**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**

**Provide opportunities for supervised tummy time**

**Slowly move colorful things to see and reach for**

**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)

Let baby feel different textures and explain textures and temperatures eg. 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
- 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
- Smile at baby

**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**

**Mama, Mama**
0-3 months

Social-Emotional Development

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

Hug and cuddle often

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

Smile at baby

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

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
**Physical Development**

3-6 months

**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**

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

*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*
Cognitive Development 3-6 months

Cognitive Development

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).

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 e.g. Soft cloth, rough wood.

Explain to baby what you are doing during everyday activities.

Look into baby’s eyes and talk to baby.

Encourage reaching for and grasping objects with both hands.

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

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

SAMPLE TOYS:

Bodies as toys, finger/hand games

Contrasting colors

Mama, just cooked
3-6 months

Social-Emotional Development

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

Smile at baby

Narrate what you are doing so baby can hear

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

Hug and cuddle often

Tell baby you love them 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

Narrate what you are doing so baby can hear

I love you

Mama, Mama 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.**

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

**Allow infant to safely feed themselves and peel food.**

**Provide baby opportunity to crawl on clean floors.**

**Hold infant around waist, slowly raise above your head and bring back down saying up up up up, down down down!**

**Ensure area is safe & clean for baby to explore freely.**

**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.**

**Allow infant to safely feed themselves and peel food.**

**Provide baby opportunity to crawl on clean floors.**

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

**SAMPLE TOYS:**

- Use safe objects at home to make toys.
- Provide baby opportunity to climb in and out of boxes.
- Provide baby opportunity to pull up and cruise around safe furniture.
Cognitive Development

6-12 months

- Place baby in front of mirror
- Play Peek-a-boo
- Play interactive games and make music together with your bodies
- 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 hand games, like clapping
- Name people and things (even before baby can talk)
- Count simple household items (1 rock, 2 rocks, 3 rocks)
- Read to baby
- 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
- Involve baby in family life eg. Let them sit with you while eating dinner
- Use safe objects at home to make toys.

SAMPLE TOYS:
- Teach gestures such as waving “bye-bye”
- Mama, just cooked
**6-12 months**

**Social-Emotional Development**

- **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**.

- **Hug and cuddle often**.

- **Respond to your child’s sounds and interests**.

- **Massage baby**.

- **Tell baby you love them often**.

- **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.”

- **Let baby join in with family activities**.

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

- **I love you**.
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

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

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

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

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

Hug and cuddle often

Allow baby to safely feed themselves and peel food

Give your child things to stack up and put into containers
**12-18 months**

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

**Ask your child simple questions.** Respond to, and celebrate, your child’s attempts to talk.

**Read to your child storybooks with pictures and few words.**

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

**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.**

**Cognitive Development**

The color of the apple is red

**Ask questions when reading books.**

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

**Make homemade play dough.**

**Do homemade puzzles together.**

**Build with homemade blocks.**
Social-Emotional Development

12-18 months

Respond to and celebrate your child’s attempts to communicate with you, both verbally and non-verbally.

Make music or sing interactively

Use feeding as a social and emotional bonding time

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

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’

Allow time for baby to play freely

Encourage baby to pack up toys after playing

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

Make music or sing interactively

Spend time together in play, doing activities that your child enjoys: look at picture books, sing, draw, create toys.

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Allow time for baby to play freely

Encourage baby to pack up toys after playing

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

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

Dance with your child.

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

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.

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.

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

- Help child to jump over a rope
- Encourage child to roll along the floor stretched out straight
- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds

**Cognitive Development**

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

**SAMPLE TOYS:**

- Push-pull toys
- Puppets

If you’re happy and you know it clap your hands
**Cognitive Development**

- Do homemade puzzles together
- Make homemade play dough
- Build with homemade blocks
- 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
- Encourage your child to try things on on her/his own
- Always respond affectionately to your child's shows of affection
- 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
- The color of the apple is red
### Social-Emotional Development

**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'

**Allow time for baby to play freely**

**Encourage baby to pack up toys after playing**

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

**Comfort baby when they seek your attention**

**Let baby join in with family activities**

### Physical Development

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

**Talk about what you see in pictures and/or books.**

**Encourage child to dress alone, wash own hands as much as possible**

**Help your child put puzzles together and identify shapes**

**Be an engaging and participatory audience to your child during pretend play**

### 18-24 months

**SAMPLE TOYS:**

- Push-pull toys
- Puppets
- Are you sad because you fell over?
- I love you
- Let baby join in with family activities
Physical Development 2-3 years

Provide opportunities for social play with other children
Help child to balance across a beam
Give simple, safe household tasks to do with you
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
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
Allow child to splash water supervised

If you’re happy and you know it clap your hands
2-3 years

Cognitive Development

Make your child simple toys for and together with your child, such as puzzles

Help your child count, name and compare things

Provide objects of different shapes and colours to sort

Encourage and participate in imaginative play

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

Ask questions when reading books

Make home made play dough

Build with home made blocks

Create clapping patterns for your child to copy

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

Compare the size of objects ‘big & little’

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

The color of the apple is red

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

Sample Toys - Toy Cars, Dolls, Balls and Picture Books

Help your child count, name and compare things

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
**Social-Emotional Development**

**2-3 years**

Teach your child songs and games, tell her stories, or read books together.

Listen closely to your child, show interests in her interests, and compassion for her feelings.

Provide opportunities for social play with other children.

Use positive discipline approaches.

Hug and cuddle often, return all displays of affection.

Encourage and participate in imaginary play.

**SAMPLE TOYS:**

Dolls

Are you sad because you fell over?

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

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.

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

- 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

- Put music on and dance together
### Physical Development

- **Provide objects to be drawn**
- **Jump with skipping rope**
- **Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds**
- **Tap 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

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

3-6 years

- Encourage child when they make an effort
- Listen when child talks to you
- 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.

3-6 years

- 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?’)

- Encourage child when they make an effort
- Listen when child talks to you
- 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.

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