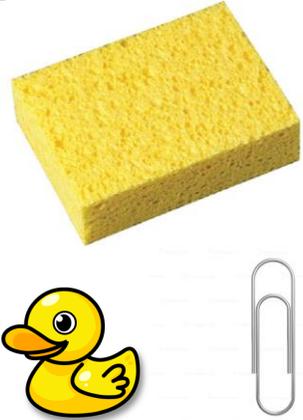


Play, Learn, and Read at Home

Developmental Activities for Kid's Birth to Five.

Story this month: Let It Rain by Maryann Cocca-Leffler

Reading Strategy: This book is a great read-aloud book. As you read the book, point to the pictures and pause on the words so your child can see the visual and connect it with the words.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>One of the strategies babies use to figure out how the world works is by putting objects into categories. They notice similar features even among very different objects. A flower, a rattle, and a nose are all different, but to a baby, they can all be grasped. Give your baby different textures to feel and handle.</p>	<p>As children play in the water with different toys, they begin to understand why and how things happen. Let your child play in the bathtub with various toys. Give them sinking and floating objects, a child will soon discover that just because something is large in size does not mean it will sink.</p> <div style="text-align: center;">  </div>	<p>Discuss the weather with your child. Make a weather chart. Every morning look outside the window with your preschooler: What do you see? Is it rainy, cloudy, or sunny? Draw a sun, clouds, or raindrops on a piece of paper with the appropriate word underneath. Ask your child what they think the weather will be the next day and why they think that.</p>
Language/ Communication Skills	<p>Sing songs with your baby:</p> <p><i>Rain Rain go away Come again some other day</i></p> <p>Another good song to sing with your baby using the hand motions is the Itsy Bitsy Spider:</p> <p><i>The itsy bitsy spider went up the water spout. Down came the rain and washed the spider out Out came the sun that dried up all the rain So the itsy bitsy spider went up the spout again.</i></p> <div style="text-align: center;">  <p>The itsy-bitsy Spider</p> </div>	<p>Toddlers are gaining more language abilities every day as they explore their world and try to make sense of things. Place familiar objects in a container. Have your child remove the object and tell you what it is called and how to use it. "This is my ball. I bounce it. I play with it." Try it with other objects your child plays with.</p> <div style="text-align: center;">  </div>	<p>Use various objects that sink and float (toy boat, rubber duck, plastic block, sponge, paperclip, wood and metal items). Show the items to your child and ask which ones they think will sink or float. Talk with your child about their predictions. Discuss size, shape, color, material, and weight of the objects. Then try each item and discuss with your child if they were right about what they predicted.</p> <div style="text-align: center;">  </div>

	0-12 Months	1-3 Years	3-5 Years
Small/Fine Motor Skills	<p>Play with “rain” inside. In the bathtub, you can pour water out of a plastic pitcher to make rain. Does your baby prefer the water to come out slowly or quickly? Does she try to grab the stream of water? Try pouring water through a strainer and watch it sprinkle out.</p> 	<p>A couple hours after a rainfall, take your child outside and let them draw on the sidewalk with sidewalk chalk. The colors will be brighter and more vibrant after a rain. You can talk about how spring after the winter is a vibrant new season, with everything starting to grow again.</p> 	<p>Make a rain gauge with your child to measure how much rain you get the next time. Materials needed: ruler, empty soup can, and glue.</p> <p>Allow your child to paint and decorate the empty soup can if they want. Remember, it will be outside, so the paint needs to be waterproof. Glue the ruler to the inside of the empty soup can. Set the can outside where it won't tip over. After the rainfall, read the ruler to see how much rain has fallen.</p>
Large/Gross Motor Skills	<p>By about 11 months of age your child will be interested in playing a simple game with a ball. Play ‘catch’ with your baby by sitting on the floor and rolling the ball back and forth. As you are rolling the ball, say a simple phrase as “roll, roll, roll the ball and catch”. As you continue to do this, it will be easier for your baby to catch on.</p>	<p>Go out in the rain (but not when it's thunder-and-lightning out). What do you see? Raindrops on leaves? Worms? Puddles? Don't worry if your toddler gets wet while he's exploring; Let them stomp the puddles and wonder as the water splashes.</p> 	<p>When you are at the store, get some of the paint sample strips (greens, yellows, reds, browns) in the paint section. The next time you are out for a walk with your child, take the paint strips and look at the colors of nature all around you. Compare the shades of the colors and work with your child to match the colors of the grass, flowers, leaves, dirt etc.</p> 
Self-Help Skills	<p>Self help skills can begin in infancy. Show your baby how to put their bib or clothes in a hamper when they are finished. Babies can also begin to learn where shoes go. Help your baby put their shoes away. This helps your baby to understand that things have a specific place to be.</p>	<p>Allow your toddler to begin to choose their own clothes. Rather than letting them choose from all their clothes, it might be more helpful to limit their choices to two or three items.</p>	<p>Food prep is a practical life activity. Children learn self care as they wash hands and can develop independence as they learn to prepare food. Allow your child to help cut food, such as a banana, cooked carrots, and other fruits and vegetables.</p>
Social-Emotional Skills	<p>Singing lullabies or nursery rhymes with your child is very comforting for your child. Try this one to the tune of Are You Sleeping:</p> <p><i>Rain is falling, rain is falling, All around, all around, Pitter, patter, raindrops, Pitter, patter, raindrops, Hit the ground. Hit the ground.</i></p>	<p>The more they learn what emotions are they can better learn how to express them. Take plastic eggs and a permanent marker. Draw a variety of emotions on the eggs, the eyes on top, the mouth on the bottom half of the egg. Let your child mix and match them.</p> 	<p>Preschool children may have or may be trying to phase out a nap during the day. Whether they take a nap or not, children this age still need 11-12 hours of sleep total for the day. If a child refuses to go to bed until late at night, parents might think their child doesn't need that much sleep, however, it could be just the opposite. It could be their child is sleep deprived, which results in hyper, overtired behavior at bedtime.</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