirts off, and then they move to pulling their shirt down over their heads. They probably will be pulling socks off, but learning to put them on is great practice.</p> 	<p>Your young child should be able to bathe themselves with supervision and minimal help. They can use the washcloth to get each area of their bodies, and wash all those grumpies off!</p> 
<p>Social-Emotional Skills</p>	<p>Children at this age should be learning about reading social cues on other’s faces. Cues such as happy, sad, and mad. Using a mirror, you can practice these faces. Looking at faces in mirrors and making silly faces is a great way to work on social cues, facial expressions, and talking.</p> 	<p>Little ones at this age are just learning about their emotions and how to interact with others. They need their emotions labeled so they understand what they are feeling. At these ages temper tantrums are prevalent; this is normal and how the child is expressing their feelings. Start with labeling the emotion, “I see you are mad.” Wait for them to finish, “You were mad, lets go do this.” That way you let them have their moment, you’ve labeled what emotion they were expressing, and then you recovered by allowing them to express the moment, be comforted, and move into a new activity.</p>	<p>Preschoolers, just like adults, have bad days, and they may not know the reason. Using the book, you can help guide your young one with how to get through these grumpy moments. Penguin used the bath and washing the clothes to wash the grumpies away. Helping your child through their emotions helps them later in dealing with big emotions throughout their life.</p> <p>Ideas to work on calming: yoga, deep breathing, counting, a calm down area, etc.</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

