0-3 months

Physical Development

Breastfeed on demand (making eye contact while talking or singing)

Gentle rocking from side to side, dance with baby

Let baby see your face

Slowly move colorful things to see and reach for

With baby seated on lap, gently rock from side to side, forwards and back

Gently soothe, stroke, and hold baby (skin to skin contact is good)

Let baby feel different textures and explain textures and temperatures eg. Soft cloth, rough wood, cold pot, wet water

Provide opportunities for supervised tummy time
**Cognitive Development**

**0-3 months**

- **Breastfeed on demand (making eye contact while talking or singing)**
- **Look into your baby’s eyes, talk to your baby**
- **Smile at baby**
- **Narrate what you are doing so baby learns words**

**SAMPLE TOY:**

- **Body as toy**

- **Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing**
- **Slowly move colorful things to see and reach for**

- **Read to baby**
- **Involve baby in family life**
- **Explain to baby what you are doing during everyday activities**
- **Lay baby on back and rub hands from head to toes saying ‘this is how big you are’ and chest to arms ‘this is how wide you are.’**

- **SAMPLE TOY:**

- **Body as toy**

- **During tummy time place a mirror in front of baby**

- **Mama, just coo ke d**
Social-Emotional Development

Breastfeed on demand (making eye contact while talking or singing)

Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing

Smile at baby

Hug and cuddle often

Look into your baby’s eyes, talk to your baby

Get a conversation going by copying your child’s sounds or gestures

Narrate what you are doing so baby learns words

Tell baby you love them often

Help baby to understand emotions by labelling them ‘you are happy’ ‘you are sad’

Always respond promptly to your baby’s cries

Tell baby you love them often

Help baby to understand emotions by labelling them ‘you are happy’ ‘you are sad’

Always respond promptly to your baby’s cries
3–6 months

**Physical Development**

- Breastfeed on demand (making eye contact while talking or singing)
- Hold baby around waist, slowly raise above your head and bring back down saying ‘up up up up, down down down’
- Massage baby
- Provide toys that baby can shake
- Provide baby with an opportunity to see your face

**3-6 months**

**Physical Development**

- Slowly move arms up and down, in and out (baby on their back)
- Hang objects just above baby so they can reach for objects
- Provide opportunities for tummy time
- Provide toys that baby can shake

**SAMPLE TOYS:**

- Body as toy
- Contrasting colors
- Colorful mobile
**Developmental Milestones and Play & Communication Activities Pictorial Cards**

**3-6 months**

### Cognitive Development

- **Breastfeed on demand (making eye contact while talking or singing)**
- **Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing**
- **Provide ways for baby to see, hear and move arms and legs freely, and touch you (e.g. baby led play)**
- **Get a ‘conversation’ going by copying your child’s sounds or gestures**
- **Look into baby’s eyes and talk to baby**
- **Encourage reaching for and grasping objects with both hands**
- **Read to baby**
- **Involve baby in family life**
- **Lay baby on back and float a light cloth up and down like a parachute over them**
- **Let baby feel different textures and explain textures eg. Soft cloth, rough wood**
- **Explain to baby what you are doing during everyday activities**
- **SAMPLE TOYS:**
  - Bodies as toys, finger/hand games
  - Contrasting colors
**Social-Emotional Development**

**3-6 months**

- Breastfeed on demand (making eye contact while talking or singing)
  - Narrate what you are doing so baby can hear
- Smile at baby
  - Get a conversation going by coping your child’s sounds or gestures
- Hug and cuddle often
  - Always respond promptly to your baby’s cries
- Engage in baby-led play
  - Look into baby’s eyes and talk to baby
- Tell baby you love them often
  - Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you couldn’t see mummy when she left the room’

**SAMPLE TOYS:**
- Bodies as toys, finger/hand games
- Contrasting colors

**Notes:**
- Social-Emotional Development
- Breastfeed on demand (making eye contact while talking or singing)
- Smile at baby
- Get a conversation going by coping your child’s sounds or gestures
- Hug and cuddle often
- Engage in baby-led play
- Always respond promptly to your baby’s cries
- Look into baby’s eyes and talk to baby
- Tell baby you love them often
- Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you couldn’t see mummy when she left the room’

**SAMPLE TOYS:**
- Bodies as toys, finger/hand games
- Contrasting colors
6-12 months

Physical Development

Play hand games, like clapping

Give your child clean, safe household things to handle, bang, and drop.

