











Play, Learn, and Read at Home

Developmental Activities for Kid's Birth to Five

Story this month: One Duck Stuck by Phyllis Root

Focus Skills for parents: Paired Reading: After you have read the book several times, pause and signal to the child it is his turn to read the repeating phrases of, “Help, help, who can help?”, “We can, we can.” This helps pre-readers anticipate what comes next and “read” with confidence.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	Your 8-12 month old will be determined to get something he is interested in...even if there is an obstacle in his way! Using a toy such as a duck that squeaks, entice your child to come and get the toy. Place a pillow or couch cushion on the floor between your child and the duck. Your child will move around, crawl over, reach over and/or push away the obstacle to get what he wants.	Matching objects is a skill that develops between 15-19 months. Use the book to match animals. For example, next to the number 4 are crickets. Show your child the picture and say crickets. Now look together at the other page and ask your child to find the crickets. Show your child that the animals by the number are the <u>same</u> or <u>match</u> the ones in the story. 	Rote counting is a skill that many children learn at an early age and it helps them learn the order of numbers. However, understanding that one number spoken represents a specific object is a higher level skill called 1 to 1 correspondence. When reading the book, point to each animal as you count them...1,2,3,4,5 frogs! This is a different skill than just counting to five out loud!
Language/Communication Skills	Children around 12 months old should be able to imitate simple actions and verbalizations. Do a picture walk thru the book with your child. This means you don't worry about reading the book you just look at and talk about the pictures. Every time you see the duck point to it, then open and close your hands as if it is the ducks mouth and say “quack-quack!”	Build, build, build vocabulary by helping your child learn all the animal names. When you come to a new page say, “Where is a moose?” Encourage your child to point to all the moose that he sees—say moose each time you touch one. This builds both their receptive vocabulary and expressive vocabulary. 	This book offers wonderful descriptive words to help your child develop a rich vocabulary. Pick some of the words like: slimy, squishy, swampy, picky, sticky, creaky, soggy, messy etc. and incorporate them into your everyday conversations. For example, “These socks are wet and soggy.” Use these words when you do the gross motor activity described later.
Small/Fine Motor Skills	Using chocolate pudding as mud ...place a large pile of mud on your child's high chair tray. Put different textures such as cereal, frozen peas or oatmeal to make the mud more interesting to explore! This activity provides important information to your child's brain. 	Improve your child's pre-writing skills by allowing them to explore in “mud.” Children between 18-24 months should be able imitate a vertical stroke, 20-24 months will imitate a circular scribble, and 24-30 months will imitate a horizontal stroke. To practice these skills place a large amount of chocolate pudding “mud” on a hard surface and allow your child to imitate you creating these strokes. 	As warm weather approaches, playing in mud could be one of your child's favorite outdoor activities. Have your child make mud by mixing sand and water in their sandbox, sand/water table, or on the ground. After exploring the mud, provide your child with a variety of baking dishes, spoons, and measuring cups. Measure water and dirt, stir, fill muffin tins or create some delicious cookies. It will be fun to see where your child's imagination takes them!

	0-12 Months	1-3 Years	3-5 Years
Large/Gross Motor Skills	<p>Between 10-12 months of age your child will be able to stand and balance at a small table or chair, then “squat” to pick something up. Place a toy duck or animal next to your child while they are balancing and encourage them to squat down and pull the animal out of the mud!</p> 	<p>Once your toddler has mastered walking, climbing and balancing will be an activity of interest. Small plastic slides or steps are great for children to practice on. A pile of pillows, cardboard boxes, a simple 2x4 or a garden ledge all provide opportunities to climb and balance. Climbing is a natural inclination for many children that parents often try to suppress. Instead try to offer safe and supervised options for your child to practice this skill.</p>	<p>Spring is a great time to put on your boots and go for a walk outside. Make sure you explore as many mud puddles as possible as well as some mucky, messy, soggy, weedy mud to trudge through! You can hop like the frogs, waddle like a duck, make trials like snails, climb over trunks like skunks and if you are really brave, slither like a snake!</p> 
Self-Help Skills	<p>Somewhere between 9-12 months your child will be interested in getting their hands on a spoon and attempting to feed themselves. Offer some yogurt or pudding to your child, let them try to scoop and get it in their mouth. Remember getting messy is OK as your child learns this skill!</p>	<p>Between 2-2 1/2 years of age your child will be interested in washing and drying their hands independently. Offer assistance with turning the water on and off and leave the scrubbing and drying to your child! They will be very proud of their accomplishment!</p>	<p>After a really big day playing in the muck, a bath may be necessary. Around 3 years of age your child will be interested in assisting with washing his hair and using the wash cloth to clean himself. He will still need your supervision while in the tub, but he can begin to do more of the care himself. Make sure you have a rubber duck to help him in the tub!</p>
Social-Emotional Skills	<p>Quack! Quack!</p> <p>“Quack! Quack!” went the little black duck one day. “Quack! Quack!” went the little black duck. “Quack! Quack!” went the little black duck on day. And his tail went Swish! Swish! Swish!</p> <p>“Quack! Quack!” went the little brown duck one day. “Quack! Quack!” went the little brown duck. “Quack! Quack!” went the little brown duck one day, And his feet went Slap! Slap! Slap!</p>	<p>Children at this age begin to enjoy playing organized games. Play “Duck, duck, goose.” To begin sit down in a circle. One person is “it” and walks around the circle. As they walk around, they tap people's heads and say whether they are a “duck” or a “goose”. Once someone is the “goose” they get up and try to chase “it” around the circle. The goal is to tap that person before they are able sit down in the “goose's” spot. This game helps your child learn simple rules associated with the game.</p> 	<p>Preschoolers are beginning to develop empathy and enjoy helping others. When doing things around the house such as setting the table, clearing the dishes and/or putting away the groceries. Tell your child, “Mommy has many dishes to put in the sink. Help! Help! Who can Help?” It won’t take long for your preschooler to catch on to this game and lend you a hand. Make sure you offer your thanks and gratitude for their help!</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

