

# Good To Go!

## From Head To Toe

A child development initiative delivered by

**Pretend City**<sup>®</sup>  
CHILDREN'S MUSEUM

## Way to Play Adventure Guide

Fun ways to play while:

- n Strengthening your child's skills!
- n Learning about **developmental milestones!**

Play at Pretend City  
Children's Museum  
and BEYOND!



**Third Edition**  
Ages birth through 5 yrs.  
[www.pretendcity.org/g2g](http://www.pretendcity.org/g2g)

## HOW do I use this guide?

1. Explore the city with your child while incorporating some of the activities listed.
2. You know your child best! Each activity offers a new adventure, so feel free to adapt any activity to better fit your child's ability or activity space you are in.

## WHY is using this guide important?

By using these play activities you are helping your child reach his or her developmental milestones, advance skills, and learning about the importance of play. You can use the Way to Play Sheet and Way to Play 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.

## WHAT can I expect to see as my child develops?

Here are some milestones the American Academy of Pediatrics recommends you look for.\*

### By 6 months:

- n Rolls both ways (front to back, back to front)
- n Sits without support
- n Responds to own name
- n Explores toys with hands and mouth
- n Looks for partially hidden objects
- n Imitates sounds that you make
- n Transfers objects from one hand to the other
- n Makes "happy" and "sad" noises

### By 12 months:

- n Scoots or crawls
- n Walks with or without support
- n Babbles and says "Mama" and "Dada"
- n Responds to simple requests
- n Pokes and points with index finger
- n Uses thumb and index finger to pick up small items
- n Has strong preference for primary caregiver
- n Imitates gestures like a wave or a kiss

### By 18 months:

- n Climbs onto and down from furniture assisted
- n Points to pictures in a book with index finger
- n Stacks items such as blocks
- n Knows three body parts
- n Uses several words including "no" and "mine"
- n Plays with toys by their function (phone, comb, cups)
- n Tries to activate a toy (winding, flipping switch, pushing)
- n Does things for attention and looks for a reaction

### By 24 months:

- n Kicks a ball and can walk on tiptoes
- n Begins to run
- n Uses simple sentences of 2 or more words
- n Follows simple directions (e.g., "hand me your book")
- n Sorts items by color, shape or size
- n Is learning to share and take turns
- n Scribbles and may begin to copy vertical lines and circles
- n Recites repeated phrases from well-known books

### By 36 months:

- n Catches a ball against chest
- n Undresses and unties shoes
- n Names actions in pictures (e.g., running, crying)
- n Answers "what" and "where" questions
- n Categorizes by group (trucks, animals, foods)
- n Completes 4 to 5 piece puzzles
- n When looking at books, can tell the difference between words and pictures
- n Starts to make friends

### By 4 years:

- n Steers a tricycle or pedal car around objects
- n Colors within lines and can draw a face
- n Knows opposites (hot/cold; big/little)
- n Asks "when" "why" and "how" questions
- n Uses regular past tense ("ed")
- n Correctly counts out 10 items (1-1 correspondence)
- n Recognizes name in print
- n Pretends by role playing

### By 5 years:

- n Balances on one foot, skips and jumps forward
- n Cuts out shapes with scissors
- n Understands 13,000 words
- n Answers questions about a story
- n Compares amounts using words like "more," "less," "same"
- n Plays simple board games
- n Acts out plays and stories
- n Understands rules

### Over 5:

- n Hops and gallops in a straight line
- n Uses mature (tripod) pencil grasp
- n Can wait their turn
- n Produces all sounds correctly (by 7)
- n Correctly uses past and future tenses
- n Listens to stories without pictures
- n Identifies start and end sounds in words
- n Adds and subtracts simple numbers

\*<http://www.healthychildren.org/English/ages-stages/Pages/default.aspx>

Since each child develops in their own individual way and at their own rate, these milestones are intended as reference points only. If you have any questions or concerns regarding your child's developmental progress, please speak with your pediatrician.

# Birth to 6 month activities

I am **Good To Go!** From Head To Toe because I am learning to...  
**use my body and my senses!**

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade

Birth to 6 mos.