Hide a child’s toy under a box or cloth and see if the child can find it.

Holding infant around waist, slowly raise above your head and bring back down saying up up up up, down down down.

Allow infant to safely feed themselves and peel food

Provide baby opportunity to crawl on clean floors

Ensure area is safe & clean for baby to explore freely

Provide baby opportunity to pull up and cruise around safe furniture

Provide baby opportunity to climb in and out of boxes

Bring the outdoors inside- give opportunity to touch & smell flowers, leaves, grass, rocks

SAMPLE TOYS:

Use safe objects at home to make toys.

Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
6-12 months

**Cognitive Development**

**Place baby in front of mirror**

Hide a child’s favorite toy under a cloth of box. See if the child can find it.

**Teach gestures such as waving “bye-bye”**

**Play Peek-a-boo**

**Play hand games, like clapping**

**Play interactive games and make music together with your bodies**

**Name people and things (even before baby can talk)**

**Read to baby**

**Count simple household items (1 rock, 2 rocks, 3 rocks)**

**Explain to baby what you are doing during everyday activities such as cooking**

**Establish predictable routines with baby such as bedtime eg. Dinner, bath, story, cuddles, bed time**

**SAMPLE TOYS:**

Use safe objects at home to make toys.

**Involve baby in family life eg. Let them sit with you while eating dinner**

**Use safe objects at home to make toys.**
Encourage your child to imitate you by playing social games such as “peek-a-boo” and “clapping” to show enjoyment.

Use feeding as a social and emotional bonding time.

Massage baby.

Hug and cuddle often.

Respond to your child's sounds and interests.

Social-Emotional Development

Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you couldn’t see mummy when she left the room’.

Tell baby you love them often.

Let baby join in with family activities.

Are you sad because you fell over?

I love you.

Hug and cuddle often.
Physical Development

Help your child pull up

Dance with your child

Read to your child board books with pictures and few words, allowing the child to turn the pages.

Hug and cuddle often

Allow baby to safely feed themselves and peel food

Give your child things to stack up and put into containers

Take child out to experience different environments

Give opportunity to pull up and cruise around safe furniture

Provide opportunities to climb in and out of boxes

Give opportunity to crawl on clean floors

Bring the outdoors inside—give opportunity to touch & smell flowers, leaves, grass, rocks

Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds

Provide enough space & safe environment to practice walking

Ensure area is safe & clean for baby to explore freely

Help your child pull up

Dance with your child

Read to your child board books with pictures and few words, allowing the child to turn the pages.

Hug and cuddle often

Allow baby to safely feed themselves and peel food

Give your child things to stack up and put into containers

Take child out to experience different environments

Give opportunity to pull up and cruise around safe furniture

Provide opportunities to climb in and out of boxes

Give opportunity to crawl on clean floors

Bring the outdoors inside—give opportunity to touch & smell flowers, leaves, grass, rocks

Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds

Provide enough space & safe environment to practice walking

Ensure area is safe & clean for baby to explore freely
**12-18 months**

**Cognitive Development**

- **Hug and cuddle often**
- **Give your child things to stack up, and put into containers and take out**
- **Ask your child simple questions. Respond to, and celebrate, your child’s attempts to talk**
- **Provide opportunities to assist with dressing and encouragement to do what s/he can on her/his own**
- **Read to your child storybooks with pictures and few words.**
- **Name and ask your child to point to some objects and body parts**
- **The color of the apple is red**
- **Ask questions when reading books**
- **Make homemade play dough**
- **Show and talk about nature, pictures, and objects you see**
- **Do homemade puzzles together**
- **Build with homemade blocks**
**12-18 months**

**Social-Emotional Development**

- Respond to and celebrate your child's attempts to communicate with you, both verbally and non-verbally.
- Use feeding as a social and emotional bonding time.
- Make music or sing interactively.
- Spend time together in play, doing activities that your child enjoys: look at picture books, sing, draw, create toys.
- Hug and cuddle often, especially when child is upset or showing anxiety around strangers.
- Encourage child to be kind to others by modelling healthy relationships within the family.

