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ABSTRACT

Intended for parents, this booklet presents learning activities for very young children with special needs. Activities were developed as part of project DEBT (Developmental Education Birth through Two). Activities are grouped according to the following developmental levels: newborn, 1-3 months, 4-5 months, 6-8 months, 9-11 months, 12-14 months, 15-20 months, 21-29 months, and 30-36 months. Directions are given for each activity and space is provided to report the child's responses. Activities focus on language, gross and fine motor development, understanding of spatial relationships and the concept of time, use of imagination and creativity, social/self awareness and problem solving. (CL)

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# TEACHING ACTIVITIES

## Newborn to 36 months

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Developmental Education Birth through Two  
Lubbock Independent School District  
Lubbock, Texas

Teaching Activities  
Newborn to 36 Months

Prepared by the Staff of the Developmental Education Birth through Two Project under the sponsorship of the Lubbock Independent School District, Department of the Special Education and the U. S. Office of Education.

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TEACHING ACTIVITIES has been developed pursuant to Grant No. G008100865 from the U. S. Office of Education, Handicapped Children's Early Education Program. Our staff has been encouraged to develop and demonstrate innovative ways to work with very young children with special needs. This material does not necessarily represent the points of view or opinions of the Office of Education, its position, or its policy. The author makes no claim of accuracy.

NAME \_\_\_\_\_

Developmental Level: Newborn

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO FEEL</u></p> <ol style="list-style-type: none"><li>1. Change your baby's position from tummy to back and from one side to the other.</li><li>2. Pick up your baby while supporting his body. Hold him firmly to help him feel safe and secure.</li><li>3. Rub, pat, and massage your baby (arms, legs, tummy, shoulders, and back).</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO SEE</u></p> <ol style="list-style-type: none"><li>1. Place your baby in a position in which he can see light.</li><li>2. Hang a bright toy from the side of your baby's crib. Place the toy about 12" from his eyes, and move the toy as you move him.</li><li>3. Have baby track or follow your face while talking and playing with him. Baby will regard the human face before any other objects.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO HEAR</u></p> <ol style="list-style-type: none"><li>1. Sing lullabies, nursery rhymes, and other songs to your baby.</li><li>2. Tell your baby nursery rhymes.</li><li>3. For short periods of time during the day, play the radio, record player, or tapes.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO BECOME AWARE OF THE WORLD AROUND HIM</u></p> <ol style="list-style-type: none"><li>1. Hold your baby while you are relaxed. Enjoy your baby!</li><li>2. Let bathtime be a fun time for both you and your baby.</li><li>3. Don't make your house too quiet. A little noise around the house is good.</li><li>4. Enjoy the outdoors with your baby for short periods of time.</li><li>5. Let your baby see his room from another point of view. Move his crib around.</li><li>6. Remove your baby's crib bumper pads so he can see his world.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 1-3 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO FEEL

1. Change baby's position often. Shift from side to side and from back to stomach.
2. Gently rub and massage his arms, legs, back and stomach.
3. When the baby is on his back, gently move his arms over his head and back down (remember, never force). Also move the hands gently toward the opposite shoulders.
4. With baby on his back, gently push his legs up to a knee-bend and then extend. Hold legs under the knees and swing the legs up and down.
5. Gently push against your baby's feet while he lies on his stomach.
6. Dance to music as your baby is cradled in your arms.
7. Rub your baby gently. Name the part of the body you are rubbing. ~~After stroking him gently, blow some air through a straw on his arm, leg, or whatever part of his body you named. Move to another part. If he doesn't like this game, stop it, and try again later (at least a week). Do this activity only if your baby is able to hold his head up while on his stomach.~~
8. Use a bolster or rolled up pillow 7" in diameter. Put a small stuffed animal in front of the bolster. Place your baby on top of the bolster with his arms extended in front of him. Roll your baby back and forth on his stomach. Don't push him too far forward because he cannot protect himself with his arms yet.
9. Gently roll your baby to his side by placing him on his back and grasping under his left knee with your right hand. Move your right hand under the left side of his bottom. While you are doing this, take your left hand and extend your baby's right arm alongside his head. Use similar movements to roll your baby to the other side. Make sure there is a toy on both sides for the baby to look at. This activity is not used to teach your baby to roll over. It is a time for your baby to feel your touch and hear your voice.
10. With your baby's fingers wrapped around your thumbs, move your arms from side to side. Sing a song as you move your arms. This activity helps to strengthen her muscles and develop coordination.
11. Stroke your baby's fingers, hands, toes, or feet with fabrics of different textures (satin, corduroy, velvet, cotton, or terry cloth).
12. Dance around the house as you are cuddling your baby.

HELP YOUR LITTLE ONE TO SEE

1. Placing baby on his stomach helps to work neck muscles and encourages looking.

NAME \_\_\_\_\_

Developmental Level: 1-3 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SEE (Cont.)</u></p> <ol style="list-style-type: none"><li>2. Place baby where he can visually follow movement. He enjoys seeing people move about the room.</li><li>3. Move a toy or small flashlight slowly in a 180 arc in front of your baby.</li><li>4. When moving the toy, allow it to disappear from your baby's line of vision and then reappear.</li><li>5. Place an 8" red circle on a 16" white square, shake it until baby watches it, and then move it for general tracking.</li><li>6. Using a bright-colored toy, hold it 12"-30" away, but in your baby's line of vision. Slowly move it toward the baby until it is 6" in front of his nose.</li><li>7. Encourage your baby to explore his world through his hands.<ol style="list-style-type: none"><li>a. A bracelet draws attention to his hands and fingers.</li></ol></li></ol>	
<p><del>DO NOT LEAVE YOUR BABY ALONE DURING THIS ACTIVITY. ALWAYS REMOVE THE BRACELET WHEN THE ACTIVITY IS FINISHED.</del> Place a bright colored yarn bracelet on your baby's wrist to draw attention to his wrist. Tie the yarn in a firm knot, but do not tie it too tight on his wrist. Take his hands and pat them together.</p> <ol style="list-style-type: none"><li>b. Put a small circular rattle around your baby's wrist. Talk to your baby about the sounds it is making as you shake his arm.</li><li>c. Ask your pediatrician about this activity before you do this. Put dabs of soft food on your baby's hands and help him bring it to his mouth.</li></ol> <ol style="list-style-type: none"><li>8. Place your baby on his stomach. Encourage him to lift his head by talking to him from different sides or talking to him in different voices from a doll or puppet.</li><li>9. Let your baby watch you from his infant seat while you are doing routine activities (watering plants, washing dishes, folding the laundry, etc.).</li><li>10. Your baby's crib can be used for learning, too. Use patterned sheets and change them frequently to stimulate seeing. Hang a mobile above his crib. Move the mobile fast enough to capture your baby's attention, but slowly enough to let him see the objects on the mobile. If possible, place a fish bowl within sight of your baby's crib. Hang bright objects or a mirror from the sides of your baby's crib. Don't make the strings too long.</li><li>11. Put baby's hands together in front of his eyes and then pull them apart. Move his hands in front of his face so he may focus on them.</li><li>12. Place a small rattle in one hand and then the other. This will encourage your baby to focus on objects held in his hand.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 1-3 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO HEAR

1. To encourage movement and listening, tie a small bell on each bootie.
2. Give your baby a lightweight rattle in his hand.
3. Let your baby listen to a radio, a clock, a metronome, a tape, a record, a music box or a T.V. Play these for only short periods of time rather than all day.
4. Talk, sing, and read while holding baby.
5. Talk to your little one from different places in the room. Encourage him to follow you with his eyes. He will begin to coo and chuckle.
6. Ring a bell, shake a rattle, or play a music box from different parts of the room to see if your baby hears and tries to locate the sound.
7. Cradle your baby in your arms as you dance through the house to music. ~~Play soothing music when the baby is tired and lively music while he is wide awake.~~ Make up songs to sing to him about the day's activities. Don't worry. Your baby won't think you're being silly!
8. Securely hold your baby. Rock back and forth to the rhythm of music that you sing or hear.
9. Move your baby's crib away from the wall. Talk to your baby softly from different sides of the crib.

