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

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

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

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

With baby on their back slowly move arms up and down, in and out
0-3 months

Cognitive Development

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

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

Smile at baby

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

SAMPLE TOY: Body as toy

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.'

Smile at baby

Mommy, just cooked!

During tummy time place a mirror in front of baby
0-3 months

Social-Emotional Development

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

**Hug and cuddle often**

**Mama, Mama**

**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**

**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**

**I love you!**
3-6 months

Physical Development

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

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

Provide opportunities for tummy time

Hang objects just above baby so they can reach for objects

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

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 toys that baby can shake
3-6 months

Cognitive Development

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

Read to baby

Involve baby in family life

Provide ways for baby to see, hear and move arms and legs freely, and touch you (e.g. baby led play).

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.

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

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

Provide ways for baby to see, hear and move arms and legs freely, and touch you (e.g. baby led play).

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.

Look into baby’s eyes and talk to baby.

Encourage reaching for and grasping objects with both hands.

Explain to baby what you are doing during everyday activities.

SAMPLE TOYS:

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

SAMPLE TOYS:

- Mama, just cooked

Contrasting colors

Contrasting colors
**3-6 months**

**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
- Narrate what you are doing so baby can hear
- 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
- 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

**Tell baby you love them often**
Physical Development

6-12 months

1. Play hand games, like clapping.
2. Give your child clean, safe household things to handle, bang, and drop.
3. Hide a child’s toy under a box or cloth and see if the child can find it.
4. Holding infant around waist, slowly raise above your head and bring back down saying up up up up, down down down’
5. Allow infant to safely feed themselves and peel food.
6. Provide baby opportunity to crawl on clean floors.
7. Ensure area is safe & clean for baby to explore freely.
8. Provide baby opportunity to pull up and cruise around safe furniture.
9. Bring the outdoors inside- give opportunity to touch & smell flowers, leaves, grass, rocks.
10. Use safe objects at home to make toys.
11. Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds.

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, 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

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

**Let baby join in with family activities**

**Are you sad because you fell over?**

**I love you**
Help your child pull up

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

Allow baby to safely feed themselves and peel food

Hug and cuddle often

Give your child things to stack up and put into containers

Take child out to experience different environments

Dance with your child

Give opportunity to pull up and cruise around safe furniture

Provide opportunities 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

Take child out to experience different environments
12-18 months

Developmental Milestones and Play & Communication Activities Pictorial Cards

**Cognitive Development**

- **Hug and cuddle often**
- **Give your child things to stack up, and put into containers and take out**
- **Read to your child storybooks with pictures and few words.**
- **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.**
- **Name and ask your child to point to some objects and body parts.**
- **Ask questions when reading books.**
- **The color of the apple is red.**
- **Show and talk about nature, pictures, and objects you see.**
- **Do homemade puzzles together.**
- **Make homemade play dough.**
- **Build with homemade blocks.**
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.

Are you sad because you fell over?

I love you.
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.

Show and talk about how the water feels. Does it feel hot or cold?

Practice catching & throwing.

Provide enough space & safe environment to practice walking.

Help child to balance across a beam.

Allow child to safely feed themselves and peel food.
**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
- 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
- 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
### 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**
- **Are you sad because you fell over?**
- **Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you feel over’**
- **Encourage baby to pack up toys after playing**

### Physical Development

**18-24 months**

- **Help your child put puzzles together and identify shapes**
- **Encourage baby to be kind to others by modelling healthy relationships within the family**
- **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’**

**2-3 years**

- **Hug and cuddle often, return all displays of affection**
- **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**

### Toy Suggestions

**SAMPLE TOYS:**

- Push-pull toys
- Puppets
- Lovey
- 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

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

Give simple, safe household tasks to do with you

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

Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
**2-3 years**

### Cognitive Development

- **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**
- **Ask questions when reading books**
- **SAMPLE TOYS:** Toy Cars, Dolls, Balls and Picture Books

### Encourage and participate in imaginative play

- **Build with home made blocks**
- **Create clapping patterns for your child to copy**
- **Sing songs together naming body parts ‘head, shoulders, knees and toes’**
- **Make home made play dough**

### Cognitive Development

- **Compare the size of objects ‘big & little’**
- **Ask questions when reading books**
- **If you’re happy and you know it clap your hands!**

**Sample Toys:**

- Toy Cars
- Dolls
- Balls
- Picture 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
- 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

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.”

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

- 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

- Ask your child to pretend to be an animal

- Play Simon Says (Simon says touch your nose)

- Provide beads to thread on string

- Practice throwing a ball into a large pot

- Practice throwing a ball together

- Sing songs about emotions (If you’re happy and you know it clap your hands)
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
- Play balance games eg. Balance with a bean bag on head
- Provide objects to be drawn

Cognitive Development

- Create toys & puzzles together
- Engage in ‘maths bag’ activities
- 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)
- Make up stories together
- Play games of hide & seek
- Provide materials for pretend play

3-6 years

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)
- Make up stories together
- Play games of hide & seek
- Provide materials for pretend play
3-6 years

Social-Emotional Development

Encourage child when they make an effort

Listen when child talks to you

Tell child often that you love them

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

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

Return child displays of affection

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

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

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

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?’)

I love you

If you're happy and you know it, clap your hands.

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!)

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?’)