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)

Slowly move colorful things to see and reach for

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

Smile at baby

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

Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing

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

Mama, just cooked

Mama, just cooked

Mama, just cooked

Mama, just cooked

Mama, just cooked

Mama, just cooked
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

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’
- Mama, Mama
- I love you!
3-6 months

Physical Development

- 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

SAMPLE TOYS:
- Body as toy
- Contrasting colors
- Colorful mobile

Provide toys that baby can shake

Provide toys that baby can shake

Physical Development

 SAMPLE TOYS:

- Body as toy
- Contrasting colors
- Colorful mobile

Provide toys that baby can shake

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Physical Development

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Physical Development

 SAMPLE TOYS:

- Body as toy
- Contrasting colors
- Colorful mobile

Provide toys that baby can shake

Provide toys that baby can shake
Cognitive & Language Development 3-6 months

- 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.
- Explain to baby what you are doing during everyday activities.
- 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 cooked
3-6 months

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

Social-Emotional Development

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

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.
- 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

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

Teach gestures such as waving “bye-bye”

Play hand games, like clapping

Name people and things (even before baby can talk)

Play interactive games and make music together with your bodies

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.
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.

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 couldn’t see mummy when she left the room’.

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
- Give your child things to stack up and put into containers
- 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
- Take child out to experience different environments
- Give opportunity to pull up and cruise around safe furniture
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

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

Build with homemade blocks

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

Do homemade puzzles together
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 fell over’

Comfort baby when they seek your attention.

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.

Tell baby you love them often.

Are you sad because you fell over?

I love you.

Social-Emotional Development

I love you.

Are you sad because you fell over?

I love you.

Social-Emotional Development

I love you.

Are you sad because you fell over?

I love you.

Social-Emotional Development

I love you.

Are you sad because you fell over?

I love you.
**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**

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

SAMPLE TOYS:
- Push-pull toys
- Puppets
**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
**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
- Help child to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you fell over’
- 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 emotions by labelling them and explaining reason for emotions ‘you are sad because you fell over’
- Allow time for child to play freely
- Encourage child to pack up toys after playing

2-3 years

- Hug and cuddle often, return all displays of affection
- Help your child put puzzles together and identify shapes
- Be an engaging and participatory audience to your child during pretend play
- Encourage child to dress alone, wash own hands as much as possible

**SAMPLE TOYS:**

- Push-pull toys
- Puppets
- Puzzle
- Ball
- Doll
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

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

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

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

Ask questions when reading books

SAMPLE TOYS:

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

What is the color of the apple?

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

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

If you're happy and you know it you clap your hands!
Social-Emotional Development

**2-3 years**

- Encourage and participate in imaginary play
- Use positive discipline approaches
- Hug and cuddle often, return all displays of affection
- Provide opportunities for social play with other children
- 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

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

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

Put music on and dance together
Physical Development

- Provide objects to be drawn
- 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 & Language Development

- Create toys & puzzles together
- Engage in ‘maths bag’ activities
- Create toys & puzzles together
- Make up stories 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)
- Play games of hide & seek
- Play games of hide & seek
- Provide materials for pretend play

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
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.”
- 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?')

**Tips for developing social-emotional skills**

- **Empathy**: Encourage children to show empathy towards others. Ask questions like, “What do you think the other child might be feeling?”
- **Conflict resolution**: Guide children in resolving conflicts peacefully. Encourage them to take turns, share, and compromise.
- **Communication skills**: Foster children’s ability to express their thoughts and feelings effectively. Use phrases like, “I feel happy when...”
- **Safety awareness**: Teach children about safety awareness through stories and role-playing activities. Emphasize the importance of staying safe and making choices for their well-being.
- **Self-regulation**: Help children develop self-control by setting small, achievable goals and celebrating their progress.