

Pretend City® @HOME

CHILDREN'S MUSEUM

ASQs

Ensure your *child's success + well being* in school and life, complete an ASQ!

www.pretendcity.org/asq

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

You are your child's best teacher. By trying these simple and fun play activities, 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 this sheet 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.

Your child can reach developmental milestones through play!

The play activities on the other side of this sheet will help your child reach the developmental milestones below.

IMPORTANT MILESTONES 13-18 MONTH

MOVEMENT

- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs, one foot on each step

THINKING

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with three or four pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than six blocks
- Screws and unscrews jar lids or turns door handle

EXPRESSING

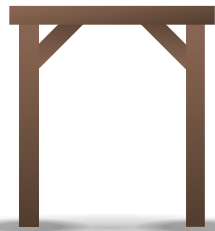
- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self
- Follows instructions with two or three steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and gender
- Names a friend
- Says words like "I," "me," "we," and "you"
- Says some plurals (cars, dogs, cats)
- Talks well enough for non-family members to understand most of the time
- Carries on a conversation using two to three sentences

Milestones are from <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>. Since each child develops in an individual way and at an individual 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.

13 to 18 month 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



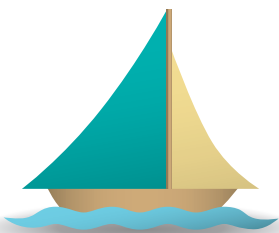
Farm

Let's express ourselves!

Try these communication 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.

Let's get moving!

Try these movement and muscle strengthening activities:



TRADER JOES

- 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.

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.