



## Play, Learn, and Read At Home

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

**Story this month: Spring for Sophie by: Yael Werber Illustrated by Jen Hill**

|                                       | <b>0-12 Months</b>  | <b>1-3 Years</b>   | <b>3-5 Years</b>  |
|---------------------------------------|---|--|---|
| <b>Problem-Solving Skills</b>         | <p>Around 6 months your child should begin to be sit independently. Encourage your child to sit and reach towards toys that are placed around them. By the age of 12 months, your child should begin to try to get to things that are not within reach. Encourage your children to get items that are placed just out of their reach.</p> | <p>During this age range, your child should begin to know the use of a variety of different objects. Start labeling what different objects do, such as “keys open doors”, “cups we drink from”. Also, begin having them play with simple puzzles where they can match the different shapes or pictures.</p>  | <p>At this age, your child will become interested in the world around them. This book focuses on the different senses, encourage your child to explore their senses while playing outside.</p>                |
| <b>Language/ Communication Skills</b> | <p>This book offers a variety of different ways to work on both listening skills and talking skills. When you are outside begin listening to the different sounds you hear and begin imitating them:<br/>           Chirp chirp<br/>           Tweet tweet<br/>           Vroom vroom<br/>           Beep beep</p>                        | <p>As your child grows, you can move from imitating the different sounds to naming the different objects and things that are making the different sounds. Begin using a combination of different sentence lengths for example:<br/>           Big blue car – honk honk<br/>           Little bird – chirp chirp<br/>           Green light – blink blink</p> | <p>Have your child read you the book by using the different pictures and have them describe what they are seeing. Also, have them begin “reading” different signs in the environment that they see often.</p> |
| <b>Small/Fine Motor Skills</b>        | <p>At this age, children will begin to explore their word, assist them in making a bird feeder with cheerios, and encourage them to feed themselves by picking up the food from the table or tray.</p>  | <p>Being this book focuses on spring, have your child string cheerios onto a string or pipe cleaner to put outside for the birds to eat.</p>   | <p>At this age, have your child help you create a</p>   |

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|---------------------------------|--|--|--|
| <b>Large/Gross Motor Skills</b> | Go for a walk around the community in which you live, look for different signs of spring. Go to a local park and play  | Take a walk around the community, look for a variety of different signs of spring and then work on labeling what they are and describe them with colors.<br>Explore your local parks.  | At this age, children become more interested in the world around them, as you take a walk around the community. Find a grassy patch and have them roll around in the grass and play with in the sandbox. Explore your local park and encourage them to go up and down the different structures and run around. |
| <b>Self-Help Skills</b>         | As your child gets older have them hold their own bottles in order to feed themselves. Begin introducing a sippy cup with water, at first cups with handles will be easier to hold for them but encourage them to begin drinking from cups. (If you fear a miss, try this in the bathtub or outside!)  | At this age, have your children help you clean up different spills around the house and take care of items from meal times. This helps promote cleaning up after them. As have, your child work on throwing things away on their own.  | During this age, children will begin to help with a variety of different activities. Have them assist you in helping set and take care of meals, clean up towels and clothes after taking a shower, and also to pick up trash and place it where it belongs.   |
| <b>Social-Emotional Skills</b>  | At this age, electronic time is not recommended. Instead spend the time playing on the floor with your child, for younger children laying with them while they do tummy time gives them something to look at and interact with. As your child gets older, begin singing songs with them. Simple songs like wheels on the bus, pat a cake are great ways to encourage movement while singing. | At this age, children are learning how to show oppositional behaviors. Help them to express these with no and then work on how they still need to do it and it might be that you give them a choice of when it needs to be done. Also, work with your children on using words to ask for help or to get something. | At this age, your child is beginning to become more of an abstract thinker. While you are driving around, begin to have them think about different animals might be feeling and play with different facial expressions in order to show that they understand these feelings.                                   |

**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)**

