**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)**
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
0-3 months

Social-Emotional 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

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

Social-Emotional Development

Narrate what you are doing so baby learns words

Always respond promptly to your baby’s cries

I love you!

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)

Hang objects just above baby so they can reach for objects

Provide opportunities for tummy time

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

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

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

SAMPLE TOYS:

Body as toy
Contrasting colors
Colorful mobile
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 e.g. Soft cloth, rough wood

SAMPLE TOYS:

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

Mama, just coo ke d
Social-Emotional Development

**3-6 months**

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

**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 baby opportunity to climb in and out of boxes**
- **Ensure area is safe & clean for baby to explore freely**
- **Provide baby opportunity to pull up and cruise around safe furniture**
- **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 a bag with toys]
- [Image of a bowl with a spoon and a rolling pin]
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)

Read to baby

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

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.

Mama just cooked

Pack a bag with toys like:

- A toy that makes noise
- A toy that moves
- A toy that can be hidden
- A toy that can be shared
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.

Are you sad because you fell over?

Tell baby you love them often.

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’.

Let baby join in with family activities.

Tell baby you love them often.

I love you.

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

Allow baby to safely feed themselves and peel food

Provide opportunities to climb in and out of boxes

Provide enough space & safe environment to practice walking

Ensure area is safe & clean for baby to explore freely
12-18 months

Cognitive & Language Development

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

Name and ask your child to point to some objects and body parts

Read to your child storybooks with pictures and few words.

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 & Language Development

Cognitive & Language Development
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

Tell baby you love them often

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

Encourage baby to pack up toys after playing

Social-Emotional Development

12-18 months
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.

Provide enough space & safe environment to practice walking.

Allow child to safely feed themselves and peel food.

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.
Physical Development

18-24 months

- 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 & Language Development

18-24 months

- 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

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

- Do homemade puzzles together
- Make homemade play dough
- Build with homemade blocks
- The color of the apple is red
- 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
**Social-Emotional Development**

- **18-24 months**
  - 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 fell over’
  - Encourage child to be kind to others by modelling healthy relationships within the family

- **2-3 years**
  - Comfort child when they seek your attention
  - Allow time for child to play freely
  - Encourage child to pack up toys after playing
  - Encourage child to dress alone, wash own hands as much as possible

**Physical Development**

- **18-24 months**
  - Help child to understand by labelling them and explaining reason for emotions ‘you are sad because you feel over’
  - Assign tasks for child
  - Encourage child to learn to dress

- **2-3 years**
  - Hug and cuddle often, return all displays of affection
  - Help your child put puzzles together and identify shapes
  - Encourage child to put puzzles to together and identify shapes
  - Talk about what you see in pictures and/or books
  - Be an engaging and participatory audience to your child during pretend play

**SAMPLE TOYS:**

- Push-pull toys
- Puppets
- ARE YOU SAD BECAUSE YOU FELL OVER?
- I LOVE YOU
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

If you're happy and you know it clap your hands
Cognitive & Language 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

The color of the apple is red

Ask questions when reading books

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

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

Hug and cuddle often, return all displays of affection

Celebrate with child when they are happy, be patient when they are sad

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

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

Are you sad because you fell over?

SAMPLE TOYS:

Dolls

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
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)

Provide beads to thread on string

Practice throwing a ball into a large pot

Practice throwing a ball together
Physical Development

3-6 years

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

Wiggle a rope on the ground and have child jump over

Tap beats to music with sticks

Play balance games eg. Balance with a bean bag on head

Create toys & puzzles together

Make up stories together

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

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)

The Alphabet

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Provide materials for pretend play

Play games of hide & seek

Cognitive & Language Development

3-6 years
**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.”**

**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.**

**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.”**

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

**Tell child often that you love them**

**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)**

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