HELP YOUR LITTLE ONE TO BECOME AWARE OF HIS WORLD

1. Your baby will start responding to smiling and talking and will smile himself. Your smile is your baby's incentive to smile. Play games with your baby such as "I'm going to eat your toes!" etc.
2. Alternate sides from which you feed and change your baby. Encourage baby to move and reach with both sides of his body.
3. While baby is awake, let him be nearby for family meals. Let him be with you while you are preparing meals.
4. Going outside for a stroll in the carriage is enjoyable for baby and you!
5. Babies enjoy car rides, but remember to buckle baby in his safety seat.
6. Play games with a hand puppet such as "I'm - going - to - tickle your toes!" etc.

NAME \_\_\_\_\_

Developmental Level: 4-5 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO IMITATE (BEGINNING OF SPEECH):</u></p> <ol style="list-style-type: none"><li>1. Hold your baby in such a position that he will have the chance to see your face. It is important to give him a chance to observe you as you talk to him.</li><li>2. Teach the idea of imitation to your child by first imitating him. What you do with your voice and gestures are more important than the actual words.</li><li>3. Move your head up and down and from right to left to see if your baby imitates your actions. Allow him enough time to respond.</li><li>4. When he imitates your head movements, stop and smile. Encourage him to do it again.</li><li>5. Smile and make one sound that you have heard your baby say. Repeat the sounds he makes while being bathed, fed, dressed, and changed. Wait for him to imitate the "m," "b," "gu," and "n" sounds.</li></ol> <p>6. Whenever possible use gestures when you talk to your baby. Try to be consistent with your gestures so he will soon begin to anticipate the activity.</p>	
<p><u>HELP YOUR LITTLE ONE TO BECOME AWARE OF HIS WORLD</u></p> <ol style="list-style-type: none"><li>1. For short periods of time during the day, let your baby play by himself in a playpen, babybed, etc. He needs to learn to entertain himself for a few minutes at a time. Put the playpen outdoors.</li><li>2. Let him play on the floor in different rooms of the house. Your baby likes to explore different parts of the house.</li><li>3. With the baby on his back, gently pull your baby to a sitting position by his hands.</li><li>4. Holding the child firmly around his middle, gently bounce the baby so that his feet touch the floor. Sing a song as you bounce your baby.</li><li>5. During bath time, prop your baby's head up on a sponge pillow or pad of folded diapers and let him kick and splash. Bath time is a fun time for your baby to experiment with water.</li><li>6. Let your baby go with you in a stroller to visit a friend. Go for walks whenever you can.</li><li>7. Let him play in his playpen near older children.</li><li>8. Take your baby shopping with you. Don't forget your stroller! Make sure you go at a time when he is in a good mood and the stores are not too hectic and crowded.</li><li>9. Make sure your hands are warm at changing time. Talk to your baby and make it a fun time. Give him a toy to play with while you change him.</li><li>10. Tell your baby what you are doing while you are doing it such as "I'm peeling the potatoes with a knife."</li></ol>	



NAME \_\_\_\_\_

Developmental Level: / 4-5 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELPING YOUR LITTLE ONE TO FEEL</u></p> <ol style="list-style-type: none"><li>1. Rub your baby with different textures (silk, terry cloth, flannel) and lotion; name the parts of the body as you rub.</li><li>2. Use a soft "clutch ball" to grasp and release.</li><li>3. Let your baby play with a clean spoon. He will feel the shape of it and will learn to manipulate it for feeding.</li><li>4. Give your baby a small soft rag doll to clutch and feel.</li><li>5. Allow your baby to play with toys or objects of different textures; smooth plastic, a rough towel, tape, feathers, a sponge, foil, tissue paper, etc. (watch to make sure things do not go in his mouth).</li><li>6. Give your baby a large plastic ring to feel and teeth on.</li></ol>	
<ol style="list-style-type: none"><li>7. Help your little one to sit propped for short periods of time. Encourage him to explore his world.</li><li>8. Massage your baby's back just before naptime, bedtime, or during any other quiet time. Make sure your hands are warm.</li><li>9. Let your baby play with a crib gym. You may want to make your own exerciser using bells, rattles, plastic rings, or other things that won't pull off. <b>MAKE SURE THAT THE GYM IS ATTACHED SECURELY TO THE BARS OF THE CRIB.</b></li><li>10. Play music on the radio or record player. Hold your baby under his arms and use your thumbs to support his chest. Gently bounce your baby up and down on your lap. Don't bounce him too long at one time or right after he has eaten.</li><li>11. Lie on the floor. Gently lift your baby into the air, telling him what you are doing. Your baby may extend his arms to protect himself in case he should fall. Move him closer until his hands touch your mouth.</li><li>12. Using a 7" bolster, place your baby lengthwise along the bolster. Hold your baby by his hips and roll her back and forth.</li><li>13. Help your baby roll from her stomach to his back. Tuck your baby's right arm under his chest. You may need to support his head. Lift his hip slightly to help him roll over. Repeat on the other side.</li><li>14. Let your baby hold onto your thumbs as you pull him up.</li><li>15. Place a toy in front of your baby while he is on his stomach. This will encourage him to crawl.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO SEE</u></p> <ol style="list-style-type: none"><li>1. When baby is on his back, put a toy near his hand. If he does not attempt to pick up the toy, place it in his hand and see if he will hold the toy.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 4-5 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO SEE (Cont.)

2. Place a cradle gym or other hanging toy over the crib for baby to play with.
3. Tie a rattle across his crib. Attach a string to it and show baby how to pull string to make it rattle. (You can do the same with a bell)
4. Tie a soft toy or balloon to his wrist with a string. As he moves his arm, he can watch the toy.
5. With baby on his stomach, dangle or place a toy in front of him saying "see the rattle." Slowly raise the toy and see if he raises his head to follow it.
6. Encourage a child to play with his feet. Hold them up so he sees them and reaches for them. Play "This Little Piggy."
7. Use a toy that can be pushed over but will return to upright position while your baby is playing in his playpen.
8. Move a toy in front of your baby's eyes. Talk about it and make sure your baby is watching it. Drop it on the floor and see if he looks down. Let your baby hold the toy while you wiggle it.
9. Point out the things you see on your walks outdoors or in stores.
10. Let your baby be in the rooms where people are and where things are going on.
11. Mirrors are fascinating to babies. Make sure your baby has a safe mirror that he can look into. It's not too early to look in the mirror with your baby and point at his eyes, nose, etc.
12. Get a clear rattle with colored plastic beads inside. Point the beads out to your baby.
13. Your baby enjoys looking at facial expressions. Exaggerate your facial expressions when you look at your baby.
14. Read children's books together. Keep the book simple - one major object per page.

HELP YOUR LITTLE ONE TO HEAR

1. Give him a variety of sounds to hear. Have him listen to crumpled paper, rattles, balls, clicks and coughing sounds.
2. Attach bells to his shoes so he will notice his feet and reach for them.
3. For short periods of time, play the radio, tape, T.V. or music box.
4. Ring a bell from different parts of the room when he is not watching you.
5. Shake a rattle a little to the right but behind him. Wait for him to look for the rattle. Repeat to the left and directly in back of him.
6. While carrying your baby around the house sing and march to nursery rhymes or poems.

NAME \_\_\_\_\_

Developmental Level: 4-5 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO HEAR (Cont.)

- 7. Place wind chimes near a window or doorway that receives a breeze.

Handwritten mark resembling a stylized '3' or '7'.

