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 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

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

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

Hold 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 that baby can shake

Provide toys that baby can shake
**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

**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**

**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

**Read to baby**

**Involve baby in family life**

**SAMPLE TOYS:**
- Bodies as toys
- Finger/hand games
- Contrasting colors

**Encourage reaching for and grasping objects with both hands**

**Explain to baby what you are doing during everyday activities**
Social-Emotional Development

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

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’

SAMPLE TOYS:

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

Mama, Mama

I love you

I love you

SAMPLE TOYS:

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

SAMPLE TOYS:
Cognitive & Language Development

6-12 months

- Place baby in front of a mirror
- Hide a child’s favorite toy under a cloth or box. See if the child can find it.

Cognitive & Language Development

6-12 months

- Teach gestures such as waving “bye-bye”

Cognitive & Language 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 & Language Development

6-12 months

- Play Peek-a-boo

Cognitive & Language Development

6-12 months

- Play hand games, like clapping

Cognitive & Language Development

6-12 months

- Read to baby

Cognitive & Language Development

6-12 months

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

Cognitive & Language Development

6-12 months

- Play interactive games and make music together with your bodies

Cognitive & Language Development

6-12 months

- Name people and things (even before baby can talk)

Cognitive & Language Development

6-12 months

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

Cognitive & Language Development

6-12 months

- Use safe objects at home to make toys.

SAMPLE TOYS:

- Mama, just cooked

- Teach gestures such as waving “bye-bye”
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.

Tell baby you love them often.

Are you sad because you fell over?

I love you.

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.
Help your child pull up

Read to your child board books with pictures and few words, allowing the child to turn the pages.

Dance with your child

Hug and cuddle often

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
**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

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

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.

Make music or sing interactively

Hug and cuddle often, especially when child is upset or showing anxiety around strangers

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

Use feeding as a social and emotional bonding time

Tell baby you love them often

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’

Tell baby ‘you are sad because you fell over’

Comfort baby when they seek your attention

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

Social-Emotional Development

12-18 months

I love you

Are you sad because you fell over?
**Physical Development 18-24 months**

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

- Do homemade puzzles together
- Build with homemade blocks
- Make homemade play dough
- 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

The color of the apple is red
**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 feel 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**
  - Hug and cuddle often, return all displays of affection
  - Help your child put puzzles together and identify shapes
  - Let child join in with family activities

- **2-3 years**
  - 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
- I love you
- Are you sad because you fell over?
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 you clap your hands!
**2-3 years**

**Cognitive & Language Development**

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.

Ask questions when reading books.

What is the color of the apple?

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

Build with home made blocks.

Compare the size of objects ‘big & little’.

Create clapping patterns for your child to copy.

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

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

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

**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
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

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

3-6 years

Physical Development

“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 it clap your hands

Simon says, touch your nose!
Physical Development

- Tap beats to music with sticks
- 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
- Jump with skipping rope

Cognitive & Language Development

- Create toys & puzzles together
- Engage in ‘maths bag’ activities
- Make up stories together
- Enjoy 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

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

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 objects to be drawn
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**

**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**

**Sing songs about emotions (If you're happy and you know it 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?’)**

**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.”**