











Play, Learn, and Read At Home

Developmental Activities for Kids Birth to Five.

Twinkle, Twinkle, I Love You: by Steve Metzger

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	Offer a variety of calming objects when needed, such as a blanket, pacifier, or special stuffed animal. Try to alternate what you use, so that the child learns how to soothe themselves in a variety of ways, rather than just one.	Try to keep a simple daily routine throughout the day, which includes activities that involve engagement, touch and communication. Narrate your activities as you go through them. Ex: “Time to wake up”, “Let’s brush your teeth”, “Put your arms up, for your shirt”.	Offer choices when possible throughout the day, which allows your child to feel like they have some control or options. Example: “Do you want your red boots or blue shoes?” 
Language/ Communication Skills	Help your little one learn their body parts by playing games, such as “kiss your toes, tickle your belly, rub your hair, pat your butt”, etc.	Teach your little one how to say, “I love you” with words, sign language or body language (arms crossed over chest) to be able to “share a secret message” or be a part of each routine during your day. 	Help your child learn simple nursery rhymes or rhyming words by visiting the library, reading a favorite rhyming book at bedtime, or playing simple word games to find words that sound like others. 
Small/Fine Motor Skills	Help your little one play a peek-a-boo game by pulling a small cloth or blanket off their own head. They can also look for their favorite toy or object hidden under a cloth or cup by pulling the cloth off or lifting up the cup, etc.	Kids this age may like to explore different art textures to paint a cut out heart, such as finger painting or sponge painting. Let them glue on scraps of paper, ribbon or fabric scraps. 	Make paper conversation hearts to put up around the house. Parents can help their kids to fold the paper and cut out the heart. They can write their names or simple words on them, or tear or cut out pictures of things they like and glue onto the hearts.

<p>Large/Gross Motor Skills</p>	<p>Play movement games, such as “Patty cake”, “So Big”, “Head, shoulders, knees and toes”, “Where is your eyes, nose, etc.?”</p>	<p>Play movement games with songs like “Ring around the Rosie”, or “Head, shoulders, knees and toes”.</p> 	<p>Kids this age should be able to jump up and down and off higher surfaces. Play games or sing songs that they have to imitate movements, such as spinning, jumping, clapping, twisting, etc.</p>
<p>Self-Help Skills</p>	<p>Encourage exploring food textures, holding and using a spoon or holding their own bottle or cup. Narrate what you are doing within each part of your routines, such as, “Let’s change your diaper, lay down, put your legs up, I’m going to clean you off, etc.”</p> 	<p>Kids this age like routines and want to be more independent with their daily tasks. If you can help them pick one part of each activity to be responsible for, such as: “go get your diaper”, “throw this away”, “you get to wash your feet and I’ll wash your legs”, you are working on their language skills as well, by learning to follow directions.</p>	<p>Help your child learn the basic self-care skills, such as brushing their teeth and hair, washing themselves, setting the table, taking care of dirty dishes, etc. and then LET THEM DO IT!</p> 
<p>Social-Emotional Skills</p>	<p>Spend lots of time, kissing, hugging, cuddling, and touching your little ones. Try to make daily routines involve engagement, eye contact and social interaction. Play games like: “I’m going to get your belly”, when you are changing their diaper.</p> 	<p>Limit screen time within your child’s day! Kids this age enjoy spending time with their family members and are able to play a variety of social games, such as Hide and seek, Tag, and Ring around the Rosie. Pretend play, such as pretending to cook, clean or dress up in Mom’s clothes can create a fun, interactive game with family members and allows the child to learn a variety of skills, including language, fine and gross motor.</p>	<p>Give your child some simple household chores, such as feeding the cat or throwing the dirty clothes into the hamper or washer. Do not forget to offer encouragement and praise for a job well done, but remember to verbalize the action. Example: Instead of saying just “Good job”, add what they did. “You did a good job picking up all of the dirty clothes.” You’ve helped the child gain some responsibility and feel good about their accomplishments.</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