NAME \_\_\_\_\_

Developmental Level: 6-8 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SEE</u></p> <ol style="list-style-type: none"> <li>1. Encourage play with pots, pans, spoons, cups, hair-brushes, cards, plastic bottles, etc. (Be sure to say the names of these objects.)</li> <li>2. Place objects over baby's crib that react when he pulls or grabs the toy.</li> <li>3. Floating toys are always fun in the bath tub. They encourage tracking and reaching. Place your baby on a small mat or towel so he doesn't slip.</li> <li>4. Clean clothespins are interesting items to play with.</li> <li>5. With your baby in a sitting position, place toys around him just slightly out of his reach. Then say "get the block," or whatever toy is to be used. Call the toy by name.</li> <li>6. Mirrors are great for learning body parts. Show him his eyes, nose, mouth, etc., saying their names.</li> <li>7. When he is holding a toy with his right hand, place his left hand on the toy also to see if he will transfer the toy to his left hand.</li> <li>8. Give your baby a small block to hold in each hand; offer him a third block. See if he manipulates all three or drops one to take the third.</li> <li>9. Drop a block on baby's table, see if he will reach for it.</li> <li>10. Encourage him to finger feed small bits of food.</li> <li>11. Play peek-a-boo with toys.</li> <li>12. Cover your eyes and play peek-a-boo. Then take his hands and cover his eyes.</li> <li>13. If he persistently throws toys on the floor, do not scold. Take the toys away quietly, and let him sit without toys for a few minutes.</li> <li>14. Place a cup with a handle upside down on a table and see if he turns it over. If he doesn't, show him how.</li> <li>15. Place some dry cereal or raisins in a small bottle or container. Ask him to get it out for you. See if he turns it upside down to dump the cereal out; if not, show him how.</li> <li>16. Tie a string on a plastic ring. Leave only the string within reach of the child. Give your baby the string and show him how to pull it to get the ring.</li> <li>17. Show your baby objects such as a real truck, a toy truck, a real picture of a truck, and a picture of a toy truck.</li> <li>18. Using a brightly colored, nontoxic rubber ball, play a game of "roll the ball" with your baby. Seat your baby opposite you with his legs apart. Talk to him as the ball is rolled to him. Tell him to pick it up. Let him examine it and play with it as he wishes. Then take the ball away and roll it to him again.</li> </ol>	

NAME \_\_\_\_\_

Developmental Level: 6-8 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SEE (Cont.)</u></p>	
<ol style="list-style-type: none"> <li>19. Help your baby coordinate his hand and eye movements by playing pat-a-cake.</li> <li>20. Read a picture book with your baby. Help your baby to pay attention to the pictures by talking about the pictures. Use simple pictures of common objects. When your child is tired of looking at the book, put it up until later.</li> <li>21. Collect objects to stack: nontoxic clocks, margarine or yogurt containers with lids, or small cardboard boxes. Stack the objects about four high. Talk to your baby while you are stacking the objects. Topple the tower. Do it again, and encourage your baby to try to topple the tower this time.</li> <li>22. Put a block in front of your baby. Pick it up. Talk to your baby, and tell him what you are doing. Point to the block and encourage him to put the block in his hand. Help him if he needs assistance. Encourage him to put a block in his other hand.</li> </ol>	
<p><u>HELP YOUR LITTLE ONE TO HEAR</u></p>	
<ol style="list-style-type: none"> <li>1. Let your baby hear different sounds. Shake a rattle, rustle tissue paper, bang pots and pans, etc.</li> <li>2. Let him squeak a toy. Be sure to find squeak toys that are flexible enough for him to squeak by himself.</li> <li>3. Give him blocks and bells to play with.</li> <li>4. Play the radio, tapes, and phonograph for short periods of time.</li> <li>5. With your child sitting in a chair, ring a bell behind him, to the left, and to the right. Ask him, "where is the bell?" Then give him the bell, and see if he will ring it.</li> <li>6. Name familiar sounds: running water, footsteps, car door, vacuum cleaner, doorbell, telephone, etc.</li> <li>7. Teach your baby the meaning of the words "wait" and "stop" as he approaches something that may be dangerous. After he stops, direct his attention to a new activity. Remember that it is better to remove or "babyproof" some portions of your household than to constantly have to limit your baby's activities.</li> <li>8. Use the words "gently," "softly," etc. as your baby pats the kitty or dog or if he tries to pull your hair.</li> <li>9. Make your own musical instruments. Here are some suggestions: bang wooden spoons on pots, pans, or plastic bowls; jingle bells attached to a leather strip; shake large rattles; on two aluminum pans, attach bottle caps securely to the sides and shake; shake plastic containers filled with beans, buttons, etc. Get the whole family involved in showing your baby how to use the instruments. Never let your baby play alone with instruments containing small pieces.</li> </ol>	

