**Physical Development**

*0-3 months*

- Gentle rocking from side to side, dance with baby
- Breastfeed on demand (making eye contact while talking or singing)
- 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 eg. Soft cloth, rough wood, cold pot, wet water
0-3 months

Developmental Milestones and Play & Communication Activities Pictorial Cards

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

Slowly move colorful things to see and reach for

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

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, just coo ked
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

Narrate what you are doing so baby learns words

Tell baby you love them often

Always respond promptly to your baby’s cries

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

Mama, Mama

I love you!
**Physical Development**

### 3-6 months

- **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**
- **Provide toys that baby can shake**
- **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

**Hang objects just above baby so they can reach for objects**

**Hang objects just above baby so they can reach for objects**
Cognitive Development

3-6 months

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

**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

**SAMPLE TOYS:**

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

**Mama, just cooked**

Bodies as toys, finger/hand games

Contrasting colors
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

Narrate what you are doing so baby can hear

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’

Tell baby you love them often

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

Mama, Mama

I love you

I love you
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**
- **Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds**
- **Use safe objects at home to make toys.**
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”

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

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

Play Peek-a-boo

Play hand games, like clapping

Read to baby

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

Play interactive games and make music together with your bodies

Name people and things (even before baby can talk)

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

SAMPLE TOYS:

Use safe objects at home to make toys.

SAMPLE TOYS:

Teach gestures such as waving “bye-bye”

Read to baby

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

SAMPLE TOYS:

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

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 fell over’.

Tell baby you love them often.

Let baby join in with family activities.

*Tell baby you love them often*

*Are you sad because you fell over?*

*I love you*
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 climb in and out of boxes

Give opportunity to pull up and cruise around safe furniture

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

Take child out to experience different environments

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

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
**Social-Emotional Development**

**12-18 months**

- **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.**

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

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

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

- **Comfort baby when they seek your attention.**

- **Allow time for baby to play freely.**

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

- **Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you feel over’.**

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

- **I love you.**

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

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

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

- **Comfort baby when they seek your attention.**

- **Allow time for baby to play freely.**

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

- **Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you feel over’.**
**Physical Development**

**18-24 months**

- **Give your child containers to fill with safe household objects, and/or clean sand**
- **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**
- **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**
- **Talk to the child about how the water feels. Does it feel hot or cold?**
- **Practice catching & throwing**
- **Allow child to safely feed themselves and peel food**
- **Provide enough space & safe environment to practice walking**
- **Help child to balance across a beam**
**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

18-24 months

- **Do homemade puzzles together**
- **Make homemade play dough**
- **Build with homemade blocks**
- **What is the color of the apple?**
- **Ask questions when reading books**

### Social-Emotional Development

18-24 months

- **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**

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**SAMPLE TOYS:**

- Puppets
### Developmental Milestones and Play & Communication Activities Pictorial Cards

#### 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 (‘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

- **Physical Development**
  - Comfort baby when they seek your attention
  - Are you sad because you fell over?
  - Allow time for baby to play freely

#### 2-3 years

- **Social-Emotional Development**
  - Hug and cuddle often, return all displays of affection
  - Help your child put puzzles together and identify shapes
  - Encourage child to be kind to others by modelling healthy relationships within the family
  - Be an engaging and participatory audience to your child during pretend play

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

**SAMPLE TOYS:**
- Push-pull toys
- Puppets
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
- Help child to balance across a beam
- 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
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

Build with home made blocks

Compare the size of objects ‘big & little’

Help your child count, name and compare things

Hug and cuddle often, return all displays of affection

Create clapping patterns for your child to copy

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

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 home made play dough

What is the color of the apple?

Ask questions when reading books

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

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

SAMPLE TOYS:
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

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

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

SAMPLE TOYS:

Dolls
**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

- 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

Cognitive Development

- Create toys & puzzles together
- 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)
- Make up stories together

Ensure home environment has lots of print materials available eg. Books, posters on walls

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**

**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.”**

**Show child faces displaying different emotions and name the associated feelings**

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

**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.**

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

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

**Allow time for child to play freely**

**Listen when child talks to you**

“I love you.”

“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, you clap your hands!”

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

**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)

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**Ask 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**

**Listen when child talks to you**

“I love you.”

“I understand this can be scary. We’re taking steps to keep healthy and we’re well prepared.”

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**Sing songs about emotions**

(If you’re happy and you know it, clap your hands)

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**Allow time for child to play freely**

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**Sing songs about emotions**

(If you’re happy and you know it, clap your hands)

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