





Play, Learn, and Read at Home

Developmental Activities for kid's birth to five

Book this month: **Pete the Cat and the Bedtime Blues** By: Kimberly & James Dean

Focus Skills for parents: Parent reads part of the words on the page and the child completes the words or sentence.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>Make a sticky ball for your baby to explore. Wrap the ball (size of one you would find in a ball pit) with masking or painter's tape, sticky side out. Give the ball to your baby and watch them problem solve how to get the ball off his hand. If he becomes upset, reassure him that he is okay. If he doesn't calm, take the sticky ball away.</p>	<p>At the beginning and end of the book there are many different pictures of Pete the cat. Some of the pictures go with this story. First, ask your child to find the pictures of Pete from this story. Then ask her to find the Pete that matches on the opposite page. Continue matching each picture of Pete until you have found them all. If you have read other Pete the Cat books, see if your child knows which Pete goes with other books.</p>	<p>There are many patterns on the pajamas, hats and sleeping bags. Learning patterns is a pre-math skill. Give your child markers, crayons or stickers to decorate medium pieces of paper. After they have decorated two or more, cut the paper once or twice with a jagged or wavy line. Encourage your child to match the patterns and put the pieces back together.</p>
Language/Communication Skills	<p>Your baby will imitate actions long before she will imitate words. Sit across from her and play different games of imitation such as clapping your hands, banging on a box/toy, knocking, covering your head/eyes, rolling a ball back and forth, etc. Take turns with different actions. As your baby begins to make sounds, imitate her sounds. Wait for her to repeat the sound for her turn!</p>	<p>After reading the story several times, talk to your child about the story using "first, next, and last" sequencing words. Using sequencing words will help him learn that order matters when talking about events. "First, Pete and his friends were doing what?" See if he can recall the order of events. If he needs help, look through the pictures in the book.</p>	<p>Pete enjoys surfing, Toad wants to clap, and Gus likes to jam! Make a book together featuring family members and their favorite activities. You can print pictures of family members, draw them together or cut out pictures from magazines that match the activities that family members enjoy. Add the text, "This is Sarah. She likes to dance." Your preschooler will enjoy reading their homemade book!</p>
Small/Fine Motor Skills	<p>At 7-9 months, your baby will enjoy playing with paper as she crumples, tears and pulls it. Make sure she doesn't put it in her mouth as it could cause choking. Around 11 months, your child will be able to fist grasp a crayon. While sitting at a table or in her highchair, show her how to make marks on a paper with the crayon. Make a sound to go with your marks like: dot, dot, dot or zoom, zoom. Then hand the crayon to her to see if she imitates you! Take turns as long as she is interested.</p>	<p>Make your own special Papier Mache hat together! Start by blowing up an oval shaped balloon. Cover the top part of your balloon in small pieces of newspaper, paper or wrapping paper. Brush each layer with paste (2 parts white glue: 1 part water). Let dry for 2-3 days and then pop the balloon. Trim the bottom to fit your child's head. Paint the hat or use the paste and tissue paper to add color!</p> 	<p>Turn your pretend play kitchen area into a pizza parlor! Use local take out menus and clean pizza boxes. Make a cardboard pizza together by cutting a cardboard circle into triangles. Using colored construction paper let your child cut small strips of yellow paper (cheese), small black circles (olives), green strips (pepper), big red circles (pepperoni) and glue ingredients on your pizza! Use crayons if you don't have colored paper.</p>

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Large/Gross Motor Skills	<p>Around 8 months, your baby will have the strength to stand on his own. Although it may feel natural to pull him to stand by holding his hands, provide support at his chest to help him stand. Hold him under the arm pits giving stability as he tries to stand. Providing support at the chest will help him build trunk strength and improve his balance! Soon enough he will be standing like Pete and his friends on their surf boards!</p>	<p>Children love to move to music! Find different items in your home for drums. You can make drums from paper towel tubes and a turned over laundry basket or wooden spoons/chopsticks on pots & pans. Have your child move to the beat of your drumming. Start off slow and then increase speed. Her movements should mimic the beat to your drumming. Take turns so you can move to the beat of her drumming!</p> 	<p>Like Pete and his friends who balanced on the surf boards, your child will enjoy keeping their balance on a balance beam. Use a flat piece of wood or tape a line on the floor. Visit a local park and use the railroad ties that border the play equipment. Have your child walk heel to toe, walk backward, step and lift one foot, count their steps as they walk, or play follow the leader. Balance beams help children learn about body awareness and where their body is in space.</p>
Self-Help Skills	<p>Like Alligator, your baby will mouth and munch solid foods around 5-8 months. Signs that your baby is ready for solids: If she can sit upright and hold up her head, she has lost the tongue thrust reflex that automatically pushes food out of her mouth, and she still seems hungry after getting a full day's portion of milk (8-10 breastfeeding's or about 32 ounces of formula).</p>	<p>Make a green smoothie together by combining the following into a blender: 2 C. Liquid 2 C. Spinach 3 C. Frozen Fruit (banana, apple, mango, pear, or pineapple)</p> <p>Let your child measure the ingredients and dump into the blender. Experiment with different liquids and fruits! Most of all, take a deep breath and have fun as she learns her way around the kitchen and how to use measuring cups.</p>	<p>Preschoolers love to do things for themselves and are more likely to try new foods if they participate in making it. Make individual pizzas for dinner. Set up an assembly line with your pizza ingredients. Let your child lead by starting with ½ an English Muffin. Next, let him spoon on his sauce and sprinkle on cheese. He can add additional toppings like black olives, tomatoes, pineapple or pepperoni! Toast in your oven at 375 degrees for 10 min. Enjoy!</p>
Social-Emotional Skills	<p>Like Pete and his friends, having a consistent bedtime routine that included quiet activities like reading helped to relax and prepare them for sleep. Your baby needs the same. Close the curtains, dim the lights, read and/or sing with him while cuddling him. Developing healthy sleeping habits also include putting him to bed while still drowsy. This will help him learn to self-soothe and get himself back to sleep when he wakes on his own.</p>	<p>Add singing this lullaby to your child before they fall asleep!</p> <p>Golden Slumbers Golden slumbers kiss your eyes, Smiles await you when you rise. Sleep, Pretty baby, Do not cry, And I will sing a lullaby.</p> <p>Cares you know not, Therefore sleep, While over you a watch I'll keep. Sleep, Pretty darling, Do not cry, And I will sing a lullaby.</p>	<p>Does your preschooler have the bedtime blues? Bedtime can be a struggle for many children and parents. Ease the transition to bedtime by setting the stage. Start your bedtime routine by turning off or dimming lights and avoid watching television or screens at least an hour before bed. Give choices on what book they want to read and cuddle together. Spend time talking about your day, asking what they liked the most about their day. You may be surprised by their answer!</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

