

# 7 to 12 Months

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

## Use simple gestures like waving “bye-bye”

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 wiggles hands and toes in the sand. Hide small toys in the sand and help him to find them.
- Roll a beach ball back and forth with baby.



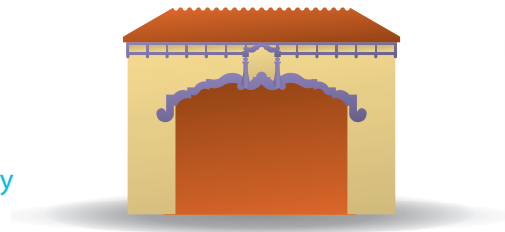
Beach

**FANTASTIC! NOW LET’S MOVE ON TO THE AMPHITHEATRE. SING YOUR FAVORITE SONG TO BABY AS YOU WALK.**

### Let’s express ourselves!

Communication and expression of emotions

- Hold your baby close and dance to the music you hear.
- Sing with the performers on stage. Encourage your baby to sing along by making sounds he can easily make.



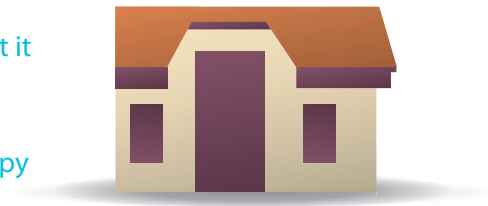
Amphitheatre

**WONDERFUL! NOW LET’S MOVE ON TO THE GROCERY STORE. TELL BABY ABOUT YOUR FAVORITE FOOD AS YOU WALK.**

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

Play, social, thinking and problem solving skills

- Name each food item you put in the basket. Ask, “What is this?” and repeat it back to baby. Sing a song as you put items back.
- Play “follow the leader.” Grab one item off the shelf and have your child copy you. Now, have your child be the leader!



Grocery Store

#### Activity Legend:

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

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

##### 7 to 12 months:

- Scoots and crawls
- Picks up very small objects
- Can put objects in and take objects out of a container
- Pays more attention to what you say
- Babbling sounds more like talking
- Can pull up to a standing position
- Walks a few steps holding on to furniture
- Finds hidden objects
- Responds to verbal requests

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