NAME \_\_\_\_\_

Developmental Level: 6-8 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<u>HELP YOUR LITTLE ONE TO HEAR (Cont.)</u>	
<ol style="list-style-type: none"><li>10. Use your baby's name whenever possible. Look in the mirror and point at your baby and say, "I see (baby's name)!"</li><li>11. Bounce your baby up and down to a strong beat.</li><li>12. Listen to noises around the house. Tell your baby what the object is. Listen to a watch, a bell, an oven timer, a telephone, a washing machine, a squeaky door, a windup toy, a music box, or a running faucet.</li><li>13. Tape record your baby's sounds and play them back to him. If you don't have a tape recorder, repeat your baby's sounds yourself.</li><li>14. Bang on pot lids with large wooden spoons.</li><li>15. Sing nursery rhymes for your baby.</li></ol>	
<u>HELP YOUR LITTLE ONE TO FEEL</u>	
<ol style="list-style-type: none"><li>1. Let your baby practice balancing in a sitting position. He may topple over, so make sure he is surrounded by several pillows. The practice of sitting increases trunk control.</li><li>2. Bath time is great for feeling slippery soap and splashing water.</li><li>3. Give different textured foods for finger feeding such as a cracker, a piece of fine, crushed ice, or dry cereal.</li><li>4. Play with toys and blocks that have finger holes. Your baby will explore and poke.</li><li>5. Radios and televisions make vibrations that can be felt. Let your baby feel these.</li><li>6. Encourage rolling from back to stomach when your baby is on the floor.</li><li>7. Different textures offer various types of stimulation; cotton, sandpaper, tape, feathers, silk, etc.</li><li>8. On the outside, there are bricks, dogs, grass, leaves, etc., for feeling.</li><li>9. When your child is able to sit, a small plastic pool outside is enjoyable.</li><li>10. Bounce to the beat of songs. This will help coordinate the movements of your baby's large muscles.</li><li>11. Put a rattle out in front of your baby as he lies on his stomach. Encourage him to reach for it. Put the rattle to your baby's side to encourage him to pivot on his stomach. This will help coordinate and strengthen your baby's muscles.</li><li>12. Encourage your baby to crawl forward by holding a favorite toy in front of him, making funny faces, clapping, making unusual noises, etc.</li><li>13. After your baby is able to stand while holding on to furniture, help him pull himself up to the rail. Put your baby in a kneeling position and place his hands on the bars. Raise one knee so the foot is flat on the mattress. Gently lift your baby to a standing position.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 6-8 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO FEEL (Cont.)</u></p> <ol style="list-style-type: none"><li>14. Show your baby how to transfer objects from one hand to another. This will help coordinate the movements of his hand muscles.</li><li>15. While he is sitting on a bolster, gently roll your baby backward so he must try to maintain his balance.</li><li>16. If your pediatrician agrees, put your baby in a jumper seat or jumper chair.</li><li>17. As your baby sits facing the other direction and is sitting between your legs, pull his feet slightly up off the ground and say, "up go your feet." He will have to try to regain his balance. Make sure your baby extends his arms to protect himself before attempting this activity.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO BECOME AWARE OF HIS WORLD</u></p> <ol style="list-style-type: none"><li>1. Let your baby play in the kitchen on the floor as you prepare meals.</li><li>2. Watching Daddy shave is fun, especially when a little shaving cream is shared.</li><li>3. As you clean the house, put your baby in the same room. Give him a rag to help "dust."</li><li>4. Place the crib or playpen near a window so that he can see outside.</li><li>5. Let your little one enjoy the outdoors either on a blanket or in a playpen.</li><li>6. Little ones love to be bounced on a knee in rhythm to a song.</li><li>7. Gently lift your baby in the air and lower him. Repeat the activity, but then stop and see if baby tries to restart the game.</li><li>8. Little ones enjoy visits to families and friends. Make sure you take toys to keep him entertained, and don't run into naptime or mealtime.</li><li>9. It's hard to let go, but others need to feed and take care of your little one at times. Your baby needs to get use to others as well. If you neglect to ever leave him, separation is made even worse as your baby gets older. To make it easier on both of you, leave plenty for your baby to do and leave food if necessary. Make the time period short at first so your baby will understand that you will return.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO IMITATE</u></p> <ol style="list-style-type: none"><li>1. When little one bangs a fist or cup on the table, you imitate him. See if you can get him to imitate different rhythms.</li><li>2. See if he will imitate waving bye-bye. If not, wave his hand for him.</li><li>3. Pat his hands together in a pat-a-cake until he learns to do it on his own.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 6-8 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO IMITATE (Cont.)</u></p> <ol style="list-style-type: none"><li>4. Language is learned by imitation. Begin with encouragement of sounds like smacking his lips in a kiss.</li><li>5. He might try to pucker up his lips when he sees you whistling.</li><li>6. Play with his toys, such as a squeeze toy, and see if he does the same.</li></ol> <p><u>HELP YOUR LITTLE ONE TO DEVELOP SPATIAL RELATIONSHIP</u></p> <ol style="list-style-type: none"><li>1. Place a toy just out of reach so that your baby must make an effort to reach the toy.</li><li>2. Put a block to the left of the child and one to the right, just out of easy reach.</li><li>3. While holding your baby, put his bottle on the table. Both you and your baby should then turn away from the bottle. Watch your baby's reactions.</li><li>4. For a few moments, gently hold your baby upside down so he can see the world in a new way.</li><li>5. Firmly hold your child around the middle, and slowly turn around.</li><li>6. With the baby on the floor, slowly crawl toward and away from him.</li><li>7. Encourage language as well as direction by letting him throw blocks and say "down." Then pick them up saying, "up."</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<u>HELP YOUR LITTLE ONE TO SEE</u>	
<ol style="list-style-type: none"><li>1. Let your baby hold two or three small toys in one hand.</li><li>2. Get a large pot or container, and put small toys into it. Show your baby how to take them out. Then allow him to try.</li><li>3. Let your baby play with a spoon and a cup. If he does not put the spoon in the cup by himself, show him how to do it.</li><li>4. Let your baby play with a cup and a one-inch cube. Show him how to put the block into the cup.</li><li>5. Put some small toys or spoons in a kitchen pot. Cover them with the lid. Watch your baby to see if he lifts the lid to pick up the toys. If he doesn't, show him how.</li><li>6. Let your baby have a "special drawer" or cabinet in the kitchen. Fill it with things that he can play with.</li><li>7. Let your baby finger-feed himself (Cheerios, peas, small pieces of fruits, toast, soft cheese, etc.).</li><li>8. Learning is sometimes messy! Help your baby fill his spoon and let him put it into his mouth by himself.</li><li>9. Give your baby a doughnut-shaped toy. Let him poke his finger through the hole. Show him how.</li><li>10. Toss a toy in front of your baby as he is creeping.</li><li>11. Place one one-inch cube on top of another. See if your baby can do it by himself.</li><li>12. Hide a cookie with your hand. See if your baby will lift your hand to find the cookie.</li><li>13. Let your baby experiment with a crayon and a piece of paper.</li><li>14. Play the game, "give it to mommy," with a small toy. After your baby has given you the toy, say, "now, Tommy, take it! Call your baby by his or her name, not "baby."</li><li>15. Say, "where's Daddy's ear?" or "where's Mommy's ear?" Show your baby where Daddy or Mommy's ear is. See if he can show you.</li><li>16. Let your baby play with a large plastic ball. Let him push the ball and chase it. Roll the ball to him and let him toss or roll it back.</li><li>17. Let your baby raise a cup by the handle. If he continues to raise the cup to his mouth, put a small amount of water or juice in it. This will help coordinate his hand and eye movements.</li><li>18. Play peek-a-boo by removing a diaper or blanket placed over your baby's head. This activity teaches your baby that things still exist even when they are out of sight.</li><li>19. Take your baby grocery shopping with you.</li><li>20. Play with a stacking ring.</li><li>21. Place large plastic beads, clothespins, etc. in a plastic bowl, a small cardboard box, or a small paper bag.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SEE (Cont.)</u></p> <ol style="list-style-type: none"><li>22. Put a small object in your hand. Close your hand. See if your baby tries to open your hand to find the object.</li><li>23. Hide a toy under a blanket. Suddenly lift the blanket.</li><li>24. Play peek-a-boo by covering and uncovering your baby's eyes.</li></ol> <p><u>HELP YOUR LITTLE ONE TO HEAR</u></p> <ol style="list-style-type: none"><li>1. Imitate sounds with your voice after you hear them (airplanes, cars, whistles, etc.) Point to what is making the sound.</li><li>2. Give your baby a toy drum to beat.</li><li>3. Help your baby to learn how to follow simple instructions such as: "please get Mommy's shoes," or "go get your Teddy bear." If he doesn't understand, then you can show him.</li><li>4. When you and your baby go outdoors, listen to the sounds. Point to a bird and listen to it sing.</li><li>5. Listen to the clock tick. Move your head in rhythm as you say "tick tock."</li><li>6. Let your baby play with plastic discs on a chain or other baby noisemakers.</li><li>7. Let your baby listen to a record or to the radio.</li><li>8. Give your baby the opportunity to answer questions. His first answers will be in gestures to the answers "yes" or "no," but later he will use the words. Ask your baby questions like "bath," "nap," "eat?"</li><li>9. Let your baby listen to another person on the telephone. Let him listen as you dial or press the telephone number.</li><li>10. As you read books together, name the names and sounds of the animals in the pictures.</li><li>11. Make homemade symbols out of two pan lids.</li><li>12. Read a story book for about five minutes to your baby. Choose a quiet time. Emphasize the important words. "See the dog?"</li><li>13. Teach your baby how to play pat-a-cake when he hears the words.</li><li>14. Wave bye-bye as someone is leaving. After practicing waving for several times, see if your baby will wave bye-bye himself when he hears the words "bye-bye." If not, help him do it.</li><li>15. Make sounds through a megaphone. Make your megaphone out of an empty paper towel roll. Say the "ba" and "pa" sounds through a soap bubble wand. As your baby makes these sounds, blow another bubble.</li><li>16. Engage in conversation with your baby as he babbles. Answer him.</li><li>17. Use the words mama and dada as names. Direct your baby's attention to Dada and Mama. "Where's Mama," "Dada's coming," etc.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO FEEL</u></p> <ol style="list-style-type: none"><li>1. Make a "texture ball" from foam rubber stuffed into a patchwork form of many, different textured materials. Let your baby play with the ball.</li><li>2. While you are outside and the wind blows, blow on your baby's hand to let him feel a different kind of wind.</li><li>3. Allow your baby to crawl on different kinds of surfaces; linoleum, tile, carpet, etc.</li><li>4. As you are listening to music, dance with your baby.</li><li>5. Let your baby explore different surfaces with his fingers. Let him feel bricks, the sidewalk, leaves, bark, or anything else with an interesting texture.</li><li>6. Put odd lids, safe kitchen utensils, pieces of aluminum foil, tissue paper, waxed paper, etc. in his special drawer or cabinet in the kitchen.</li><li>7. Let your baby play with empty boxes, cellophane, jar lids, soap wrappers, or clean rags.</li><li>8. Help your baby learn how to get down from a standing position. Carefully bend his knees until he is low to the ground. Then help him kneel on one knee and then the other.</li><li>9. Encourage your baby to walk along furniture. Clear the path and remove objects that are unsafe.</li><li>10. Massage your baby's legs. His legs may get tired or sore when he starts standing and walking.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO BECOME AWARE OF HIS SURROUNDINGS</u></p> <ol style="list-style-type: none"><li>1. Include your baby in family visits or meals in restaurants.</li><li>2. Make your baby a part of family activities.</li><li>3. Give your baby the opportunity to play with other children. He may not play with them, but he will learn by watching them.</li><li>4. Being outdoors is fun! Take your baby for rides in his stroller or carriage or put his playpen outdoors.</li><li>5. The supermarket is full of colors and activity. Let your baby go grocery shopping with you.</li><li>6. Let your baby follow you around the house as you do your housework. Your baby likes a change of scenery.</li><li>7. Visit a pet store or a zoo, if available. Talk about the animals and the sounds that they make.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO TALK AND IMITATE</u></p> <ol style="list-style-type: none"><li>1. Sniff a flower, and let your baby smell it too.</li><li>2. Pick up a toy and wave it in the air. See if your baby will do it, too.</li><li>3. Repeat a sound that your baby has made and then laugh. Do this several times.</li><li>4. Listen to your baby for a simple sound that you have not heard before, and repeat it and laugh. See if he will say the new sound again.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO TALK AND IMITATE (Cont.)