How to

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

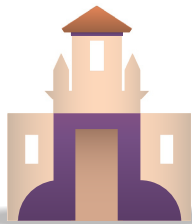
2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.

Questions?



**Library**  
(or at home)

## Let's express ourselves!

Try these communication and expression strengthening activities:

- Lay your baby on his back on a soft, flat surface on a blanket. Gently tap or rub your baby's hands and fingers while singing "Pat-a-Cake" or another nursery rhyme.
- Read simple books to your baby. Although she does not understand the story, she will enjoy being close and listening to you read.
- Hold out an object of interest and encourage your baby to reach for it, then signal for him to give it back. Keep going as long as your baby is interested.

★ **GROWN-UP TIP:** These activities encourage babies to use their emerging communication, language, and socialization skills.



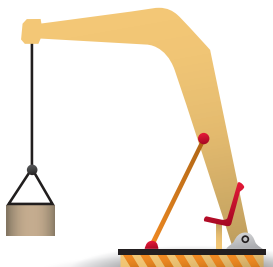
**Home**

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

Try these social, cognitive thinking, and problem solving strengthening activities:

- When you see your baby responding to your voice, praise and cuddle him. Talk back to him to see if he responds again.
- Place your baby on your lap facing you and hold brightly colored toys over her chest within her reach. She will enjoy reaching and pulling them and you will start to see what interests her.
- Place a mirror close to your baby where he can see it. Start talking, and tap the mirror to get him to look. Mirror play encourages visual stimulation. Eventually, he will understand his reflection.

★ **GROWN-UP TIP:** Babies this age love to explore. They learn from imitation, looking at, holding, and putting objects into their mouths.



**Construction Zone**

## Let's get moving!

Try these movement and muscle strengthening activities:

- Gently shake a toy that makes a noise. Put it in your baby's hand. See if she takes it, even for a second.
- Rest your baby, tummy down, on your arm, with your hand on his chest. Use your hand to support his head and neck. Gently swing back and forth. This modified version of tummy time assists babies in strengthening neck and back muscles.
- Place a toy in front your baby while she is lying on her belly to encourage reaching and playing with both hands. Your baby may begin to use the support of both arms and may begin to crawl from this position.

★ **GROWN-UP TIP:** Babies develop better control over their bodies. By 4 to 6 months, they may be able to roll both ways, and become better at reaching and grasping.

# 7 to 12 month activities

How to Birth to 6 mos.

7 to 12 mos.

13 to 18 mos. 19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

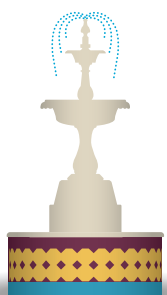
5+ yrs.

Questions?

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

## imitate the things other people do!

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



Orange Plaza

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

Try these social, thinking, and problem solving strengthening activities:

- Push a light up toy, pop up, or jack-in-the-box toy, give your baby time to process what you did and copy you. Push it again. This teaches your baby cause and effect and makes him want to try new challenges.
- Let your baby see you hide a small toy under a piece of paper or a blanket. Does your baby find it? If not, cover it half way and try again.
- While you and your baby are playing with toys, hold your hand out for the toy your baby is playing with. Allow her to offer it to you, even though she may not let go of the toy.

★ **GROWN-UP TIP:** As your baby grows, so does their way of using toys in more complex ways. This leads to expanded brain development and the development of new skills.



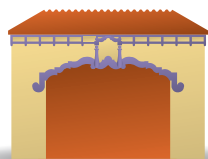
Beach

### Let's get moving!

Try these movement and muscle strengthening activities:

- Encourage your baby to use his body to get what he wants. If he's showing you with sounds and gestures that he wants a toy out of reach, help him get it himself by bringing it close enough for him to grab with a little effort. This builds his confidence and spatial awareness.
- Your baby will be interested in banging objects that make noise. Give your baby blocks, shovels, or other objects to bang on containers. Bang two objects together, and watch your baby imitate you.
- By 9 months, your baby will begin to use index fingers to poke and explore. Let your baby poke and explore in the sand. This will help increase tactile senses and body awareness.

