






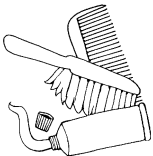


# Play, Learn, and Read at Home

## Developmental Activities for Kid's Birth to Five.

**Story this month:** I Like Myself by Karen Beaumont

**Reading Strategy:** While reading the book, point out the different body parts on your child: eyes, ears, nose, fingers, head, and toes. Ask what makes them special and what makes them glad they are.

	0-12 Months	1-3 Years	3-5 Years
<b>Problem-Solving Skills</b>	<p>About 8 months of age babies start to learn object permanence. This is when babies learn that an object still exists even when it is not in their sight. Try hiding objects behind your back or a pillow and watch your baby try to find it. Allow your baby to make several attempts before helping them. When the baby finds the toy they feel confidence and successful.</p>	<p>Two-year-olds enjoy using their senses to explore the world, and can solve simple problems with the "trial and error" method. Give your toddler some nesting blocks, bowls or pots and pans of various sizes and allow your toddler to try to stack them within the others.</p> 	<p>Mixing many kinds of blocks and asking preschoolers to classify them by size, color, or shape, will increase problem solving skills. We can do this during home cleaning, "gather the toys here", "the clothes there", "dirty ones in this pile", "the clean in that". There are many ideas for classifying and all of them can consider as problem solving activities for preschoolers.</p>
<b>Language/ Communication Skills</b>	<p>Your baby is learning about who they are as they develop. Call your infant's name before you enter his room. Peek your head in the room and call his name again. Observe whether he turns to you when you call his name. After you think the infant is responding, say another family member's name and observe the infant's response.</p>	<p>Play make-believe with your toddler. You can pretend to talk on the phone, feed a doll or stuffed animal, or go shopping. Talk while you play, and encourage the toddler to talk back. "Brrring, Brrring. Hello. Yes, Todd's here. Would you like to talk to him? OK, I'll give him the phone."</p>	<p>Read the book again and talk with your child about their favorite things and your favorite things and why they are your favorites. Ask for details to encourage your child to use deep thinking skills.</p> 
<b>Small/Fine Motor Skills</b>	<p>Sing with your baby "If you're happy and you know it clap your hands". Move your baby's hands as you sing to show your baby what to do. See if your baby will clap her hands on her own when singing the song.</p>	<p>Using paint, encourage your child to put their finger prints on a paper. Discuss how their finger prints are unique, different, just like your child is unique with different characteristics than anyone else.</p> 	<p>The girl in this book lists several attributes about herself that she likes. Have your child draw a picture of themselves and share with you what they like about them. Use any materials around the house to add hair or other characteristics.</p> <p>"I like myself, I'm glad I'm me. There's no one else I'd rather be."</p>

	0-12 Months	1-3 Years	3-5 Years
<b>Large/Gross Motor Skills</b>	Lay the baby on a soft floor covering such as a rug or blanket. Place several toys near the baby's feet such as the soft blocks or balls. One by one place each item against the baby's feet. When the baby kicks a toy away congratulate the baby with soft positive sounds such as "Whee!" or "Wooo!"	This activity will help toddlers develop balance and coordination while enhancing positive self-concept by giving a sense of achievement. Note: This activity supports toddlers learning to walk.  Scatter several soft blocks or stuffed animals on the floor in an open space. Hold the toddler's hand as he or she walks around the area. Direct the toddler to one of the blocks. Encourage the toddler to step over the blocks. As the toddler increases in coordination, increase the size of the block pile.	Sing with the your child: "Head and shoulder knees and toes, knees and toes. Head and shoulder knees and toes, knees and toes. Eyes and ears and mouth and nose. Head and shoulder knees and toes, knees and toes." Second verse: "Hair and elbows, tummy and hips, tummy and hips. Hair and elbows, tummy and hips, tummy and hips. Chin and cheeks and teeth and lips. Hair and elbows tummy and hips, tummy and hips."
<b>Self-Help Skills</b>	Giving children a chance to practice self-care skills is a fantastic way to help them feel capable and increase their self-esteem. It helps create a great sense of autonomy, a drive to learn and grow. Encourage your baby to feed him/herself small pieces of food and then begins to use a spoon.	Self care is an important part of development for children to feel in charge of their bodies. Encourage your child to practice self care by brushing their hair, brushing teeth, and washing their body in the bathtub.  	At three years old children can dress themselves, but may need help with buttons and zippers. Encourage your child to work on the self care skills. By five years old children can independently brush their hair and teeth and dress themselves.  
<b>Social-Emotional Skills</b>	Around 12 months, stand beside your baby in front of a mirror and point out different body parts, such as your nose or arm. Have your baby do the same. Move in and out of the reflection for mirror peek-a-boo. You and your baby can make faces to display the various emotions you suggest.	Get together some hand puppets or use socks as puppets. Put on a puppet show with your child, using the puppets to discuss their feelings and what emotions they have.  	Write different feeling words on pieces of paper and put them in a box or a bowl. Have your child draw them one at a time and demonstrate those feelings and have people guess what feeling they're acting out.  Happy, angry, embarrassed, sad, lonely, scared, nervous, loved

**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](http://www.GreatStartMontcalm.org)**