5. Whenever anyone leaves, stand at the door and wave and say, "bye-bye!" Help your baby move his arm at first. Later, see if he waves on her own. If he doesn't, help him wave.
6. Always say, "Hi!" to your baby when you see him and say it to anyone else who comes into the house.
7. Play with a toy phone with your baby. Pick up the receiver and say, "Hi!"
8. Bounce your baby on your knee, saying "bouncy, bouncy!" or say the nursery rhyme "Ride A Cock Horse," giving an extra big bounce on the last word of the rhyme.
9. Put your hand over your mouth and make a sound like an Indian.
10. Make a smacking noise for your baby, and then kiss him on the cheek.
11. Place some blocks in a container. Shake it to make noise. Let your baby try.
12. Cough. See if your baby will imitate you.
13. Bang two blocks together. Let your baby try. Try using two pan lids.
14. Keep a cup in your baby's toy box. Pretend to drink from the cup, and then give it to your baby.
15. Make a doll's hands play pat-a-cake. Let your baby try.
16. Make the "sh" sound, and put your finger over your mouth.
17. Hide your baby's eyes with his hands and play peek-a-boo.
18. Make a panting noise for your baby to imitate. Say the sounds br-br, la-la, ch-ch, ghrr, etc.
19. Play "This little piggy went to the market" with your baby's toes. Let him play the game by pointing to your toes.
20. Pretend to dial a number on a toy phone. See if your baby will dial.
21. Play follow-the-leader with your baby. Do activities such as putting a hat on your head, waving a scarf in the air, talking through a tube, knocking over a tower, etc.
22. Let your baby play with another baby. Babies love to watch other children.
23. Put on a hat. Give it to your baby to try on.
24. Write on a piece of newspaper or newsprint with a large crayon or felt tipped marker. You may need to guide his hand at first.
25. These activities you may want to save for outdoor play or sit your baby in an empty bathtub. Fingerpaint with pudding or softened jello. Make "paints" by thickening water with flour or cornstarch, and then add a few drops of food coloring.
26. Put straight (not spring-type) wooden clothespins on the outside of a plastic container. Show your baby how to take them off and put them on again.

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO TALK AND IMITATE (Cont.)</u> 27. Show your baby how to put things together such as nesting cubes (cubes of graduated sizes) or a stack of bowls or cups.</p>	
<p><u>HELP YOUR LITTLE ONE DEVELOP SPATIAL RELATIONSHIPS</u></p> <ol style="list-style-type: none"><li>1. Place your baby near the staircase. Put a toy on the second step.</li><li>2. Get your baby's attention with a toy. Slowly move the toy behind your back. See if your baby looks for the toy. Try hiding the toy behind a pillow or behind the baby.</li><li>3. Show your baby how to put doughnut blocks on the spindle.</li><li>4. Provide the baby narrow and low places to crawl between (under a coffee table, between two chairs, between two boxes, etc.).</li><li>5. When you pick up your baby, say "up!" As you lower him, say "down."</li><li>6. Pick up a toy your baby likes and drop it. Kick it under a table as he watches and see if he tries to get it.</li><li>7. Turn a familiar picture upside down. See if your baby seems to notice.</li><li>8. Make a "house" out of a large box. Cut a door and windows. To make it really pretty, cover the box with vinyl adhesive paper.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO BE AWARE OF HIMSELF</u></p> <ol style="list-style-type: none"><li>1. Let your baby look at himself in front of a mirror. Put a safe mirror in your baby's bed or any place he is likely to see it.</li><li>2. Get a lightweight bracelet. Hang it over one of your baby's ears.</li><li>3. Turn your baby's high chair toward the wall. Attach a mirror to the wall. Let him eat a cracker while watching himself in the mirror.</li><li>4. Point to your baby's eyes, nose, ears, etc., and say these words as you point to them. Ask him where his eyes, nose, and ears are. "Where is your nose?" "Show me your nose." Show him your eyes, nose, mouth, etc., and let him point to them.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO SEE CAUSE AND EFFECT</u></p> <ol style="list-style-type: none"><li>1. Allow the buzzer on an alarm clock to go off and then show your baby how to turn the alarm on and off.</li><li>2. Let your baby play with a toy that reacts by making a noise or by moving when he pulls a knob, pushes a button, shakes it, winds it, etc.</li><li>3. Put toys in your baby's crib or playpen that spin or react in some other way when they are kicked, hit, or turned.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 9-11 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p>HELP YOUR LITTLE ONE TO SEE CAUSE AND EFFECT (Cont.)</p> <ol style="list-style-type: none"><li>4. Show your baby how to wind a mechanical toy. Show him that when it is wound, it moves. After it stops, see if your child tries to wind it himself, or if he gives it to you. If he gives it to you, show him again how to make it move by winding it.</li><li>5. Wrap a small toy in wrapping paper. Let your baby unwrap it.</li><li>6. Hide the toy behind your back, and let your baby find it.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 12-14 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO SEE

1. A form box is an excellent toy to give your baby. Let your child experiment by putting the different shapes of cubes in the right holes. Use a form box with only a few shapes in it at first and then work to several.
2. Let your baby push a large, lightweight box.
3. Roll a ball back and forth between your baby and you as you sit on the floor.
4. Give your baby plastic cups to play with in the bathtub or outdoors. Let him pour water or sand from one cup to another.
5. Let your baby put pieces of cereal into a small bottle. Show your baby how to get the pieces of cereal out by turning the bottle upside down. Give her something larger to put into the bottle.
6. Let your baby play with plastic beads that snap together.
7. Give your baby the opportunity to finger feed and to feed himself with a spoon.
8. Blow bubbles with a soap bubble kit.
9. Let your child help you dress and undress him. Say, "push," as you put on his shoes, or, "give me your arm," as you put on his shirt.
10. Give your baby 1" cubes to stack.
11. Beanbags are lots of fun for your baby to play with and stack.
12. Let your baby play with marbles going down an incline. Watch to make sure the marbles stay on the track and not in your baby's mouth. If he puts the marbles in his mouth, save this game for later.
13. Give your baby marbles to put in a box. Use the same caution as stated in activity #12.
14. Make a form board out of plywood or heavy cardboard. Cut out a circle, triangle, and square. See if your baby can put the shapes in the correct holes.
15. Daddy can enjoy having his baby "help" him by holding and handing him his screwdriver, hammer, etc., as they are needed. Supervise this carefully.
16. Show your baby that drawing is fun. Draw freely with a large crayon or waterbase felt tipped marker. See if your baby will copy vertical or horizontal lines.
17. Throw the ball back and forth between you and your baby.
18. Let your baby play with a toy dump truck that he can put things into and take things out of.
19. Make a train with blocks. Show your baby how to make it go, saying, "choo, choo, choo!" as it moves.
20. See if your baby can put a small rubber ball through a ring.
21. Let your child practice putting rings of graduated size in sequence on a stick.

NAME \_\_\_\_\_

Developmental Level: 12-14 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO SEE (Cont.)

22. Play "where's baby?" As your baby hides, look for him behind the couch, table, or chair.
23. Fill each cup of a muffin tin with a small block or toy. Encourage your baby to do this.

HELP YOUR LITTLE ONE TO HEAR

1. Give your baby a toy xylophone and encourage him to sing.
2. Let your baby imitate you as you rock like a pendulum from one foot to the other to the "tick-tock" of the clock.
3. Give your baby simple instructions to follow such as, "please get me my shoes" or "open the door."
4. Listen to the ticking sound of clocks.
5. Let your baby repeat your fast and slow tapping sounds on rhythm instruments.
6. Pick one or two simple words for your baby to learn. Keep the words simple, and make sure the word is of use to him.
7. Whenever you hear an outdoor sound, call your baby's attention to it. "Listen! What was that? I hear a \_\_\_\_\_." Point to the source of the sound (dog, etc.).
8. Use dressing time as a learning experience. Tell your baby the name of the article of clothing and then ask him to hand it to you.
9. Play a lively song with a strong beat. Clap in unison to the beat with your baby.

HELP YOUR LITTLE ONE TO IMITATE

Let your baby imitate you as you:

1. Pull your earlobe.
2. Hit the back of one hand with the other hand.
3. Tap your knees.
4. Blink your eyes.
5. Drum your fingers on the table.
6. Open and close your fist.
7. Wrinkle your nose.
8. Make the bed.
9. Pat your cheek.
10. Blow out the candles.
11. Touch your chin with your finger.
12. Bend your index finger.
13. Wiggle your tongue.
14. Pat your tummy.