★ **GROWN-UP TIP:** Babies motor skills are growing rapidly at this stage in development. These activities strengthen sensory, gross motor, and fine motor development.



Amphitheater

### Let's express ourselves!

Try these communication and expression strengthening activities:

- Have a conversation together. Your baby loves to interact with you and will increasingly become more vocal. Respond to her coos, grunts, chuckles, and gurgles. These conversations help shape overall development.
- Turn on the music, while holding your baby in a standing position, let your baby bounce and dance. If your baby can stand with little support, hold onto her hands and dance to the music!
- Play imitation games and songs such as Peek-a-Boo or Twinkle Twinkle Little Star using movements and finger play throughout the rhyme. Try stopping before the last word in a verse. Once your baby hears the song enough, they may make the sound or use the finger movement for the song.

★ **GROWN-UP TIP:** These activities strengthen your baby's understanding of self-expression with sounds, gestures, and facial expressions.

# 13 to 18 month activities

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

## use objects in different ways!

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



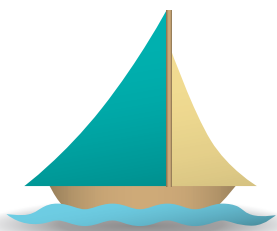
Farm

### Let's express ourselves!

Try these communication strengthening activities:

- Play the naming game. Name various vegetables, fruits, and farming equipment. Although they may not repeat the word back to you, they are learning that each object is identified with a name.
- Let your toddler be your "big helper". Give him a simple direction such as: "Can you bring me the tomato?" or "Pick up the carrot, please." He may need you to point or prompt him a little. Be sure to offer praise for a job well done.
- Teach your toddler about animal sounds. Pretend to be an animal parent and your toddler is the baby animal. Use the animal sounds to "call" each other.

★ **GROWN-UP TIP:** Toddlers understand a lot more than they can say at this age. By 12 months, they will probably follow 1-step directions. By 18 months, they will advance to 2 and 3 step directions.



Marina

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

Try these social, thinking, and problem solving strengthening activities:

- Your toddler may start to enjoy trying on different hats and clothing. Let your baby try on different hats, coats, or rain boots. Let her look at herself in the mirror. As your toddler gets older, she may begin to try to put them on with little help or independently.
- Sing "Five Little Ducks" while acting out the song using finger play (use rubber duckies if available). Use this opportunity to practice counting objects to 5.
- Let your baby figure out how things work and what they do. Show your baby how to push the button that squirts the water. Talk to him about what you are doing and why: "When you push this button, the water squirts out and pushes the wheel."

★ **GROWN-UP TIP:** Toddlers are beginning to enjoy and engage in pretend play and also like to imitate others at this developmental age. They are busy explorers and like to find out how things work.



Grocery Store

### Let's get moving!

Try these movement and muscle strengthening activities:

- Take a walk around the grocery store with your toddler holding your finger. It is ok if your baby chooses to let go. Talk to her about what you see and where you are going: "Let's walk to the dairy aisle!" Be sure to let them know what a good walker they are!
- Practice stacking with your little one. Use cans or other items to build. By 15 months, he may be able to build a block tower.
- Your toddler will love making music. You can make a drum with an oatmeal container or other large containers. Use wooden spoons or your hands to make a beat. Take turns moving to different rhythms.

★ **GROWN-UP TIP:** At this age in development, toddlers begin to walk and run, which opens up endless opportunities for exploration.

How to

Birth to 6 mos.

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.

Questions?

# 19 to 24 month activities

I am **Good To Go!** From Head To Toe because I am learning...  
**about shapes and colors!**

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



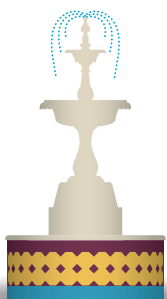
Home

## Let's express ourselves!

Try these communication and expression strengthening activities:

- Ask your toddler to help you by giving them simple directions, such as “Can you get the pillow?”, “Could you bring me the spoon?”, or “Please pick up the book”. You may need to visually prompt by pointing in the direction to help her in the beginning. Be sure to say, “Thank you,” when she helps.
- Play the “What’s that?” game with your toddler by pointing to clothing, body parts, objects, toys, or pictures asking your toddler to name them. If he doesn’t respond, name it for him and encourage him to imitate you.
- Your child will love learning simple songs such as “I’m A Little Teapot” or “Humpty Dumpty”. Enjoy singing together with hand and body movements. Later, ask your child to sing to someone else in the family.

