

# Birth to 6 Months

I am **Good To Go!** because I am learning to...  
**From Head To Toe**

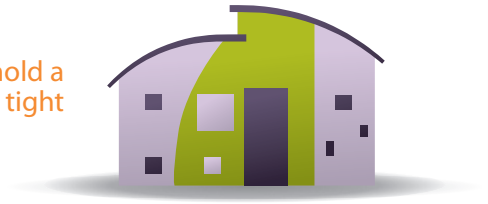
## Smile & Laugh!

Travel around the city and play with your child while trying some or all of the activities listed below. Each activity is a new adventure that your child may or may not be ready for just yet. You can adapt the activity to fit your child's ability or exhibit space you are in. **Remember to keep the activities playful and encourage your child while having fun.**

### Let's get moving!

#### Movement and muscle skills

- Baby plays with her fingers or toes. Lay her down on the exam table and hold a puppet or hanging toy close so she can reach for it or kick at it. Hold baby tight while she is on the exam table.
- Baby wiggles his arms or legs while on his stomach in the waiting room. Try using a puppet to gain baby's attention.



Health Center

**GREAT! NOW LET'S MOVE ON TO THE ORANGE PLAZA. SING A SONG AS YOU MOVE WITH YOUR BABY!**

### Let's express ourselves!

#### Communication and expression of emotions

- If baby cries, talk about why he is crying. Comfort him with a soothing voice, by reading a book or singing a song.
- Laugh with playing children in the Plaza. Does baby laugh too?



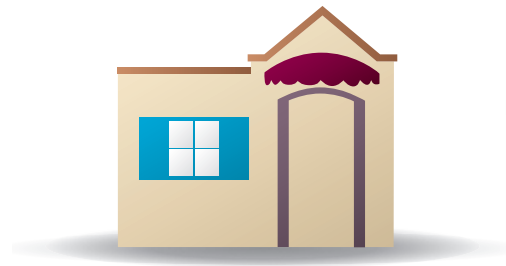
Orange Plaza

**SUPER! NOW LET'S MOVE ON TO THE CAFE. TALK TO YOUR BABY ABOUT WHAT FOOD YOU LIKE TO EAT AS YOU WALK.**

### Let's play together, we can figure it out!

#### Play, social, thinking and problem solving skills

- Read the menu to baby. Make sure to point at the pictures and name what you see so baby can follow along.
- Play peek-a-boo behind the menu while baby is watching. Ask, "Where am I?" and "Where is (SAY BABY'S NAME)?"



Café

#### Activity Legend:

- Just getting started**  
Early skill
- Right on track**  
Middle skill

#### Age Appropriate **American Academy of Pediatrics (AAP)** Milestones

##### 0 to 6 months:

- Moves head from side to side while lying on stomach
- Strong reflex movements
- Recognizes some sounds
- May turn toward familiar sounds and voices
- Puts things in mouth
- Reaches and tries to grab things
- Sits up

Birth to 6 mo.

7 to 12 mo.

13 to 18 mo.

19 to 24 mo.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.



# Putting it all together: Play with a purpose at **Pretend City**<sup>®</sup> CHILDREN'S MUSEUM

## HOW do I use this *Way to Play Sheet*? It's as easy as 1,2,3!

- 1 Travel around the city** and play with your child while trying some or all of the activities listed for your child's current age.
- 2 As your child plays**, watch and learn more about how his or her motor, communication, social and thinking skills are developing by checking the activity legend.
- 3 Each activity offers a new adventure** that your child may or may not be ready for just yet. You know your child best! Feel free to adapt any activity to better fit your child's ability or adjust the activity to fit the exhibit space you are in. Have fun!

## WHY is using this *Way to Play Sheet* important?

**You are your child's best teacher.** By trying these simple and fun play activities on this sheet, you are helping your child reach his or her developmental milestones. This process of change involves learning skills like walking, talking and playing with others, often at predictable times during the first five years of life. You can use the *Way to Play Sheet* and the *Way to Play Adventure Guide* as a tool to help you better understand your child's milestones, gauge each new stage of growth and encourage emerging abilities in your child's life.

## Every child is unique and develops, learns, grows and plays at his/her own pace.

The skills your child has practiced today will continue to develop and prepare him or her for the next all-new adventure. For a preview of upcoming developmental milestones in your child's life, pick up the full *Way to Play Adventure Guide* with skill building activities developed for children birth through 5 years.

## WHAT can I do next?

**Congratulations** on giving your child a head start on his or her healthy, whole-body development! Now, you can:

- **Continue the fun!** Use your 2-for-1 admission card on the **second Friday of every month** for our Way to Play days featuring all new activities and on-site support.
- **Practice at home!** Take home an age appropriate *Ages and Stages Questionnaire*. It's an easy way to assess and support your child's learning and development at home.
- **Share with your child's pediatrician!** Keep your child's pediatrician up to date by sharing all the wonderful new skills your child has learned. Make sure to ask for a complete *Developmental Check-up* at your next well-child visit.

Present this card to receive

## 2-for-1 admission on Way to Play days

This offer is valid only on **Way to Play** days, the second Friday of each month, through December 10, 2010. Please present this card at the front desk when purchasing your museum ticket. This ticket is non-refundable, non-transferable and non-exchangeable. This offer is valid only with the purchase of a regular adult or child general admission. Transaction must include one child. This offer is not valid for online sales and may not be combined with any other ticket offers, discounts or museum promotions.

**Good To Go!**  
From Head To Toe

MADE POSSIBLE BY:



PRESENTED BY:



Pretend City Children's Museum ■ 29 Hubble Irvine, CA 92618 ■ [www.begood2go.org](http://www.begood2go.org)

## Good To Go! From Head To Toe

Understand your child's development, every step of the way

### What is a *Way to Play* day?

- A day designed to play with a purpose
- Guided museum activities designed to enhance your child's development
- On-site healthcare professionals to answer child development questions