HELP YOUR LITTLE ONE TO USE HIS IMAGINATION

1. Provide your baby with old clothes, hats, etc., to help him "dress up."
2. Let him play house with wooden spoons, pots, and other household items.

NAME \_\_\_\_\_

Developmental Level: 12-14 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO USE HIS IMIGATION (Cont.)

3. Give your baby a toy telephone and carry on a make-believe conversation.
4. Build with blocks.

HELP YOUR LITTLE ONE TO BECOME AWARE OF HIMSELF

1. Let your baby look in a mirror. Have him show you his teeth. Let him eat in front of a mirror.
2. Point to your baby and ask, "Who is this?"
3. Ask your baby, "where is my eye?" Let your baby point to your eye. If he doesn't, take his finger and point to your eye and say, "eye," and ask him again. Do the same thing with his own eye.
4. Pick a body part on yourself, a doll, or a puppet, and ask "what is this?"
5. Let your baby look at himself in the mirror while he is wearing a funny hat, new clothes, or new shoes.
6. Find the eye on characters in a book. Then ask your baby, "where is your eye?"
7. As you bathe your baby, talk to him. Say, "I am washing your leg now," etc.
8. Collect things of different textures for your baby to feel. Describe to your baby how these things feel (the sandpaper is scratchy). Collect things to smell such as scented soap, scented candles, perfume, etc.

HELP YOUR LITTLE ONE TO UNDERSTAND SPATIAL RELATIONSHIPS

1. Put several doughnut rings on the spindle. Turn the stack upside down, and let the rings fall off.
2. See if your baby notices when you show him pictures that are upside down. Does he try to turn it right side up?
3. Give your baby some small toys inside a cup.
4. Let your baby look at the face of a stuffed animal. As he reaches for it, turn it around so he sees the back of the animal's head.
5. Let your baby hang things on hooks.
6. Play ball on the floor with your baby.
7. Hold a toy in your baby's line of vision. Move it slowly behind an object and then back out the other side.
8. Make a tunnel for your baby out of a cardboard box. As your baby goes through it, emphasize the words "through" and "into."

HELP YOUR LITTLE ONE TO SOLVE PROBLEMS

1. As your baby reaches for a toy, cover it, and see if he tries to find it.
2. Place two cloths out on the floor. Alternate hiding a toy under one and then the other.
3. Tie a string onto a toy. Lower and raise the toy with the string. Pull the toy by the string onto the table.

NAME \_\_\_\_\_

Developmental Level: 12-14 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO SOLVE PROBLEMS (Cont.)

4. As your baby reaches for a toy, cover both his hand and the toy with a cloth.
5. Get three toys and hide a toy under each of three cloths.
6. Hide a toy in your hand and encourage your baby to find it.
7. Put a toy on top of a pillow, and pull the pillow to find the toy.
8. Hide a toy under one of three cups.
9. Put a small toy inside of a shoe box, an egg carton, and a cereal box. Give the boxes to your baby one at a time. Draw his attention to the toy inside and encourage him to open the container to discover what is inside. Give him a couple of minutes to try on his own, and then help him if he needs it.
10. Put several small objects inside margarine or other plastic containers with lids. Excitedly call your baby's attention to the objects inside. Close the lid and let him try for a couple of minutes to get the lid off. Help him if he needs your assistance.

HELP YOUR LITTLE ONE TO DEVELOP LANGUAGE

1. Label the objects that you use everyday. Use these names everytime you use these objects and teach the names to your baby.
2. As you name an object, have your baby touch the object.
3. Describe your actions with simple words.
4. Let your baby respond to your words in action: "Show me your nose." "Show me my nose."
5. Imitate your baby as he babbles.
6. Read books together with your baby. Read a book about animals and their babies. Read action books and let your baby imitate the action (jumping, hopping, etc.).
7. As you walk around the room, name the items in the room. Tell your baby the names slowly and one at a time.
8. Paste a picture of an object on the outside of a paper bag. Have your baby place that object in the bag.
9. Encourage your baby to say, "please" and "thank you." Make it a game.
10. Play "Ring Around the Rosie" with your baby.
11. Let your baby follow simple directions: "Please get me your shoe."

NAME \_\_\_\_\_

Developmental Level: 15-20 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO BE CREATIVE.</u></p> <ol style="list-style-type: none"><li>1. Pots and pans make excellent toys to bang, stack and put things in. Small dolls and stuffed animals offer a variety of textures and something on which to teach parts of the body.</li><li>2. Imitation can be fun and exciting! When on the floor imitate animal movements and their sounds. Imitate driving a car, or pantomime brushing your teeth or hair.</li><li>3. Reading a short simple story, or looking at a homemade picture book increases vocabulary and attention span. Make a book from old magazines. Let your child help pick out the pictures.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO KNOW TIME</u></p> <ol style="list-style-type: none"><li>1. To help your little one understand the concept of time, begin by using the words "before" and "after." "Before we go outside, let's put on your shoes." "After dinner, we'll color."</li><li>2. Any appropriate time you can use a word regarding the time, do so. Such as, "Daddy will be home in an hour," then "30 minutes," and then "it's time for Daddy to be home." "It's time to get up." "It's time to eat." "It's time to take your bath." "One more minute, then it's time to put toys away," etc.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO SOLVE PROBLEMS</u></p> <ol style="list-style-type: none"><li>1. Place three cloths or towels on the table. Hide a toy under one and encourage your baby to find and uncover the one with the toy.</li><li>2. Place a raisin or piece of cereal in a small bottle. Make sure your child takes notice of it, and then ask him to get it out of the bottle. First let him experiment getting the raisin out. If he has trouble, show him how to turn it upside down, and then hand it back and let him try again.</li><li>3. Put a toy under the couch or coffee table and use a stick to help retrieve the toy. Again, this may need to be demonstrated first before the child gets the idea.</li><li>4. Puzzles are excellent to increase problem solving skills. Start out with simple form puzzles and increase the difficulty of the puzzle with the child's advancement. The next type of puzzle after a form puzzle would be the ones whose pieces are in the shape of items, such as a ball, kite, animal, or food item.</li><li>5. A cardboard box such as a shoe box or an egg carton or a small jar offer a challenge to your little one. Place something that rattles or your child's favorite toy in the shoe box and close the lid. (Don't forget to take advantage of the language opportunity: "on" and "off" and "in" and "out"). Do the same with the egg carton.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 15-20 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SOLVE PROBLEMS (Cont.)</u> and small jar. The jar offers an excellent opportunity to increase wrist rotation.</p> <p>6. Matching anything is great! Use pictures and match the ones which are the same. Use blocks and match colors, size, shape and textures. Other good things to match are women's items such as brush, purse, and shoe to Mom and men's things such as keys, socks, and shoe to Dad.</p>	
<p><u>HELP YOUR LITTLE ONE TO DEVELOP LANGUAGE</u></p> <p>1. Show your little one both objects and pictures that are the same. Point out the features that are the same.</p> <p>2. Encourage your baby to talk. To help him talk, start a scrapbook for him with pictures of simple objects that he will recognize. The pictures may be found in magazines, books, etc. This will be his own special book.</p> <p>3. Give your child directions to follow. Give the directions one at a time, such as: "Stand up," "sit down," or "take off your coat."</p> <p>4. Talk with your little one about the different parts of the body and have him point to each part as you talk about it. Point out body parts on animals and people as you read books together.</p> <p>5. Give him simple words to describe actions. "Dog runs," "Mama is cooking dinner." Let your baby act out simple words.</p> <p>6. When your baby points to something as if he is asking what it is, give him the word he wants to know.</p> <p>7. When your little one is eating, teach him to use the words "more," "no more," and "all gone." Make mealtime a time to develop language.</p> <p>8. To your baby, all female adults may be "Mama," and all adult males may be "Dada." Teach him to say "lady," "girl," "man," "boy," for people he might call "Mama" and "Daddy."</p> <p>9. Remember, language is new to your baby. If he forgets a word that he was using the day before, just tell the word to him. Don't try to force him to say a word that he can't remember.</p> <p>10. Teach your baby the words that are used for counting. Use the number words in relation to counting objects so he can begin to understand the concept of numeration.</p> <p>11. Your little one will enjoy stories being read to him. Pick a quiet time for both you and your baby so you can relax and cuddle together as you read the story. Put a lot of enthusiasm in your voice as you read to keep your baby's attention. Don't force your baby to sit still and listen or he will think of story time as a punishment.</p>	

