**Physical Development 0-3 months**

- **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**

**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)

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

**0-3 months**

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

*Developmental Milestones and Play & Communication Activities Pictorial Cards*
Social-Emotional Development

0-3 months

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

As 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’

Narrate what you are doing so baby learns words

Mama, Mama

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
- Hold baby around waist in a half standing position and rock back and forth
- Hang objects just above baby so they can reach for objects

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

- Provide toys that baby can shake
- Provide baby with an opportunity to see your face
- Massage baby

**SAMPLE TOYS:**
- Body as toy
- Contrasting colors
- Colorful mobile

3-6 months

**Physical Development**

- Provide toys that baby can shake
- Provide baby with an opportunity to see your face
- Massage baby

**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**
- **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

**3-6 months**
Social-Emotional Development

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 coping your child’s sounds or gestures

Tell baby you love them often

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’

Narrate what you are doing so baby can hear

Hug and cuddle often

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

SAMPLE TOYS:

Mama, Mama I love you
### Physical Development

**6-12 months**

- **Developmental Milestones and Play & Communication Activities**

**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.**

**Hold 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**

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

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

**Use safe objects at home to make toys.**

**SAMPLE TOYS:**

- A
- B
- C
- D
Cognitive Development

6-12 months

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”

Cognitive Development

6-12 months

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

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

Cognitive Development

6-12 months

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

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.
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 reasons 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

Provide opportunities to pull up and cruise around safe furniture

Provide opportunities to climb in and out of boxes

Give opportunity to crawl on clean floors

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

Give opportunity to pull up and cruise around safe furniture

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
**12-18 months**

**Cognitive Development**

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

**Developmental Milestones and Play & Communication Activities Pictorial Cards**
**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.
- Comfort baby when they seek your attention.
- Let baby join in with family activities.
- Encourage baby to pack up toys after playing.
- Let baby join in with family activities.
- Help baby to understand emotions by labelling them and explaining reason for emotions 'you are sad because you feel over'.
- Allow time for baby to play freely.
- Encourage child to be kind to others by modelling healthy relationships within the family.
- Tell baby you love them often.
- Encourage baby to join in with family activities.
- Tell baby you love them often.
- Are you sad because you fell over?
- I love you.

**Developmental Milestones and Play & Communication Activities Pictorial Cards**
Give your child containers to fill with safe household objects, and/or clean sand

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

Dance with your child

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

Provide items to draw and color with

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

Provide enough space & safe environment to practice walking

Help child to balance across a beam

Allow child to safely feed themselves and peel food

Practice catching & throwing

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

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

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

Provide enough space & safe environment to practice walking

Help child to balance across a beam

Allow child to safely feed themselves and peel food

Practice catching & throwing

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

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

18-24 months

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

18-24 months
18-24 months

Cognitive Development

Do homemade puzzles together

Make homemade play dough

Build with homemade blocks

What is the color of the apple?

Ask questions when reading books

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

Ask questions when reading books.
### Social-Emotional Development

**18-24 months**

- **Tell baby you love them often**
- **Help baby to understand emotions by labelling them and explaining reason for emotions**
  - “Are you sad because you feel over?”
- **Let baby join in with family activities**
- **Encourage child to be kind to others by modelling healthy relationships within the family**

**Physical Development**

**2-3 years**

- **Comfort baby when they seek your attention**
- **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**
  - “Are you sad because you fell over?”
- **Encourage baby to pack up toys after playing**
- **Help your child put puzzles together and identify shapes**
- **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:**

- Puppets
- Push-pull toys
- Love you
- Are you sad because you fell over?
Developmental Milestones and Play & Communication Activities Pictorial Cards

2-3 years

Physical Development

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 you clap your hands!
2-3 years

Cognitive Development

- Encourage and participate in imaginative play
- Build with home made blocks
- Create clapping patterns for your child to copy
- Ask questions when reading books

- Make your child simple toys for and together with your child, such as puzzles
- Help your child count, name and compare things
- Hug and cuddle often, return all displays of affection
- Encourage and help your child to try things on her/his own, such as self-feeding

- Make home made play dough
- Compare the size of objects ‘big & little’
- Sing songs together naming body parts ‘head, shoulders, knees and toes’

- Provide objects of different shapes and colours to sort

SAMPLE TOYS:
- Sample Toys – Toy Cars, Dolls, Balls and Picture Books

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

What is the color of the apple?
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
- Give your child simple, safe household tasks to do with you
- Encourage and participate in imaginary play
- 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
### 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

- If you're happy and you know it you clap your hands!
3-6 years

Physical Development

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

3-6 years

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)
- Play games of hide & seek
- Provide materials for pretend play
- Make up stories together
- Provide objects to be drawn
- Play letter of the week and other literacy games
- Play games of hide & seek
- Provide materials for pretend play
- Make up stories together
- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Wiggle a rope on the ground and have child jump over
**Social-Emotional Development**

**3-6 years**

- 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.”
- Translate child interesting questions about their day (“Did anything make you feel happy today? Did anything make you feel sad?”)
- 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

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

**3-6 years**