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
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 cooked
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

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

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’
**Physical Development**

**3-6 months**

- Breastfeed on demand (making eye contact while talking or singing)
- Provide opportunities for tummy time
- Slowly move arms up and down, in and out (baby on their back)
- 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

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

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

Provide toys that baby can shake
**3-6 months**

**Cognitive & Language 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
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
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
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.**

**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**

**Provide 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**

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

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

**SAMPLE TOYS:**

- [Image of sample toys]

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**6-12 months**
6-12 months

Cognitive & Language 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.
- Play Peek-a-boo
- Play interactive games and make music together with your bodies
- 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)
- 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, bedtime
- Involve baby in family life eg. Let them sit with you while eating dinner

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.

Tell baby you love them often.

Are you sad because you fell over?

Let baby join in with family activities.

I love you.

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
- 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

**Read to your child**

Board books with pictures and few words, allowing the child to turn the pages.

**Dance with your child**

**Give your child things to stack up and put into containers**

**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**
### Cognitive & Language Development

**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**
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’.

Allow time for baby to play freely.

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.

‘Are you sad because you fell over?’
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.

Allow child to safely feed themselves and peel food.

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.

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

Provide items to draw and color with.

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

Dance with your child.

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.
**18-24 months 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

**18-24 months Cognitive & Language 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
**18-24 months**

**Cognitive & Language 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
- 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 child join in with family activities
- Tell child you love them often
- Help child 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
- Hug and cuddle often, return all displays of affection
- Be an engaging and participatory audience to your child during pretend play
- Encourage child to dress alone, wash own hands as much as possible
- Encourage child to pack up toys after playing

**Physical Development**

- Comfort child when they seek your attention
- Allow time for child to play freely
- Talk about what you see in pictures and/or books.
- Help your child put puzzles together and identify shapes
- Push-pull toys
- Puppets

**SAMPLE TOYS:**

- Love you
- Are you sad because you fell over?
- I love you

- Be an engaging and participatory audience to your child during pretend play
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
- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Practice catching & throwing
**Cognitive & Language 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

- Build with home made blocks

- Compare the size of objects ‘big & little’

- Make home made play dough

- Create clapping patterns for your child to copy

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

- Ask questions when reading books

- 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
- Use positive discipline approaches
- Hug and cuddle often, return all displays of affection
- Teach your child songs and games, tell her stories, or read books together
- 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
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
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
- Provide objects to be drawn

Cognitive & Language Development

- Engage in ‘maths bag’ activities
- Create toys & puzzles together
- 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
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.”

Comfort child and help to feel safe when they show fear

Return child displays of affection

Social-Emotional Development

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, you 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, your hand will clap your hands!

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!