

Early Childhood Development

Suggestions for age and stage appropriate activities
to enrich your child's growth and development.

Age	Goals	Activity
0-1 Mo.	Enjoy Sensory Stimulation	Cuddle, stroke, talk to your baby. Change environment periodically. Bright bold colors.
1-3 Mos.	Muscle Tone and Position Awareness Sensory Stimulation Cause and Effect	Range of motion exercises, sitting for short periods. Tummy time while awake. Mobiles, music boxes, talking. Textures: blanket, hair and face. Batting practice, rattles, bells and squeeze toys.
3-6 Mos.	Neck/Shoulders Position Awareness Postural Reflexes Hand/Eye Coordination Sound Localization Voice Experience	Equal time on back and stomach while awake. Lifting, tilting, log roll. Sitting with support. Grasp toys. Allow to reach and attain. Reward with kisses and hugs. Ring Bell at different locations. Allow to follow. Do the same with your voice. Imitate your baby's sounds and offer new ones to try. Read to your baby daily.
7-12 Mos.	Pre-Crawling	Place object just out of reach and encourage.

Again reward profusely for good effort.
Obstacle Courses (Pillows, etc.)

Pre-Walking Pull to stand. Help walk with two hands, then one hand.

Hand/Eye Coordination Finger foods. Encourage grasp objects which can be transferred hand to hand.

Social Games Peek-a-boo, pat-a-cake, hide and seek, sing songs.

Cause and Effect Light switches, doorbells, clanging utensils.
Allow child to have cupboard to play in.

1-2 Years

Throwing Kicking Play games, modeling.

Hand/Eye Coordination Stacking toys, testing toys, pegboards.

Sequencing Stringing beads.

Pincer Grasp Raisins, Cheerios. Have child place into cup.

Pre-writing Skills Offer large crayon and demonstrate scribbling.
(15 Mos-Up) Try to get to imitate vertical lines.

Language Begin labeling objects. Point to body parts.
Short picture books.

	Shape Recognition	Shape sorting toys (NOTE: a 1 year old will sort
	Hand/Eye Coordination	by trial and error, whereas a 2 year old makes
	Early Problem Solving	an estimate of shape and size prior to trying)
2-3 Yrs.	Hand/Eye Coordination	Construction toys. Simple insert puzzles.
	Sequencing	
	Imaginary Play	
	Interlocking	
	Pre-Writing Skills	Crayons. Copy circles. Reinforce colors.
	Build Strength	Play-doh
	Tactile Situation	
	Imaginary Play	
	Vocabulary	Reading.
	Enhance Imagination	Use books as springboards for object lessons.
	Quiet Times	Teaching right and wrong, etc.
	Social Skills	Allow to help with chores (be realistic).
3-5 YRS.	Pre-Sport Skills	Play catch, run, and exercise.
	Pre-Writing	Draw a person: 3 parts at 3 years, 6 parts at 5 years. Copies cross and square.
	Social Skills	Encourage interactive play. Pre-school experience.

Language

Colors, shapes, opposites, prepositions (on, in, under). Pronouns (I, we, her).

Memory

Teach full name, address and phone number.