



Play, Learn, and Read At Home

Developmental Activities for Kid's Birth to Five.

Story this month: Goldilocks and the Three Bears by James Marshall

Focus Skill: After reading the story several times use the Paired Reading Strategy with your child. As you read the story, read part of the repeating phrase, "Someone has been _____. ." and allow your child to finish the sentence.

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>Babies learn by imitating. Between 7-9 months you will notice your baby doing different actions such as banging, tapping, stirring, etc. Give your baby a spoon and a bowl. Watch what your baby does and imitate that action. If your baby imitates you back, copy your baby again to keep the game going. Once your baby does well with imitating actions he already knows, try something new such as putting something "in."</p>	<p>Toddlers between 25-30 months are beginning to understand size in their everyday world. Have your child sort a group of small and big objects into two separate piles. Items you can use to sort are spoons, cups, bowls, socks, etc. Talk about what is "big" and what is "little".</p> 	<p>Preschoolers are learning about numbers and counting. Give your child three bowls (small, medium, and large) and a measuring cup. Have your child fill the cup with water and dump it in the small bowl. Count how many cups it takes to fill each bowl. Write the number down to see. You may use different bowls or measuring cups and different mediums such as beans, water, sand, etc.</p>
Language/Communication Skills	<p>There is often great anticipation waiting for your child to say your name for the first time. Children around a year old should be able to say "mama" and "dada" specifically to call you. Show your baby family pictures and point to yourself in the pictures as you say "mama" and "dada."</p> 	<p>Your toddler's language is developing at a rapid pace. Between 18-24 months your child should be putting two words together. Read the story using two word phrases such as "chair broke," "night-night," "go bye-bye," "bear eat," "chair hard," etc. Pause and allow your child to imitate the two word phrase. Eventually your child will say these phrases by their self.</p>	<p>Use size words to describe things (big, bigger, biggest), (medium), (small, smaller, smallest). Use words biggest, medium, smallest, and just the right size around the house. Have your child try on dad's shoes and say, "These are the biggest ones." Try on mom's shoes and say, "These are medium size ones." Then try on the child's and say, "These are just right."</p>
Small/Fine Motor Skills	<p>Providing your baby with small toys to reach for and hold in their hands will strengthen their visual-motor skills. By 4 ½ to 6 months your baby should be able to reach for and hold small objects against their palm with their fingers and thumb. Put a toy in front of your baby for them to reach and grasp. Position the toy off to one side then the other to encourage grasping with both hands.</p>	<p>Goldilocks loves books and toddlers do too! While reading the story allow your child to hold the book and turn the pages while reading. Between 15-18 months your child may turn two or three pages at a time by pushing or flipping the pages with one hand and hold the book with the other. By 21-24 months your child should be able to turn pages in a book one at a time.</p>	<p>In the story there are stacks of books everywhere. Make building and stacking fun by encouraging your child to stack objects around the house such as jell-o boxes, sponges, plastic cups, as well as blocks. See how high they can stack them. By stacking various objects your child will be working on eye-hand coordination and problem solving skills.</p>

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Large/Gross Motor Skills	<p>Babies around 6-8 months old are beginning to sit on the floor independently. If your baby is able to hold their body upright while sitting on your lap, then they are developing the strength to start sitting on their own. While your baby is on the floor put him/her in the sitting position while supporting them at their hips. Take your hands away to see if he/she can sit for a few seconds on their own. At first they will need to use their hands to keep balanced then eventually be able to sit on their own and use their hands for playing.</p>	<p>In the story Goldilocks tries sitting in different size chairs. Toddlers between the ages of 17-19 months are able to CLIMB into a chair on their own. Encourage your child to sit on a small chair or stool by backing into it or sliding onto it sideways. By 18-21 months your child should be able to climb forward on an adult chair and turn around and sit. Make it a game by acting out the chair scene from the story.</p> 	<p>In the story the three bears go for a bike ride. Between the ages 3-4 your child should be able to ride a tricycle by pedaling. Encourage your child to practice pedaling by putting his feet on the pedals and pushing him when needed. At first he may only be able to pedal a few feet using the pedals and the ground. Closer to four years old he should be pedaling longer distances on his own.</p> 
Self-Help Skills	<p>Babies between 9-12 months should be able to hold a spoon on their own. At meal times give your child a spoon they can practice holding on to. They may treat the spoon as a toy by banging it on the highchair or table or putting the spoon in their mouth. Model for your baby scooping food on your spoon and putting the spoon in your mouth to eat. As you are modeling say to your child "Scoop and eat!"</p> 	<p>By 12-15 months your child should be able to use a spoon by bringing the spoon to their mouth. Scoop some food on your child's spoon and allow them to put the spoon in their mouth on their own. By 15-24 months your child should be able to scoop their food and feed themselves. To encourage scooping, put "sticky" foods such as pudding, mashed potatoes, oatmeal, etc. in a bowl and allow them to scoop it on their own.</p> 	<p>In the story, the porridge is spilled on the table and floor several times. By 3-3 ½ years old your child is ready to clean up spilled liquids. When your child spills their drink or other liquid, model to your child how to clean up the spill with a towel or sponge. Allow your child to help you clean up the mess. Eventually they will be able to do this on their own. This will teach your child how to clean up after themselves along with taking responsibility for their actions. "Oh, looks like you spilled your drink, now get a towel and clean it up."</p>
Social-Emotional Skills	<p>Sing the song, "Teddy Bear, Teddy Bear" with your baby.</p> <p style="text-align: center;"> Teddy bear, teddy bear, Turn around. Teddy bear, teddy bear, Touch the ground. Teddy bear, teddy bear, Find your nose. Teddy bear, teddy bear Dance on your toes. Teddy bear, teddy bear, Jump up now. Teddy bear, teddy bear, Take a bow. Teddy bear, teddy bear, Turn off the light. Teddy bear, teddy bear, Say goodnight! </p>	<p>Get creative and make puppets with your child. Use brown and white lunch bags to make the three bears and goldilocks. Cut ears out of brown paper for the bears, add or draw eyes, nose and mouth. You can add yellow yarn for goldilocks hair. Act out the story using your puppets.</p> 	<p>Make a family portrait with your child. Before starting, ask your child who is part of their family. Give him a sheet of paper with crayons or markers to draw with. As he is making his portrait ask questions to help guide him. For example, "What color hair do you have?" "Who is the tallest person in the family?" "Are you going to include our dog/cats?" etc. When finished, hang the picture on the refrigerator to build on his self-esteem.</p> 

This is a great story to act out with your child and their friends. Make some oatmeal for porridge, gather some different lawn chairs and make some beds with beach towels and act out the story. For extra fun, video tape it and let the kids watch it!!

The Play, Learn and Read at Home activities are brought to you by the Ionia County Intermediate School District's Great Parents Great Start program. Children move thru predictable stages of development. The activities provided above are meant to be a guide. If you have concerns about your child's development please call Start Smart at 616-527-4900 ext. 1461 or 1-888-742-4491. For more information check us out at www.ioniaisd.org or email us at cgranzo@ioniaisd.org.