






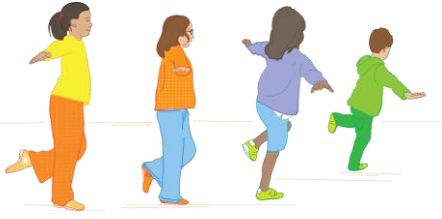



Play, Learn, and Read at Home

Developmental Activities for kid's birth to five

Story this month: Little Owl's 1, 2, 3

Focus Skills for parents: Echo Reading: You read the words, your child repeats what you say.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>You can play a game of follow the leader with your baby by imitating what they are doing. She is the leader and you copy what she does. Tune into her actions, movements, facial expressions and sounds. If your baby taps on the table, you tap on the table. If your baby makes raspberry sounds, you do it also. Give time in between each action to make sure your baby notices you are copying her.</p>	<p>Clean a variety of containers with push or screw-on lids. Hide your child's favorite toys inside. He will enjoy pulling and twisting them to "solve" the problem of getting the object. Offer help if needed and celebrate his success by saying, "You did it. You got the top off to take the truck out!"</p> 	<p>Many parents want their children to learn colors and numbers. Stick a thick spaghetti noodle or small dowel into a colored piece of playdough. Using colored pasta, have your child put one piece of pasta on the spaghetti noodle, two on the next, then three, etc. Write numbers 1-10 on paper below the playdough.</p> 
Language/Communication Skills	<p>Like the beavers, your child will begin to imitate waving hello around 6-9 months. It will take your child seeing you wave several times before he will begin to imitate. Wave hello every time you arrive or leave family and friends or when entering or exiting the room during your daily routine!</p>	<p>Numbers are everywhere in our environment. On our phone, the remote control, our house, clocks, signs, menus, books, and magazines. As you go about your routine, point out different numbers to your child and talk about what they mean. Look for numbers while reading, pointing to each object while counting to make a one-to-one correspondence to give meaning to the number.</p>	<p>They are active at night. They sleep while we play. They hunt in the dark. They hide during the day. What are they? Nocturnal Animals! Little Owl and friends are all nocturnal animals. Teach your child about the animals in the book, what they do & eat. We are diurnal, not a commonly used word, meaning happening by day or coming out during the day.</p>
Small/Fine Motor Skills	<p>The bats fly high through the night above the other animals. While your baby lies on his back, hold a toy above his head. Encourage him to reach for the toy. Move the toy above the head to the right and wait for his eyes and head to follow. Encourage him to reach for the toy. Repeat on the left side.</p>	<p>Become architects like the beavers using everyday pantry items. Build structures together using spaghetti noodles and marshmallows, pretzel sticks and banana or leftover mashed potatoes and potato sticks. Allow your child freedom to explore different options. If they fail, make it a great opportunity to problem solve why it did not work and to come up with another solution.</p>	<p>Make glow in the dark stars together using craft sticks, glue, and paint. You can make two triangles and stack them on top of each other. Hang from the ceiling and count the stars before she falls asleep!</p> 

	0-12 Months	1-3 Years	3-5 Years
Large/Gross Motor Skills	<p>Like owl with the turtles, surprise your baby with a simple game of peek-a-boo! Get her attention and hide your face. Reveal your face and say, “Peek-a-boo” Repeat while she is interested. Eventually, she will start hiding her face and play along. This teaches her object permanence; things still belong when we cannot see them.</p>	<p>Play follow the leader with different actions. Walk on tiptoes, walk backward, walk slow, walk fast, take big steps, take little steps, hop on one foot, jump with both feet! Take turns being the leader with your child.</p> 	<p>Take time out of your day to play a game of hide-n-seek. Make it a nighttime search using flashlights if that does not scare your child. They will have fun taking turns hiding and searching. They may hide in an obvious spot. If so, just look past them for a while to extend the game.</p> 
Self-Help Skills	<p>Chewing is a skill that is learned and babies need practice. Giving them chew toys that can reach where the molars will be helps develop strength and coordination needed for mature mouth movements for eating and strong muscles for speech. Let your baby chew on your clean fingers and help him chew teethers in the back, not just in the front of his mouth.</p> 	<p>Toddlers continue to need practice learning to chew. If your toddler is chewing on everything, this means they need continued practice with appropriate things. If you have concerns, speak to your teacher about ways to help. Giving them chew toys that can reach the molars helps them develop strength and coordination needed for mature mouth movements for eating and strong muscles for speech. Also cutting foods into strips (like French fries) is a way to teach them how to chew in the back instead of the front. You may need to hold the foods at first to get chewing motions.</p>	<p>Most children at this age have a mature chewing and swallowing pattern. Their tongue should push the food side to side in their mouth for repeated chewing on the molars. If you see “nibbling” in the front of their mouth, you may want to talk to your child’s teacher. Pretending you are a dinosaur, chomping on harder foods such as carrots, pretzel rods, licorice sticks, is a fun way to “exercise” the jaw muscles and continue strengthening the mouth and jaw for eating and speech sound development.</p>
Social-Emotional Skills	<p>Hold your baby close to you before she falls asleep and sing Star Light, Star Bright!</p> <p>★ Star light, star bright, First star I see tonight, I wish I may, I wish I might, Have the wish I wish tonight.</p> <p>★ ★</p>	<p>Read other stories together with the number 3. Such as, Goldilocks and the Three Bears, Three Little Pigs, or the Three Billy Goats Gruff. After reading the stories several times, take your child’s learning a step further and act out the stories using simple props.</p> 	<p>Sing this finger play song together. Songs with finger motions are easier for children to remember.</p> <p>One, two, three, four, five, Once I caught a fish alive, Six, seven, eight, nine, ten, Then I let it go again. Why did you let it go? Because it bit my finger so. Which finger did it bite? This little finger on my right.</p>

How to color pasta noodles: Use a large freezer storage bag and add rubbing alcohol. Add food coloring to the rubbing alcohol. Then, add uncooked pasta noodles. Make sure the rubbing alcohol covers the noodles. Once the noodles have taken on the food color, lay them on a cookie sheet to dry. The food dyed rubbing alcohol can remain in the storage bag for future use.

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