












## Play, Learn, and Read At Home

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

#### Story this month: Sing & Smile Stories Old MacDonald Had a Band

	0-12 Months	1-3 Years	3-5 Years
<b>Problem-Solving Skills</b>	<p>Noises can be made with a variety of tools, your mouth, your hands, your feet, spoons, whisks, tops, jugs, dropping things, shaking things, etc. Let your little one explore a variety of sounds by playing with a variety of objects.</p> 	<p>Play instruments you have found or made around the house, pots/pans, shoe boxes, muffin tins, etc. Work on playing them LOUD and quietly.</p> 	<p>Use different drumsticks-pencils, wooden spoons, plastic spoons, whisks, full hand, fingers, etc. to get a different sound on the same drum.</p> 
<b>Language/Communication Skills</b>	<p>This book has an amazing amount of sounds which at this age are a great way to introduce language to a baby. Animal sounds are a great place to start at introducing beginning sounds of m, b, n, p, d.</p> <p>Animal sounds: Moo Baa Neigh Peep peep Quack quack Woof woof Meow</p>	<p>Nursery rhymes are a great way to work on the rhythms of talking and a variety of sounds. They also teach repetitive sounds that are helpful when learning new sounds. Vowels are wonderful for learning first. The E-I-E-I-O is a great sound to work through and then add in the animal sounds and the instrument noises, and you can play around with so many different sounds.</p> <p>Musical Instrument Sounds: Tweet tweet Boom boom or tap tap Wah Wah or Toot toot Strum zum, zum Ting a ling Plink plink Crash Clang Click Clack</p>	<p>Coming up with new games to play, you can add clapping to the rhythm of songs/nursery rhymes. You can teach simple clapping songs to your preschooler. Using hands together and singing help build language/communication centers in the brain as these two areas are next to each other.</p> <p>Miss Mary Mack is a fun one. Pat -a-Cake Baby Shark BINGO Open Shut Them</p>
<b>Small/Fine Motor Skills</b>	<p>Pots and pans are your child's first drum set. Give them a whisk or a spoon to play with different noises. Giving them a variety of items to hold onto works their hands for, as they get older.</p> 	<p>Using an open shoebox or cereal box with a cut out front or back, place rubber bands around to allow your child to play a homemade guitar! You can also use a pan.</p> 	<p>Making maracas! Using plastic eggs, you can fill these with beans, rice, little rocks, or pasta to make shakers. Tape the egg shut once full. You can use it this way or take two plastic spoons and tape them on either side of the egg to make a handle to shake.</p> 

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<b>Large/Gross Motor Skills</b>	<p>Pony rides on your lap are a great way to get some movement play for you and your little one. This is the way the gentleman ride, gentleman ride, gentleman ride. This is the way the gentleman rides all the way to town. You can do ladies, farmer, children, and bounce your legs fast, slow, bumpy, one at a time, etc.)</p> <p>Dancing is also a fun way to add movement to your day.</p>	<p>Animal walks are a fun way to move around your environment. You can: Crawl like a cow, cat, dog Walk like a chicken-dip your head down like your pecking. Gallop like a horse/pony. Jump like a frog.</p> 	<p>Make a "barn" out of a large cardboard box and have your child crawl in one way and out the other imitating a specific animal.</p> <p>Pretend you are a cat! Meow Pretend you are a frog! Ribbet Waddle like a duck!</p>
<b>Self-Help Skills</b>	<p>Washing your face and body can be fun by adding a song to it! Give your little one a washcloth or loofah and wash away the dirt.</p> <p>This is the way we wash our (arm), wash our arm, wash our arm, this is the way we wash our arm so early in the morning. (Change out arm for each part of the body.)</p>	<p>Adding more to our song and skills you can brush your teeth, comb/brush hair, put on clothes, and take clothes off. Making these "chores" into a song makes it more fun as well as learning what items are.</p>	<p>Learning how to clean up spills, toys, and doing chores around the house are made much more fun by adding music! Singing the Clean Up, song creates a routine for little ones, but do not stop there! Singing other songs about working, Whistle While You Work is another fun one and you can work on teaching your little one how to whistle.</p> 
<b>Social-Emotional Skills</b>	<p>Using music is how many adults use to calm themselves; soothing music with no words can be a nice way to soothe a young baby. Classical music at a low level of sound can be a great way of teaching a coping skill to calm.</p> <p>Some little ones even like to hear music while in the womb, you can hold headphones up to your stomach to listen to music as well.</p> 	<p>Teaching children about their emotions is great at this age because as the tantrums begin labeling the emotion is important, as some little ones may not understand what is going on, but if you label "Oh you are mad!" they learn it is ok to be mad, but we need to then also teach them a coping skill to do with this mad.</p>	<p>If You Are Happy and You Know It, is a great song to teach emotions! It gives your child an action for each emotion.</p> <p>Happy-Clap your hands Angry-Stomp your feet Sad-wipe your eyes Excited-spin in a circle Loving-give a bear hug</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)