**Tips for parents:**

- Comfort baby when they seek your attention.
- Allow time for baby to play freely.
- Tell baby you love them often.

**Activities for babies:**

- Let baby join in with family activities.
- Encourage baby to pack up toys after playing.

**Guidance:**

- Help baby to understand emotions by labelling them and explaining reason for emotions: 'you are sad because you fell over'.

**Example:**

- 'Are you sad because you fell over?'
**Physical Development**

18-24 months

**Give your child containers to fill with safe household objects, and/or clean sand**

**Read to your child board books with colorful pictures and few words, encourage them to turn the pages**

**Dance with your child**

**Give your child things to stack up, and to put into containers and take out.**

**Show and talk about nature, pictures, and objects you see**

**Provide items to draw and color with**

**Provide enough space & safe environment to practice walking**

**Help child to balance across a beam**

**Allow child to safely feed themselves and peel food**

**Talk to the child about how the water feels. Does it feel hot or cold?**

**Practice catching & throwing**

**Read to your child board books with colorful pictures and few words, encourage them to turn the pages**

**Provide items to draw and color with**
Physical Development

Help child to jump over a rope

Ask your child to pretend to be an animal

Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds

Encourage child to roll along the floor stretched out straight

Cognitive Development

Give your child safe objects to manipulate, showing cause and effect

What’s this?

Show and talk about nature, pictures and objects you see

Encourage your child to use language to serve his/her own needs, such as telling you when s/he is hungry

Use positive discipline approaches

SAMPLE TOYS:
- Push-pull toys
- Puppets
### Cognitive Development

- **Do homemade puzzles together**
- **Make homemade play dough**
- **Build with homemade blocks**
- **Ask questions when reading books**
  - The color of the apple is red
- **Give your child things to stack up, and to put into containers and take out.**

### Social-Emotional Development

- **Respond with empathy when your child is upset**
- **Always respond affectionately to your child’s shows of affection**
- **Encourage your child to try things on on her/his own**
- **Encourage child to do something “out in the world” such as accepting a toy from another child, picking flowers, etc.**
- **Be patient with defiant behavior and use positive discipline approaches**

### Sample Toys:
- Puppets
**Social-Emotional Development**

**18-24 months**
- Let baby join in with family activities
- Tell baby you love them often
- Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you feel over’
- Encourage child to be kind to others by modelling healthy relationships within the family

**2-3 years**
- Comfort baby when they seek your attention
- Allow time for baby to play freely
- Encourage baby to pack up toys after playing

**Physical Development**

**18-24 months**
- Are you sad because you fell over?

**2-3 years**
- Hug and cuddle often, return all displays of affection
- Talk about what you see in pictures and/or books.
- Be an engaging and participatory audience to your child during pretend play
- Encourage child to dress alone, wash own hands as much as possible

**SAMPLE TOYS:**
- Push-pull toys
- Puppets

**Developmental Milestones and Play & Communication Activities Pictorial Cards**
**Physical Development 2-3 years**

- Provide opportunities for social play with other children
- Allow child to safely feed themselves and peel food
- Provide enough space & safe environment to practice walking
- Help child to balance across a beam
- Help child to jump over a rope
- Encourage child to roll along the floor stretched out straight
- Allow child to splash water supervised
- Ask your child to pretend to be an animal
- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Practice catching & throwing
- Give simple, safe household tasks to do with you
**Cognitive Development**