★ **GROWN-UP TIP:** Toddlers vocabularies are continuously growing. They are learning and saying many different words, and are starting to use two word sentences, such as “Daddy go!” At this age, a toddler’s favorite word is “Me” or “Mine!”



Orange Plaza  
(or any open space)

## Let's get moving!

Try these movement and muscle strengthening activities:

- Give your child a small wagon to haul toys around. Practice making different “stops” to load and unload at different places.
- Let’s play kick ball! Give your child a medium sized ball and show her how to kick it. See how far she can kick the ball. Praise her for a job well done!
- When you are in a safe open space, teach your child “Red Light, Green Light”. Hold her hand and say, “Green Light,” to begin the run. Say, “Red Light,” to stop, then quickly say “Green Light,” to go again. Once she understands the game, let her try giving the directions!

★ **GROWN-UP TIP:** Toddlers love to move at this age. They are learning to run, jump, balance, and kick. Practicing these new moves will strengthen brain connections that help with overall coordination.

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

Try these play, social, thinking and problem solving strengthening activities:

- At this age, your toddler is becoming increasingly interested in “art activities”. Use medium to large crayons and large pads of paper to practice “drawing”. Let your toddler scribble as you make your own picture.
- String beads, macaroni, or larger cereal together. Help your toddler practice using two hands at a time. A shoestring or piece of yarn with tape on the end will assist with the stringing process.
- Show your child how to begin putting puzzles together. You can make a puzzle by take a piece of construction paper, draw a picture (have your toddler help you), and cut it into two or three wide strips. Help her aim and place the correct piece in place if needed. Be sure to praise her for her efforts and a job well done!

★ **GROWN-UP TIP:** Toddlers are developing self-control. Help prevent tantrums or loss of control by offering another activity or snack if you see your child becoming frustrated.

How to

Birth to 6 mos.

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

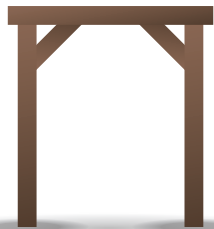
5+ yrs.

Questions?

# 2 to 3 year activities

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

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



Farm

## Let's express ourselves!

Try these communication and expression strengthening activities:

- Let's practice receptive and expressive skills! Play "I Spy" with your little one. Say, "I spy with my little eye a small shovel," Your child will then try to find what you spied. Then it is his turn to spy something. To add variation, you can also say, "I hear with my little ear..."
- Help your child gather fruits and vegetables to harvest and deliver to the grocery store. Your 3 year old will enjoy pretend role playing and may love being the "farmer" who delivers food to the grocery store. Talk about the process of how food is grown and where our fruits and vegetables come from.
- Have a conversation with your child. By the age of 2 years, children are able to put together 3 and 4 word sentences. Help expand your child's vocabulary by adding more description to your conversations. For example, if he says, "Mommy, big apple!" respond by saying, "A big red apple in the tree!"

★ **GROWN-UP TIP:** During this age children can speak between 200-250 words. Help your child increase his vocabulary by having regular conversations with him and reading to him as often as possible.



Orange Plaza

## Let's get moving!

Try these movement and muscle strengthening activities:

- Your 2 year old will enjoy push toys and pretend cars. Let them ride around and practice steering around the path. By 2 1/2, children will even try to use the pedals.
- Play "Follow the Leader". Walk on tip toes, walk backwards, walk slowly, or fast with big or little steps.
- Make an obstacle course using the objects around you. Tell your child to crawl through the tunnel, hop over, crawl under, go between, or in front of the tunnel.

★ **GROWN-UP TIP:** Two year olds are very active. Provide challenges and opportunities for them to explore as they climb, run, jump, and squat.



