



## Play, Learn, and Read at Home

### Developmental Activities for kid's birth to five

**Story this month:** Napping House by Audrey Wood

**Focus Skills for parents:** After reading the book several times, begin to pause at the end of the page, “Where everyone is \_\_\_\_\_.” Give your child time to fill in “sleeping.” This is called Paired Reading.

	0-12 Months	1-3 Years	3-5 Years
<b>Problem-Solving Skills</b>	<p>Infants enjoy being read to. At first, the sound of your voice will interest your child. By about 8 months, your infant will briefly look at the pictures. While looking at the pictures in the book, point to them and say, “Granny night-night, boy night-night, doggy night-night.” By about 10-12 months your baby will be trying to pat or point to the pictures in the book!</p>	<p>“More” is one of the first math concepts understood by children. As you read the story, reinforce the math concept of “one more” as the characters are added to the bed. “Granny plus one more is two. Let’s count, one, two.” Continue until the flea bites the mouse and then reinforce the concept of “one less” and count down as the characters leave the bed! The more we talk math, the better chance infants and toddlers have to build a positive attitude toward math learning and learning in general.</p>	<p>In the book, when the sun is shining you can see the characters’ shadows. Find out what your preschooler knows about shadows by asking them questions such as, “What would your shadow do if you jumped up and down?” Notice the shadows of things around you: the dog, cat, cars, or a bird flying from tree to tree. Observe the way your shadow “walks” with you and play with your shadow. Your child can learn a lot—like how to make shadows bigger and smaller and how shadows move.</p>
<b>Language/Communication Skills</b>	<p>Develop a consistent bedtime routine so your baby learns what to expect at bedtime. Include a song such as:</p> <p style="text-align: center;">Rock a bye baby, safe in your bed Close your eyes, and rest your head The sweetest of dreams are waiting for you And always remember that mommy loves you!</p>	<p>Your child is beginning to understand the prepositions “in/on” and “under.” After you have read the story several times, ask your child “Who is <u>on</u> a bed?” “Who is <u>under</u> the child?” “Who is <u>in</u> the house?” Reinforce the idea of prepositions as you go about your normal routines.</p> <div style="text-align: center;">  </div>	<p>This book is great for learning sequencing and positioning. To reinforce these concepts, play a game of <i>Robot</i> as you get ready for bed. The parent is the robot that follows the child’s every direction, literally! Even if a step is left out like taking the top off the toothpaste.</p>
<b>Small/Fine Motor Skills</b>	<p>Let your baby explore a variety of different textures such as corduroy, satin, velvet, etc. Watch for signs of what kinds of touch the infant likes and dislikes. Does he smile and seem to enjoy the experience or does he fuss and pull away? Stop any touch experiences the infant seems to dislike. As your child holds pieces of fabric and waves it around he will be building muscle strength and coordination!</p>	<p>Make your own rainbow from colored rice for an at home sensory box! Decide how many different shades of rice you’d like to include in your sensory box and set aside that number of plastic bags. Next fill each bag with 5 cups of rice as well as 2 – 3 tablespoons of vinegar and around 30 – 40 drops of food coloring (more for darker colors). Seal the bag and mix and shake until the colors are evenly distributed. Next, open the bags and allow them to air out overnight. This will dramatically reduce the vinegar smell.</p>	<p>Helping your child to learn to tie their shoe takes practice and patience! Try this! 1.) Cross laces as normal. 2.) (Right Hand) Put your thumb and first finger in front of lace – fingers facing toward you (Left Hand) Put your thumb and first finger behind lace – fingers facing away from you. 3.) Pull your fingers forwards so you feel some tension and twist a little so that your fingers are facing each other. 4.) Pinch the laces in between the opposite fingers. 5.) Pull through!</p>

	0-12 Months	1-3 Years	3-5 Years
<b>Large/Gross Motor Skills</b>	<p>Tummy time is so important for developing and strengthening important core muscles -- the ones that help him to gain head control, sit, stand, and eventually walk! To make time on his tummy enjoyable, place a mirror in front of him and lay next to him. He will be fascinated with looking at himself in the mirror.</p> 	<p>Some children love to climb! Allow your child to practice their skills while you “help” them as needed. Place couch cushions on the floor and let your child climb over them or let them practice getting into an adult chair. Your child may begin climbing out of their crib during this age. In this case, move them into a toddler bed or place their mattress on the floor!</p> 	<p>Play a jumping game to build coordination and balance by taping lines on the floor using blue painters tape. Use 6 strips of tape and number them 1-6. Place the strips of paper approximately 1 foot apart on the floor. Encourage your child to jump to the 1<sup>st</sup> tape and then start at the beginning and try to get to the 2<sup>nd</sup> piece of tape. Each time, encouraging your child to jump farther!</p> 
<b>Self-Help Skills</b>	<p>Like Granny’s bonnet, your baby will be interested in putting a hat on and/or taking it off. Use a hat for your child to play peek-a-boo and practice putting on and off their hat. The more you laugh and make a big deal about it, the more they will do it!</p> 	<p>It is recommended for toddlers to get 9-10 hours of sleep a night! To help your toddler get his sleep, limit his amount of exposure to light which directly effects your child’s melatonin levels. This includes light sources from the television or electronics. Instead, read books or sing songs together!</p> 	<p>Preschool age children take pride in new accomplishments. Give your preschooler the responsibility of assisting you in making their bed. Older children may not need help. Remember that your child will not make their bed as you would. Accept and praise their efforts.</p> 
<b>Social-Emotional Skills</b>	<p>Sit with your baby on your lap as you look at yourselves in a mirror. Let your baby look at your reflections and notice how they react. Do they try to touch the baby in the mirror or smile at her? Sit with a calm expression and then change to a happy animated expression. See if your baby imitates you or smiles back! Around 6-8 months your baby should smile at herself in the mirror.</p>	<p>Peek-a-boo helps children learn that something can be hidden from view but still exist in the world. Play a simple game of peek-a-boo using your hands or a small baby blanket. For the older toddler, play peek-a-boo and change the expression on your face to mirror different emotions such as mad or sad. See if your child knows how you are feeling when you make the reveal. Talk about things that make you and your child mad or sad. Use a mirror and take turns to show a variety of emotional expressions!</p>	<p>Most children give up the afternoon nap at this stage. Substitute an afternoon rest time for the nap time. Try to time bedtime so that you allow for roughly 12 hours of night sleep, for children who are no longer napping. Recommended bedtime between 7-8:30 pm. Use a later bedtime for children who are still transitioning away from the afternoon nap. <a href="http://www.babysleepsite.com">www.babysleepsite.com</a></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](http://www.GreatStartMontcalm.org)