**2-3 years**

- Make your child simple toys for and together with your child, such as puzzles.
- Encourage and participate in imaginative play.
- Help your child count, name and compare things.
- Hug and cuddle often, return all displays of affection.
- Provide objects of different shapes and colours to sort.
- Encourage and help your child to try things on her/his own, such as self-feeding.
- Make your child simple toys for and together with your child, such as puzzles.
- Encourage and participate in imaginative play.
- Help your child count, name and compare things.
- Hug and cuddle often, return all displays of affection.
- Provide objects of different shapes and colours to sort.
- Encourage and help your child to try things on her/his own, such as self-feeding.
- Make your child simple toys for and together with your child, such as puzzles.
- Encourage and participate in imaginative play.
- Help your child count, name and compare things.
- Hug and cuddle often, return all displays of affection.
- Provide objects of different shapes and colours to sort.
- Encourage and help your child to try things on her/his own, such as self-feeding.

**Sample Toys – Toy Cars, Dolls, Balls and Picture Books**

**Encourage and参与 in imaginative play**

- Build with home made blocks.
- Compared the size of objects ‘big & little’.
- Sing songs together naming body parts ‘head, shoulders, knees and toes’.
- Make home made play dough.
- Create clapping patterns for your child to copy.
- Ask questions when reading books.
2-3 years

Social-Emotional Development

- Encourage and participate in imaginary play
- Listen closely to your child, show interests in her interests, and compassion for her feelings
- Provide opportunities for social play with other children
- Hug and cuddle often, return all displays of affection
- Teach your child songs and games, tell her stories, or read books together
- Use positive discipline approaches
- Celebrate with child when they are happy, be patient when they are sad
- Allow time for dressing up and role playing to learn about relationships
- Encourage child to share with others, but be patient as this is challenging
- Give your child simple, safe household tasks to do with you

SAMPLE TOYS:
Dolls
Social-Emotional Development

2-3 years

Explain concerning issues simply and calmly. Ask your child what they know, answer their questions and address any misinformation. Validate their feelings, while reassuring them – “I understand this can be scary. We’re taking steps to keep healthy, and we’re well prepared.”

Sing songs about emotions (If you’re happy and you know it clap your hands)

Show child faces displaying different emotions and name the associated feelings

Encourage child to be kind to others by modelling healthy relationships within the family

Physical Development

3-6 years

Put music on and dance together

Play Simon Says (Simon says touch your nose)

Ask your child to pretend to be an animal

Provide beads to thread on string

Practice throwing a ball into a large pot

Practice throwing a ball together
Physical Development

3-6 years

- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Jump with skipping rope
- Play beats to music with sticks
- Play balance games eg. Balance with a bean bag on head
- Wiggle a rope on the ground and have child jump over

Cognitive Development

3-6 years

- Create toys & puzzles together
- Engage in ‘maths bag’ activities
- Make up stories together
- Ensure home environment has lots of print materials available eg. Books, posters on walls
- Play letter of the week and other literacy games
- Play memory games by giving each other directions (put your hands on your head, turn around, then sit down)
- Play games of hide & seek
- Provide materials for pretend play
- Provide objects to be drawn
3-6 years

Social-Emotional Development

Encourage child when they make an effort

Tell child often that you love them

Listen when child talks to you

Allow time for child to play freely

Show child faces displaying different emotions and name the associated feelings

Sing songs about emotions (If you’re happy and you know it clap your hands)

Explain concerning issues simply and calmly. Ask your child what they know, answer their questions and address any misinformation.

Validate their feelings, while reassuring them – “I understand this can be scary. We’re taking steps to keep healthy, and we’re well prepared.”

I love you

If you’re happy and you know, you clap your hands!

Let child often that you love them

Comfort child and help to feel safe when they show fear.

Allow time for dressing up and role playing to learn about relationships

Ask child interesting questions about their day (‘Did anything make you feel happy today? Did anything make you feel sad?’)

Return child displays of affection