Café  
(or kitchen at home)

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

Try these play, social, thinking, and problem solving strengthening activities:

- Encourage pretend play and get involved. For example, if she is "cooking" something, you may ask, "What are you cooking? Or "Mmmm. It smells good. May I have some?" This will build a strong connection between you and encourage conversation.
- Invite your child to play with other children. Encourage her to take turns pretending to be the chef, waitress, or guest.
- Allow your child to be the "Big Little Parent". When he plays with a doll or stuffed animal, give him a small plastic dish, a spoon, and cup, to "feed" his baby.

★ **GROWN-UP TIP:** Your toddler is still learning to do things for herself and wants to please the adults in her environment. Your extra support and patience will be of great help, especially if there is a new baby at home.

How to

Birth to 6 mos.

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.

Questions?

# 3 to 4 year activities

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

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



UPS

**Let's express ourselves!** Try these communication and expression strengthening activities:

- Pretend you suddenly forgot who your child is. Say, "What's your name, little boy? Is it Andrew? Is it Max? Is it Cory? Do you have another name?" When he tells you his name, you can act happily surprised. You can help him practice spelling out and writing his name so you won't "forget" again.
- Ask your child questions about the world around him. "What does a mail carrier do?" Deliver mail. "Where does mail go?" In the mailbox. Your child may need a little help at first, but soon he will know the answers.
- Collect paper, stamps, crayons or colored pencils. Make a greeting card for someone special. Talk about this person, and help your child write a message. Address the card, stamp it, and mail it. Be sure to explain the mailing process.

★ **GROWN-UP TIP:** Your child is learning to use complete sentences to tell you what's happening. He has learned that a voice on the telephone is an actual person, even though he cannot see the speaker, and your child is more likely to talk than just listen.



Ampitheatre  
(or any outdoor area)

**Let's get moving!** Try these movement and muscle strengthening activities:

- Listen and dance to music with your child. When you say "Freeze!" he has to stop right away in the middle of a motion. Start the movement again by saying, "Melt!" Take turns playing this fun game!
- Show your child how a kangaroo jumps around. Pretend to be a mother kangaroo. With your feet together jump as high or as fast as you can. Signal for your baby kangaroo to follow you. This is also a great outdoor activity!
- This is a good age to graduate to playing catch with more precision. Use a soft, medium sized ball that won't hurt if your child does not catch it. Remind her to hold her hands out in front of her. Toss the ball to her at a close distance, then gradually move back so she can practice catching from 5 or 6 feet away.

★ **GROWN-UP TIP:** Your child can usually kick a ball forward, jump, and perhaps hop on one foot. He likes to do things for long periods of time now and may spend a long time riding a tricycle.



Grocery Store

**Let's play together!** Try these play and social skills strengthening activities:

- While shopping for dinner, play the "more or less" game with your child. Ask who has more carrots and who has less. Point to juice containers, see who has more or less.
- Help your child learn to manage taking turns by counting how long a turn will last. For example, if your child is waiting to play cashier, practice counting to 10 and then have your child ask for a turn.
- When walking around the grocery store, ask your child to count all of the yellow items she sees. Help her watch for yellow items and count aloud. Next time, let her choose what to count!

★ **GROWN-UP TIP:** Your child is becoming more sociable. He can be very helpful with simple household tasks and is becoming very independent and takes care of his personal needs.



Home  
(or your home)

**Let's figure it out!** Try these thinking and problem solving strengthening activities:

- Collect blocks or small boxes for you and your child to use for a building. Build things together by adding some toy cars and toy people.
- Your child may want to re-create their bath, bed, or meal time routine. Play "house" in a life size model by playing out your regular routines with your child. Notice all of the details they recall!
- Let your child help you set the table. Set a plate down for each member of the family. Now, ask your child to count the plates. Ask her how many spoons she will need. Help her count them out loud.

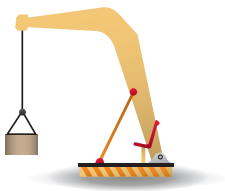
★ **GROWN-UP TIP:** Your child is a busy learner. He can put six piece puzzles together, draw circles and squares, and identify some colors.



