Physical Development

0-3 months

- Breastfeed on demand (making eye contact while talking or singing)
- Gentlemen rocking from side to side, dance with baby
- Let baby see your face
- Slowly move colorful things to see and reach for
- Provide opportunities for supervised tummy time
- Let baby feel different textures and explain textures and temperatures eg. Soft cloth, rough wood, cold pot, wet water

With baby on their back slowly move arms up and down, in and out

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)
0-3 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

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

Slowly move colorful things to see and reach for

Smile at baby

Narrate what you are doing so baby learns words

SAMPLE TOY: Body as toy

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.’

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

**0-3 months**

- **Breastfeed on demand** (making eye contact while talking or singing)
- **Hug and cuddle often**
- **Smile at baby**
- **Look into your baby’s eyes, talk to your baby**
- **Get a conversation going by copying your child’s sounds or gestures**
- **Gently soothe, stroke, and hold baby** (skin to skin contact is good), sing or narrate what you are doing
- **Narrate what you are doing so baby learns words**
- **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’**
- **Mama, Mama**
- **I love you**
3-6 months

Physical Development

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

Hang objects just above baby so they can reach for objects

Provide opportunities for tummy time

Slowly move arms up and down, in and out (baby on their back)

Hold baby around waist in a half standing position and rock back and forth

Provide toys that baby can shake

Holding baby around waist, slowly raise above your head and bring back down saying 'up up up up, down down down'

Provide baby with an opportunity to see your face

Massage baby

SAMPLE TOYS:

Body as toy
Contrasting colors
Colorful mobile

Provide toys that baby can shake

Provide opportunities for tummy time

Slowly move arms up and down, in and out (baby on their back)

Sample toys:

- Body as toy
- Contrasting colors
- Colorful mobile
3-6 months

Cognitive Development

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

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

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.

Let baby feel different textures and explain textures eg. Soft cloth, rough wood.

Lay baby on back and float a light cloth up and down like a parachute over them.

SAMPLE TOYS:

- Bodies as toys, finger/ hand games
- Contrast colors

SAMPLE TOYS:

- Mama, just cooked

Encourage reaching for and grasping objects with both hands.

Explain to baby what you are doing during everyday activities.

Contrasting colors.
Social-Emotional Development

3-6 months

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

Smile at baby

Engage in baby-led play

Always respond promptly to your baby’s cries

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

Hug and cuddle often

Tell baby you love them often

Narrate what you are doing so baby can hear

Look into baby’s eyes and talk to baby

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

Mama, Mama I love you

Look into baby’s eyes and talk to baby

I love you
Physical Development

6-12 months

Play hand games, like clapping

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

Include 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

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

Use safe objects at home to make toys.

SAMPLE TOYS:
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)

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

Read to baby

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

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

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

SAMPLE TOYS:

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.

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.

Are you sad because you fell over?

I love you.

Let baby join in with family activities.
**Physical Development**

**12-18 months**

- 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

**Activities**

- 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

**Tips**

- 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

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**Developmental Milestones and Play & Communication Activities Pictorial Cards**

**Physical Development**

**12-18 months**

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- Dance with your child
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**Activities**

- 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
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.

Cognitive Development

Ask your child to point to some objects and body parts.

Read to your child storybooks with pictures and few words.

Name and ask your child to point to some objects and body parts.
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.

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.

Encourage baby to pack up toys after playing.

Comfort baby when they seek your attention.

Allow time for baby to play freely.

Tell baby you love them often.

I love you.

Are you sad because you fell over?

12-18 months Social-Emotional Development

12-18 months Social-Emotional Development
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

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

Dance with your child

Provide enough space & safe environment to practice walking

Help child to balance across a beam

Give your child things to draw and color with

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

Provide items to draw and color with

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
**Physical Development**

18-24 months

- Help child to jump over a rope
- 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**

18-24 months

- Ask your child to pretend to be an animal
- 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

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

**Use positive discipline approaches**

- Push-pull toys
- Puppets

**SAMPLE TOYS:**
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
- Be patient with defiant behavior and use positive discipline approaches
- Encourage child to do something “out in the world” such as accepting a toy from another child, picking flowers, etc.

SAMPLE TOYS:
- Puppets
18-24 months

**Social-Emotional Development**

- **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**
  - “Are you sad because you fell over?”
- **Encourage child to be kind to others by modelling healthy relationships within the family**
- **Encourage baby to pack up toys after playing**

2-3 years

**Physical Development**

- **Help baby when they seek your attention**
- **Comfort baby when they seek your attention**
- **Allow time for baby to play freely**
- **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**
- **Help your child put puzzles together and identify shapes**
- **Hug and cuddle often, return all displays of affection**

**SAMPLE TOYS:**

- Push-pull toys
- Puppets
- Love you
- Are you sad because you fell over?
Physical Development 2-3 years

Provide opportunities for social play with other children

Help child to balance across a beam

Allow child to safely feed themselves and peel food

Give simple, safe household tasks to do with you

Provide enough space & safe environment to practice walking

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

Practice catching & throwing

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

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

What is the color of the apple?

Ask questions when reading books

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

What is the color of the apple?

Ask questions when reading books

Build with home made blocks

Compare the size of objects ‘big & little’

Create clapping patterns for your child to copy

Sing songs together naming body parts ‘head, shoulders, knees and toes’

Make home made play dough

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

SAMPLE TOYS:

Sample Toys – Toy Cars, Dolls, Balls and Picture Books
Social-Emotional Development

*2-3 years*

**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**

**Give your child simple, safe household tasks to do with you**

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

**Celebrate with child when they are happy, be patient when they are sad**

**Encourage child to share with others, but be patient as this is challenging**

**SAMPLE TOYS:**

Dolls

*Are you sad because you fell over?*
2-3 years

Social-Emotional Development

- 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

3-6 years

Physical Development

- 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

- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Jump with skipping rope
- Tap beats to music with sticks
- Wiggle a rope on the ground and have child jump over
- Provide objects to be drawn

Cognitive Development

- Create toys & puzzles together
- Ensure home environment has lots of print materials available eg. Books, posters on walls
- Engage in ‘maths bag’ activities
- 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
- Make up stories together
- Provide materials for pretend play

3-6 years
3-6 years

Social-Emotional Development

Encourage child when they make an effort

Tell child often that you love them

Return child displays of affection

Encourage child to share with others, but be patient as this is challenging

Listen when child talks to you

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

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

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.

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?’)

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