NAME \_\_\_\_\_

Developmental Level: 15-20 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
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HELP YOUR LITTLE ONE TO USE HIS SMALL MUSCLES

1. Let your baby play with activity books that button, zip, snap, etc. These books can either be purchased or made.
2. Let your baby play with the plastic pop beads.
3. Your baby will enjoy playing with toys that make animal sounds.
4. By using his fingers to dial the numbers on a telephone, your baby is strengthening his fine muscles.
5. Poking, patting, and rolling playdough or clay are good ways to work your baby's fine muscles.
6. Activity centers are available in many styles and usually contain several fun activities for your baby's fingers to work.
7. Give your baby things to put in and take out of a wagon, a drawer, a basket, etc.
8. Peg-and-hammer sets are good for your baby's fine motor coordination.
9. Let your baby play with small blocks. He can stack the blocks or make a train with the blocks.
10. Encourage your baby to help you take off his hat, coat, socks, and shirt. Emphasize the important words such as shoe and off. Help him out a little at first by loosening cap strings, shoe strings, etc.
11. Let your baby turn the pages as you read him a book.
12. After your baby has learned to eat with a spoon that has been filled for him, give him a dish of food that can be easily spooned. Help your baby dip the food two or three times and then let him try it on his own.
13. Let your baby unzip zippers and unbutton large, loose buttons. Show him how. Emphasize the important words such as open, close, up, down, button, zip, etc.
14. Put together a simple puzzle with your baby.
15. Play with crayons, fingerpaint, and other art materials with your baby.

HELP YOUR LITTLE ONE TO USE HIS LARGE MUSCLES

1. Let your baby play outdoors. Participate in an infant swimming program, let him play in his little swimming pool, or let him crawl around in his playpen. Go to the park and play on the playground equipment.
2. Push and pull toys encourage your baby to walk.
3. Play a game of "chase" with your baby.
4. Let your baby play with large blocks. Encourage him to build with them.
5. Let your baby crawl under tables, chairs, etc. to find lost toys.
6. Throw the ball back and forth.
7. Let your baby push heavy objects.
8. Teach your baby how to crawl down steps backward. Pull down one knee until it rests on a lower step. Then pull down the other knee.
9. Play "Ring around the Rosie."

NAME \_\_\_\_\_

Developmental Level: 15-20 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO BE AWARE OF HIMSELF</u></p> <ol style="list-style-type: none"><li>1. Let your baby be a part of family meals by allowing him to eat with your family and to feed himself.</li><li>2. Ask your baby to point to his eyes, hands, nose, etc., and then let him find these body parts on you or a doll.</li><li>3. Point to different people in the house and say, "who is this?"</li><li>4. Ask your baby to tell you his name.</li><li>5. Show your baby how you brush your hair. Let him help you brush it and let him brush his own.</li><li>6. Ask your baby to give you his arms and legs while dressing him.</li></ol> <p><u>HELP YOUR LITTLE ONE TO IMITATE</u></p> <ol style="list-style-type: none"><li>1. Show your baby action pictures (a girl jumping, a child throwing a ball). Let your baby imitate the action. Let your baby help you set the table.</li><li>3. Smile at your baby.</li><li>4. Let your baby help you dry the dishes.</li><li>5. Let your baby imitate housework--dusting, sweeping, etc.</li><li>6. Have your baby look at a picture such as a hairbrush or toothbrush. Imitate the action that would accompany the object in the picture.</li><li>7. Tell your baby a story using your fingers as the puppet. Put your thumb and fingers in the shape of a C. Open or close your fingers as you talk. If your baby tries to do the same, try to get a conversation going between the two puppets.</li></ol>	<p>f</p>

NAME \_\_\_\_\_

Developmental Level: 21-29 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO USE HIS SMALL MUSCLES</u></p> <ol style="list-style-type: none"><li>1. Let your little one turn on the lights, turn door knobs, and turn on the faucet when he's washing his hands.</li><li>2. Give him beads to string. Make a necklace!</li><li>3. Playing with a peg board is good because it lets your child put small pegs into it. You or your husband can make your own pegboard out of dowel sticks and a wooden base.</li><li>4. Blocks are an excellent learning tool for your child. Give him blocks to try to stack.</li><li>5. Coloring with crayons, pencil, or chalk, and painting with water colors are fun. Let your child experiment with different art media.</li><li>6. Work puzzles together. Keep the pieces fairly large.</li><li>7. Make some playdough out of salt, flour, and water. 2 cups flour, 1 cup salt, 1 cup water - mix and create away!</li><li>8. Play in a sandbox or go to the playground where plenty of sand is available. Squish the sand through your fingers and toes. Draw your child's attention to how it feels.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO USE HIS BIG MUSCLES</u></p> <ol style="list-style-type: none"><li>1. Your little one will enjoy running and climbing, both indoors and outdoors. Take him to the playground.</li><li>2. Play ball with him. Throwing and catching bounced balls work on coordination.</li><li>3. Show your little one how to play "hide and seek" by playing the game with him.</li><li>4. Let your baby play with a wagon. Let him pull it as you to on a walk.</li><li>5. Show him how to do a somersault and walk on tiptoe.</li><li>6. Play "Ring around the Rosie" and "London Bridge is Falling Down" with him. This is a good game to play if you are entertaining his friends.</li><li>7. Provide a box, step stool, or a special chair for your baby to use when he needs to climb to get things he wants. This you will have to supervise carefully. Not only will he get things he wants, but also he will get things you do not want him to have.</li><li>8. Give your child a toy on which he can sit and ride by pushing himself. He will be able to push himself along on a riding toy before he is able to peddle a tricycle.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO SMELL</u></p> <ol style="list-style-type: none"><li>1. Your little one will learn so much more about the world around him by smelling. Encourage him by letting him smell your spices, the flowers, and things that interest him.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 21-29 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO SMELL (Cont.)</u></p> <ol style="list-style-type: none"><li>2. Collect closed jars or containers and put one of the following in each: perfume, vinegar, peanut butter, clay, vanilla, etc. Arrange these jars in a shoe box. Talk about the smells - whether the odor is strong, smells good, or whatever. Do not do this activity if your child has seizures and respiratory problems.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO KNOW PARTS OF HIS BODY</u></p> <ol style="list-style-type: none"><li>1. Your child will learn the shapes of his hand or foot when you draw an outline of each on a piece of paper. You may also want to trace other objects in the same way. Be creative! Out of the hands you have traced and cut out, make a turkey, a tree, put flowers on the fingertips, etc.</li><li>2. Together, both you and your little one will enjoy making the head, body, etc., of humans out of clay or playdough.</li><li>3. Let him put a puzzle of a man together. If you don't have a puzzle showing body parts, make your own by finding a large magazine picture of a child. Glue the picture onto heavy cardboard. When it dries, cut it apart. Try to keep the arms, legs, head, and trunk intact while cutting.</li><li>4. Make a doll out of felt. Cut eyes, nose, and a mouth, and tell him to find his own eyes, nose, and mouth.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO BE CREATIVE</u></p> <ol style="list-style-type: none"><li>1. Let your little one play with dolls and similar items which will increase his ability to use his imagination.</li><li>2. Provide plastic dishes, play utensils, and a table for your child to play on.</li><li>3. Musical expression is an important outlet for your child. Provide plenty of records and tapes for your child to listen to. Encourage your child to "sing" his own songs. Let him experiment with different sounds made by different instruments such as pan lids, aluminum pans, a drum, bells, rattles, etc.</li></ol>	
<p><u>HELP YOUR LITTLE ONE TO KNOW TIME</u></p> <ol style="list-style-type: none"><li>1. Your little one will begin to learn about time by reminding him frequently of "time for breakfast," "time for nap."</li><li>2. Use the words "before," "after," "new," "first," and "last."</li><li>3. Say words such as "yesterday," "today," "tomorrow." Tie these words in with important events to your child such as, "tomorrow we will go to Grandpa's house," "yesterday we went to the zoo and saw the lion," etc.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 21-29 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE TO KNOW TIME (Cont.)</u></p> <ol style="list-style-type: none"><li>4. Tell him words describing time. Such words to use are hurry, slowly, slower, faster, in a while, and wait. Use these words in relevant situations. Pantomime their meanings.</li></ol> <p><u>HELP YOUR LITTLE ONE TO FEEL WEIGHT</u></p> <ol style="list-style-type: none"><li>1. Provide your child with various things to lift so that he can feel their weight: a feather, rock, piece of iron, beanbag, paperweight, etc.</li><li>2. Use a letter or food scale and weigh objects.</li></ol> <p><u>HELP YOUR LITTLE ONE TO CARE FOR HIMSELF</u></p> <ol style="list-style-type: none"><li>1. Teach the child to dress himself. Avoid the temptation to do it yourself to save time.</li><li>2. Show the child how to wash himself, and teach him how to brush his teeth, along with other good health habits.</li><li>3. Make it a ritual to always wash hands before you eat. Make sure everyone does it.</li></ol> <p><u>HELP YOUR LITTLE ONE TO SOLVE PROBLEMS</u></p> <ol style="list-style-type: none"><li>1. Have your little one arrange plastic rings of various sizes on a stick, from largest to smallest.</li><li>2. Teach your child what it means to be "big" and to be "little." There are many ways that you can do this. Have your child squat and then straighten out tall. Say "now we are very small/little. But now we are big and tall!" Speak of the child's bigger brother/sister or little brother/sister. Make sure you qualify something as big or little by comparing it to something else. For instance a dime seems small, but it is big when compared to a period.</li><li>3. Give your child simple jigsaw puzzles to put together.</li><li>4. Begin to teach your child about counting. Use counting books. Count sticks, marbles, etc.</li><li>5. Give your child a form box to play with so he can practice putting shapes into matching holes.</li><li>6. Give a child three nesting cups (cups of graduated sizes) to put together. Stack bowls, cups, and other objects.</li><li>7. Teach your little one to match the same colors together. Then, teach him to give you the colors as you ask for them. Notice colors everywhere. Talk about colors in books, in clothing, etc.</li><li>8. Play the game "one for you, one for me," with your child, showing him how things are divided.</li><li>9. Cut out pictures that are made up of two different categories; for instance, make a category of toys and a category of things that go in the kitchen.</li><li>10. Your little one will enjoy helping you set the table. Show him where to place the spoons, forks, and knives.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 21-29 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<u>HELP YOUR LITTLE ONE TO DEVELOP LANGUAGE</u>	
<ol style="list-style-type: none"><li>1. Point to pictures in a book, and name the objects in the pictures.</li><li>2. Use hand and finger puppets in telling stories. You can easily make your own puppets using fabric and paper scrap and old socks.</li><li>3. Give your child a toy telephone to use. Talk to your child on your pretend phone. Let him talk to relatives on the phone.</li><li>4. Teach your little one the names of objects he does not always see around the house.</li><li>5. As your child does something or sees action taking place in pictures, teach him the action word. Imitate the action. If your child uses a pronoun incorrectly, repeat the sentence using the correct form.</li><li>6. Play the game "This is the way we wash our clothes," or "eat our lunch," "throw the ball."</li><li>7. Sing and play simple finger games. Your local library should have access to some finger play books.</li><li>8. Repeat simple nursery rhymes, and sing songs to your child.</li><li>9. Read a very short and simple story about a little girl or a little boy of your child's own age. Include names of his friends.</li><li>10. Your child may now be ready for you to read a longer story that has a simple story line.</li><li>11. Keep a list of the words your child needs to improve on.</li><li>12. Clap your hands as you pronounce each syllable of a word.</li><li>13. Play a game of taking turns asking names of pictures.</li><li>14. Rhyming words are good practice for him as well as fun. Make a game of rhyming simple words.</li></ol>	