# 4 to 5 year activities

I am **Good To Go!** From Head To Toe because I am learning to...  
**see others points of view!**

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



**Construction Zone**  
(or with toys at home)

**Let's get moving!** Try these movement and muscle strengthening activities:

- Encourage your child to make a tower using the blocks. Ask them how high they think they can build it!
- Practice motor control and coordination by encouraging your child to “drive” along the road on the rug with one hand and then switching to the other. Ask them which hand is easier to control.
- Play a game of “Mother May I” with a twist. Use your child’s name to play. For example, “Austin, may I take 3 giant steps?” Austin says, “Yes Mommy!” Use different variations of movement: hopping, jumping, crawling, tiny steps, spins. Once your child understands the game, switch roles.

★ **GROWN-UP TIP:** Your child’s finger movements are more controlled now. He can build a tower of 8 or more small blocks. He is learning to write some letters, and can cut out shapes with curved lines using safety scissors.



**Health Center**

**Let's express ourselves!** Try these communication and expression strengthening activities:

- Plan a visit to the doctor’s office with your child. Talk about what you will be seeing and doing. Explain to them the purpose of a stethoscope, tongue depressor, scale, and doctor. After you come home, ask questions about what he saw and what he did.
- Read a story to your child about brushing your teeth. An example would be *Clarabella’s Teeth* by An Vrombaut. Ask her what happened in the beginning, middle, and end. Talk to her about the importance of healthy teeth. Have her practice proper brushing and flossing on our life size teeth!
- Encourage your child to learn his full name, address, and telephone number. Make it into a singing or rhyming game to make it fun! Ask your child to repeat it back to you when you are riding in the car.

★ **GROWN-UP TIP:** Your child is learning new words every day, and enjoys playing with language and rhyming words. She uses a lot of inflection when she describes events. The average five year old is able to recognize and use 2,000 to 5,000 words.



**Art Studio**  
(or any creative space)

**Let's figure it out!** Try these thinking and problem solving strengthening activities:

- Cut out three small, three medium, and three large circles. Color each set of circles a different color (or use different colored paper for each). Ask your child to sort by color or size (or both). You can ask your child about the different sizes. For example, “Which one is the largest?”
- Play the numbers and letters search. Encourage your child to find numbers or letters on pictures, signs, and walls. She can start to learn the sounds of letters. “You found a B. It makes a “buh” sound. Buh-buh....bird!”
- Make a simple repeating pattern with your child with colors. For example, red circle, yellow triangle, blue square. Encourage your child to complete the pattern. If he gets stuck say “This pattern starts with a red circle, then a yellow triangle, then a blue square. What do you think comes next?”

★ **GROWN-UP TIP:** Your child’s attention span is growing. She loves to read stories and is learning how to make up stories and story endings by herself. She can also enjoy activities with minimal supervision.



**Café**  
(or kitchen at home)

**Let's play together!** Try these play and social skills strengthening activities:

- Let your child help you prepare a meal. He can peel a banana, pour cereal, and add milk (using a small container). He will feel like he is a big help!
- Have your child bring stuffed animals or dolls on a picnic. Make a basket with napkins, pretend food, plastic plates, and plastic cups. Have your child practice setting up plates and serving her toy friends. Invite other children to join the picnic too! Your child can help clean up after an awesome picnic!
- Super chef! Your child will love cooking for others (even if it’s just pretend!). Have him seat people, take orders, prepare meals, and clean up. Don’t forget to tip your waiter! See if other families would like to play too!

★ **GROWN-UP TIP:** Your child is eating different types of food and can serve himself at the table, pouring and scooping without spilling. He can play cooperatively with other children and will comfort a playmate in distress.

How to

Birth to 6 mos.

7 to 12 mos.

13 to 18 mos.

19 to 24 mos.

2 to 3 yrs.

3 to 4 yrs.

4 to 5 yrs.

5+ yrs.

Questions?

