



Play, Learn, and Read At Home

Developmental Activities for Kid's Birth to Five.

Story this month: Wake up, Sleep Bear by Christine Morton and Greg Shaw

Focus Skill: Use the strategy of Paired Reading with this story. After reading the story several times start to read the repeating phrase, “Time to rise, time to shine” and then pause and allow your child to complete the phrase, “Hurry up, it’s party time!”

	0-12 Months	1-3 Years	3-5 Years
Problem-Solving Skills	<p>In the story the animals are trying to find things. Babies between 4-6 months should be able to find a partially hidden object. Take a favorite toy and hide half of the toy under a blanket. See if your baby looks and tries to find the toy. If your child does not attempt to find the toy, uncover more of the toy so your baby can see it.</p> 	<p>Children at this age are interested in pictures and are starting to understand that the picture represents the object. Take individual pictures of your child’s stuffed animals and print them out. Place them in a small photo album. Place the stuffed animals all over the house and go on “a walk thru the forest” When you find an animal, look in your book and find the picture of it as well.</p>	<p>Develop your child’s visual memory skills by playing a scavenger hunt game. Take and print pictures of stuffed animals, toys, etc. that your child can bring to you. Define part of your house as the forest (living room, kitchen, bedrooms etc.) Have your child look at a picture for about 30 seconds. Do not name the picture. Then, have your child bring you that item from the forest.</p>
Language/Communication Skills	<p>Between 6 and 8 months your baby should begin to look for familiar family members or pets when they are named. Say, “Where’s mama?” when mother is in sight. Point and say, “There’s mama!” As your child develops this skill of turning and looking for a familiar person when their name is called, play this game using the book by saying, “Where’s the bear?” then point to it.</p>	<p>Throughout the story different body parts for each animal are mentioned. As you read the story, point out the body parts (nose, paws, tails, nails, back, feathers, wings, beak, whiskers, snout, ears, eyes and legs). Talk about your child’s body parts (a bird has a beak, you have a mouth). By 2 years of age your child should be able to point to 6 body parts.</p>	<p>This book offers wonderful descriptive words to help your child develop a rich vocabulary. Make an effort to use these types of words in your everyday language. Skitter-scatter, crunchy, fluff, juicy, twitchy, sticky, wibbly-wobbly, bright and little. For example, “This apple is very juicy.”</p> 
Small/Fine Motor Skills	<p>Babies enjoy practicing picking up small objects. Between 7-8 months they should be able to pick up a tiny object by using a raking or scooping motion. During meal or snack time, put 1 or 2 cheerios on your child’s highchair tray for your baby to pick up. By only putting a couple out at a time your baby will work at developing his thumb-finger grasp (pincer).</p>	<p>Throughout the story the animals are finding and picking up small food for the fawn. Children between 15-23 months should be able to put tiny objects into a small container. Give your child cheerios and a narrow necked container such as a plastic pop bottle and encourage your child to pick up the cheerios from a hard surface and put them into the bottle.</p>	<p>Make a collage with your child using items from the book found in nature. Give your child a paper plate, glue, and various items such as, sunflower seeds or bird seed, nuts, feathers, dried fruit, etc. Encourage your child to dip the item in glue and place it on the paper plate. Brainstorm with your child about other items they would like to add to their collage.</p>

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Large/Gross Motor Skills	<p>In the story all the animals creep in a row. Babies between 5 and 11 months begin to move around by creeping or crawling. Creeping is when they drag themselves with their arms and crawling is when they move on their hands and knees with their belly off the floor. Lots of tummy playtime for your baby will help them develop the muscles necessary for these skills. Encourage your baby to creep/crawl by putting them on their belly and putting a toy out of reach.</p> 	<p>All the creatures in the story gather together and tip-toe near the deer. Children between 25-30 months should be able to walk on their tip-toes a few steps. With your child, pretend to be an animal and tip-toe to find other creatures in the house, such as family pets or stuffed animals. This is a fun barefoot game to play!</p> 	<p>In the story, the animals do lots of unique actions. Play a Simon Says game and have your child do these actions: Simon says...</p> <ul style="list-style-type: none"> *stretch your arms up high *rub your eyes *hop like a bunny *skitter-scatter run like a squirrel *twitch your nose *fly like a bird *creep under the table *crawl around the tree *jump up to get a leaf *tiptoe across the room *curl up in your den *wobble-wobble around the room
Self-Help Skills	<p>Good sleeping habits play a very important part in your baby's development. Babies between 9-12 months should be sleeping between 12-14 hours a night. Set up a bedtime routine that your child can expect each night. For example, you could give them a bath, pajamas, brush teeth, read story and then put them to bed. By doing the same routine each night they will know what to expect.</p>	<p>In the morning give your child some responsibility in their routine. Encourage your child to brush their teeth with your assistance. Put toothpaste on the toothbrush and allow your child to brush their teeth on their own. Afterwards, brush their teeth for them, to do the real cleaning.</p> 	<p>In your child's morning routine, encourage them to brush their teeth. By 3-3 1/2 years old your child should be able to put toothpaste on their toothbrush and wet it. Allow your child to put toothpaste on their toothbrush and wet it by putting it under the water. Allow them to try to brush their teeth and then, swoop in and brush their teeth for them to do the real cleaning.</p>
Social-Emotional Skills	<p>Babies enjoy playing peek-a-boo with their caregivers. Babies between 6-10 months should actively participate in a peek-a-boo game by removing a blanket off their caregiver's or own face. Play peek-a-boo by covering your face with a blanket and allowing your baby to remove it. Then put a blanket over your baby's face and pause to see if they can remove the blanket on their own.</p>	<p>Just like a night-time routine is important a morning wake up routine can give your child a sense of security and promote their self-esteem by making them feel special. Change the words at the beginning of the story to use as a wake-up routine: Hiding in the covers deep, little (child's name) fast asleep. Today's a day to celebrate, So wake up, wake up don't be late!</p>	<p>At the end of the story, the animals all give gifts to the new fawn. Giving to others is something you can teach even preschoolers to do. Bake something together and give it to a neighbor or family member. Go thru old toys they have outgrown and give them to a shelter. Collect pop cans and give the money to a local charity or volunteer as a family at a soup kitchen. Make giving a habit that will last a lifetime.</p>

A Picnic for the Birds

Pack a picnic lunch with different kinds of seeds, nuts, berries, dried fruits, carrots, celery, turnips and other foods birds and wild animals might eat. Find a shady spot, spread out a blanket, enjoy the outdoors and remember to use your beaks! Talk about the different foods and how they taste, the textures, are they seeds, fruits or roots and of course whether or not we like them!

BONUS: This book rhymes! After you have read it several times, pause and see if your child can complete the rhyme.

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.