



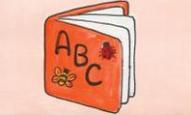
Play, Learn, and Read at Home

Developmental Activities for Kid's Birth to Five

Story this week: Time for a Bath by Phillis Gershator

Focus Skills for parents: Time for a Bath is a wonderful story to help children understand social/emotional relationships while encouraging creativity, imagination, and bath time of course! As you read through the book, point out the rhymes and try to make personal connections with the events in the story. Try painting a picture or making a “mudpie” with your child and then bond over bath time while teaching self-help skills.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	Place a small cup and a small toy on a tray for baby. Hide the toy under the cup and ask, “Where is the toy?” If he doesn’t find it, lift the cup and show your baby where it is. Say, “You found it!” Do this several times. Soon he will lift the cup and find the toy all by himself. Later, add another cup. See if baby can remember which cup hides the toy!	I can do, can you? During bath time or lap time with your child, play a follow-the-leader game. Say, “My eyes blink. Show me how your eyes blink. My nose can sniff. Can your nose sniff? I can clap my hands. Can you clap, too?” Do something silly and share some laughs and you help your child to manipulate their bodies and create their own actions.	Ask your child simple questions, such as “What do you do when you’re really tired?” “What do you do when you get hungry?” or “What do you do when you’re all wet?” See if your child can give you answers that make sense. Talk about it with them and model the actions as well. 
Language/ Communication Skills	Enjoy each other like bunny and his momma! Have a little quiet time. On weekends or at a time that’s not too busy, spend time with baby in a quiet place with no music and no television (perhaps outside). Talk to your baby about what you’re doing or about what baby is doing. Let your baby hear your voice and see your face making words. Talk calmly and tell baby how special he is. When your baby talks, encourage him. Have a conversation.	At the end of a busy day, let everyone talk about his or her day. Ask your child to tell the family what she did during the day. Let her take her time. You might remind her if she forgets some events. Soon she will learn to tell what happened in the right order. Say, “Thanks for telling us about your day!” 	Read a favorite story to your child. Ask him what happened at the beginning, middle, and end. Have your child act out the story and be different characters. If you read a story about farm animals, he could pretend to be a cow, chicken, pig, or horse. Encourage him to act out the beginning, middle, and the end of the story. Talk about the different parts of <i>Time for a Bath</i> too! Point out when you are doing the same thing that bunny and his momma did in the story!

	0-12 Months	1-3 Years	3-5 Years
Small/Fine Motor Skills	<p>A great way to get ready for bed is to snuggle up and read books with your baby! Let her pick a few books and help turn the pages. Talk about the pictures and ask her to point to things she sees. Enjoy your special time!</p> 	<p>Let your child use washable crayons or markers to draw bubbles on paper. Let him draw as many as he wants and color them in. Show him how to draw big bubbles and little bubbles, purple bubbles and green bubbles. Now that he has drawn so many bubbles, maybe it's time to blow some real bubbles!</p>	<p>After your child's bath, ask him to help you clean the tub by scrubbing all the way around the tub. Give your child a separate sponge or cloth just for this job using just water. As the water drains out, your child can "scrub" the part of the tub where the water was. When finished, squeeze the cloth or sponge really hard! "Good helper!"</p>
Large/Gross Motor Skills	<p>Bunny sure was curious! Once your baby has started to walk, she will want to practice a lot. Show her how to hold on to a lightweight but stable chair or stool and push it around the room. Sturdy cardboard boxes also make great push toys. Let your baby push things indoors and outside.</p>	<p>Show your child how to move like different animals. Can he waddle like a duck or walk on all fours like a dog? Encourage him to pretend to be these animals and make noises like them. Play along. Call the cat, "Here Kitty, kitty." Balance on one foot like a pink flamingo.</p> 	<p>Strong little bunny! This is a good age to begin playing catch. Use a soft, medium-size ball (about 8 inches) that won't hurt if your child does not catch it. Remind him to put his arms out in front of him. Toss the ball to him from a close distance, then move back so that he can practice catching from 5 or 6 feet away. Good catch!</p>
Self-Help Skills	<p>Encourage your baby to pick up and eat safe foods, such as crackers or cereal bits. Your baby will enjoy feeding himself during snack time. Give him a few choices of simple foods. He'll even enjoy trying to drink out of an open cup with a little help.</p> 	<p>Help your child learn all the steps in washing hands. You can do this before or after meals, before bedtime, and after going potty. Stay close by while he learns to stand on a stool, turn on the water, wash hands with soap, and rinse and dry hands with a towel. Singing a song makes it fun: "This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands, before we eat our food."</p>	<p>When you put your child to bed, count kisses out loud. Ask your child how many kisses for the chin: "Three? Okay, one (kiss), two (kiss), three (kiss). How about your nose?" What a happy way to learn to count!</p> 
Social-Emotional Skills	<p>When bathing baby, let him bathe a small plastic doll. Show baby how to be gentle with the doll. Later, let him dry and hug the doll. It will teach him to be loving.</p> 	<p>While getting your toddler ready for bed, say goodnight with a little tickle or kiss to different parts of baby: "Goodnight little nose (tickle). Goodnight, little foot (tickle). Goodnight, little ear (tickle)" Ask him what part needs a goodnight tickle or a goodnight kiss.</p>	<p>Read or recite poems and rhymes to your child at special cozy quiet times. Cuddle up and rock a little to the rhythm of the words, or just cuddle and rock. Let your child fill in missing words to a familiar rhyme: "Humpty Dumpty sat on a..." Wall!"</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. Sources include *Ages and Stages and Teaching Strategies Gold*. For more information on your child's development visit: www.GreatStartMontcalm.org