# 5+ year activities

I am **Good To Go!** From Head To Toe because I am learning to...  
**enjoy humor & jokes!**

**LEGEND**  
n **Just getting started**  
Early skill – lightest shade  
n **Right on track**  
Middle skill – medium shade  
n **Ahead of the game**  
Later skill – dark shade



**Orange Plaza**  
(or any playground)

**Let's get moving!** Try these movement and muscle strengthening activities:

- Make an obstacle course using tunnels or boxes to climb through, cones to jump over, or paths to go around. After a few practice tries, have him complete the obstacle course as quickly as possible.
- For this game of catch with a twist, gather a ball, a bean bag, a stuffed animal, and a small box. Make modifications if needed. Toss each item to your child. See if she can catch each one!
- Have a relay race with your child (and maybe a few friends!). Once the first child reaches the next child, have them give their friend a high five to signal the next person's turn. Have them run, walk backwards, jump, bear walk, crab walk, snail crawl.

★ **GROWN-UP TIP:** At this age, your child is much more stable and is learning how to balance on one foot. He can ride a small bike with training wheels, and enjoys skipping, throwing, catching, and kicking balls.

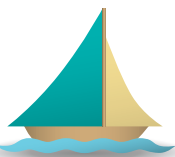


**Library**  
(or at home)

**Let's express ourselves!** Try these communication and expression strengthening activities:

- Read to your child every day. Read slowly and with interest and inflection (using expressions and voices). Use your finger to follow the words. Encourage your child to talk about the pictures and the story. Make this a special time together!
- Make an "I can read" poster. Cut out names your child can read—cereal cartons, foods, restaurant names. Continue to add to the poster as your child learns more names.
- When reading stories, allow your child to make up the ending, or retell favorite stories with her own flair. Encourage her to act out her favorite characters. See what "silly" new endings that she makes up.

★ **GROWN-UP TIP:** Your child is learning different parts of speech and using more complex sentences. For example, when describing something, she may say, "It was a very small black kitty."



**Marina**  
(or during bath time at home)

**Let's figure it out!** Try these thinking and problem solving strengthening activities:

- Play "what doesn't belong?" Let your child find a word that doesn't belong in a list of six or seven spoken words. The one that doesn't belong can be the word that doesn't rhyme or the word that belongs in a different category. For example, boat, fish, ocean, apple, seahorse, sand.
- With your child, gather empty plastic cups of various shapes and sizes. Fill up a cup, then dump it out to see how much water fit into the jar. Next, ask your child to choose a cup she feels will fill up the jar you picked without water overflowing. Was there any water left over?
- Play "20 Questions." Think of an animal that belongs in the ocean. Let your child ask 20 yes/no questions about the animal until she guesses what animal it is. You may need to help your child ask yes/no questions at first. Now let your child choose an animal and you ask the 20 questions.

★ **GROWN-UP TIP:** Your child is starting to understand how things work in the world and is curious about why things are the way they are. He is able to follow directions in a group activity and knows the rules at home and at school.



**Fire Station**  
(or at home)

**Let's play together!** Try these play and social skills strengthening activities:

- There's a fire in the city! Tell your child that there is a fire somewhere in the city and only they can put it out. Don't forget to sound the alarm!
- Talk to your child about what to do if he gets lost or there is an emergency. Teach your child his name, address, and telephone number. Role playing using a pretend phone, teach your child how to dial 911.
- Practice being a real fire fighter! How fast can your child respond to a fire alarm if she is asleep? Count how fast she can get into her pants, jacket, shoes, and hat and climb into the fire truck.

★ **GROWN-UP TIP:** Your child is able to meet most of her personal needs. She is also beginning to use her words to help solve conflicts with friends.

# Learn & grow with us!

# Good To Go!

## From Head To Toe

A child development initiative delivered by **Pretend City**  
CHILDREN'S MUSEUM

**Good To Go From Head To Toe**, Pretend City Children's Museum's child-development initiative, educates parents, caretakers and the community about the importance of having children (0-5) receive regular developmental checkups as part of routine, well-child visits. Research shows children learn best and develop optimally through meaningful play and hands-on learning experiences. Pretend City's Good To Go initiative enables the organization to educate more families about the importance of regular developmental checkups and engage parents in meaningful play with their children.