NAME \_\_\_\_\_

Developmental Level: 30-36 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES

RESPONSES

HELP YOUR LITTLE ONE TO USE HIS FINE MUSCLES

1. Purchase some blunt child sized scissors. Let your child experiment with the scissors. Provide plenty of stiff (not thick) paper for your child to practice cutting on. Draw a large circle and let your child cut it out.
2. Out of heavy cardboard, cut out a circle, triangle, and a square. Save both the cut out portion and the frame. You can have your child trace around the shapes in the frame or around the outside of the cut out shapes. After you practice making these shapes, see if your child can copy a circle, triangle, and square. You can also use the shapes and frame as a puzzle.
3. Cut out pictures from magazines, use fabric scraps, etc. to make a collage. A collage is a way in which a child may express himself. It may not make sense to an adult, but it doesn't have to.
4. Go to the library and borrow a book containing finger plays and nursery rhymes. Learn the games together and play them daily.
5. Water colors and finger paints allow your child to use his fine muscles. Finger paint can be made in this way: 3 TBS sugar, 1/2 cup cornstarch, 2 cups cold water, food coloring. Mix the first two ingredients and add the water. Cook over a low heat, stirring until well blended. Divide mixture into 4 or 5 portions and add food coloring and a pinch of detergent to each portion. Another method of making finger paint is by simply beating warm water into Lux or Ivory soap flakes until they are the desired consistency and add food coloring (from FEED ME I'M YOURS by Vicki Lansky). The thought of finger painting with your child may send chills up your spine, but the adventure is worth the mess.
6. Use a pastry brush to paint with if you can. This brush is stiffer (less splatters) and has a wider handle.
7. Show your child how to lace shoes.

HELP YOUR LITTLE ONE TO USE HIS LARGE MUSCLES

1. Make a drum out of a large coffee can. Beat the drum as you take steps. Beat it fast to run and slow to walk.
2. Take advantage of playgrounds to use their climbing equipment, slide and swings. Play a game of chase.
3. Go outdoors and play "soccer" by trying to kick the ball to a goal.
4. Let your child learn how to ride a tricycle.
5. Make a tunnel out of a large box. Make a door at both ends. To make the tunnel larger, attach several boxes together.

NAME \_\_\_\_\_

Developmental Level: 30-36 months

BIRTHDATE \_\_\_\_\_

ACTIVITIES	RESPONSES
<p><u>HELP YOUR LITTLE ONE BECOME AWARE OF HIMSELF</u></p> <ol style="list-style-type: none"><li>1. Draw a picture of, for example, a boy with a tail. Ask your child to tell you what is wrong with the picture. <u>Sesame Street Magazine</u> often has a section that pictures incongruities.</li><li>2. Draw a picture of a face. As you draw the picture, name the features as you make them!</li><li>3. In a children's song book, find songs naming parts of the body, such as "Put your Finger on Your Nose" and "Heads, Shoulders, Knees, and Toes."</li><li>4. Have your child lie on his back on the floor. As him to move his arm, leg, fingers, head, toes, etc.</li><li>5. While on the floor, practice stretching and relaxing.</li></ol> <p><u>HELP YOUR LITTLE ONE USE HIS IMAGINATION</u></p> <ol style="list-style-type: none"><li>1. Don't discard old purses, ties, and shoes into the trash. Give them to your child.</li><li>2. Collect empty cans with the labels attached. Put them on a shelf to make a store.</li><li>3. Make sure that your child has other children to play with at least once a week. Take advantage of Mother's Day Out Programs. Offer to babysit for a friend's child who is about the same age as your child.</li></ol> <p><u>HELP YOUR LITTLE ONE TO DRAW</u></p> <ol style="list-style-type: none"><li>1. Give your child plenty of paper and crayons. Don't limit coloring to coloring books. Your child needs to learn to think of details of pictures on his own.</li><li>2. Partially fill an aluminum pan with sand. Let your child draw with his finger in the sand.</li></ol> <p><u>HELP YOUR LITTLE ONE TO UNDERSTAND THE MEANING OF TIME</u></p> <ol style="list-style-type: none"><li>1. Use the words "yesterday," "today," and "tomorrow" in conjunction with important events in your child's life.</li><li>2. Help your child reflect back on events in his near past. "What did you do at Tommy's house today?"</li><li>3. Try to let your child know what will be happening over the course of the day. "After lunch, we will go to the grocery store."</li></ol>	

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