Special offerings offered by **Good To Go From Head To Toe** include:

- Ages and Stages Developmental Questionnaire (ASQ)
- Free Health Screenings
- Good to Go Annual Symposium
- Family, Fun, and Wellness Health Fair
- Baby Steps Through Pretend City
- Family Autism Events
- Way to Play Days

Since optimal childhood development relies so heavily upon hands-on learning experiences, offering **Good To Go From Head To Toe** programs through Pretend City Children's Museum is a family friendly, natural fit.

## Why was the Way to Play Adventure Guide developed?

The Way to Play Adventure Guide was designed with fun in mind! The guide is not intended to be a medical assessment; it was created as a tool to promote positive awareness of child development and healthy parent/child interactions. The activities in this guide have been specifically designed in line with **age-appropriate developmental milestones** and in cooperation with the expert child development agencies that partner with Pretend City Children's Museum.



## Have more questions?

Learn more about **Good To Go From Head To Toe** by visiting [www.pretendcity.org/g2g](http://www.pretendcity.org/g2g)

Additionally, please ask one of our friendly Pretendengineers or Brain Builders in Pretend City who are happy to help! You may also contact:

**Pretend City's Education Department**  
949.428.3900 or [info@pretendcity.org](mailto:info@pretendcity.org)

DELIVERED BY:

**Pretend City**  
CHILDREN'S MUSEUM

29 Hubble, Irvine CA 92618 | 949.428.3900  
[www.pretendcity.org](http://www.pretendcity.org)

Questions?

5+ yrs.

4 to 5 yrs.

3 to 4 yrs.

2 to 3 yrs.

19 to 24 mos.

13 to 18 mos.

7 to 12 mos.

Birth to 6 mos.

How to

# Putting it all together: Play with a purpose!



## Helping children acquire developmental skills through play is a matter of:

- n Knowing what skills and milestones to look for and when
- n Learning what you can do to encourage emerging skills and abilities



## What are some ways to help your child reach their full potential?

- n Encourage play
- n Use this Way to Play Adventure Guide to help strengthen your child's emerging skills
- n Make sure your child receives regular developmental checkups to monitor their growth and development

Every child is unique and develops, learns, grows and plays at their own pace. The skills children learn through play will continue to develop and prepare them for the next all-new adventure, making it vital for parents to understand every milestone as a way to support what's coming next.

## Why developmental checkups?

- n They are the simplest and fastest way to offer the most accurate head-to-toe checkup for a child.
- n They help parents better understand a child's quickly developing motor, communication, expression, social and thinking skills.



## Where can a child receive their regular developmental checkups?

- n A child's **pediatrician or family physician's office**
- n At home. The **Ages and Stages Developmental Screening Tool** helps parents complete a reliable developmental checkup with their child in the comfort of their own home. They are available for free at Pretend City Children's Museum and you can receive a free Pretend City admission ticket by completing one.
- n **Community Organizations:** Visit <http://pretendcity.org/g2g/developmental-milestones/> for a local organization like Family Support Network, Head Start or Orange County School Readiness Programs who regularly perform developmental checkups throughout the community.



## Putting it all together!

**Developmental checkups** are a regular part of staying on track with a child's healthy growth, just like regular dentist visits. Play is essential to all areas of development – so encourage children to explore, wonder, try and learn while they play and help them stay on track by getting them regular developmental checkups.

Stay digitally connected to keep healthy child development at your fingertips! [www.begood2go.org](http://www.begood2go.org)



### Find:

- n Online *Ages & Stages Developmental Screening Questionnaire*
- n Developmental checkup locations & schedules
- n Downloadable version of the *Way to Play Adventure Guide*
- n Child Development & Parent Tips: Ask the Experts!
- n Pretend City parent/educator classes and training schedules

### Be on the lookout for emerging tools!

- n iPhone App: Keep your child's development on track in real life

Join us again! n Pretend City Children's Museum n 29 Hubble, Irvine, CA 92618 n 949.428.3900