

# Pretend City<sup>®</sup> @HOME

CHILDREN'S MUSEUM

## ASQs

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

[www.pretendcity.org/asq](http://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 2-3 YEARS

#### 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.

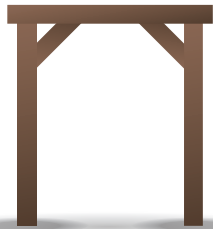
# 2 to 3 year activities

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

## follow simple directions!

2-3 year olds are learning to follow simple directions. Pretend play is an excellent way to practice that!

**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



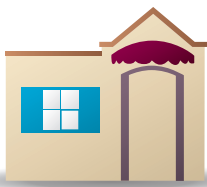
Farm

### Pretend to play Farm at home!

Try these communication and cognitive strengthening activities:

- Playing Farm at home can consist of talking about healthy fruits and vegetables! You can use real fruit and vegetables you have at home and encourage your child to put them where they belong in your kitchen. You can also cut out different fruits and vegetable from paper. Encourage your child to name the fruit, its color, and have a conversation about where they grow and where they 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!"
- Learning how plants grow develops a child's understanding of the world around them. Using seeds, soil, and small cups, your child can grow a farm of their own. Flower, herb, and vegetable seeds work best for this activity. Encourage your little one to explore the different textures of the soil, water, and seeds.

★ **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.



Café

### Let's get moving!

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

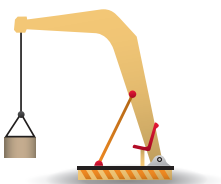
- Give your child a couple spoons, bowls, and pot or pan and encourage them to play restaurant. While they are "cooking" be sure to ask "What are you cooking? Or "Mmm it smells good! What food are you making?" This will help build a relationship with your child and build their conversation skills.
- While you play pretend café, encourage your child to take turns with you and other members of the family. Everyone can take turns pretending to be chef, waitress, or guest. You may also bring stuffed animals or dolls and they can be the guests too!
- 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 themselves and wants to please the adults in their environment. Your extra support and patience will be of great help, especially if there is a new baby at home.

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

Try these movement and muscle strengthening activities:

- While being indoors, you can convert your living room into your very own construction zone! Find some empty boxes and encourage your child to build a big building! Encourage your child to stack large boxes at the bottom and small boxes at the top. Then you can encourage your child to pretend to be a bulldozer and knock the building down!
- Building with materials that can be found around the house encourages imaginative thinking. Work together with your little one to build a fort using pillows, couch cushions, and blankets from around the house.
- Staying active can be a challenge while staying indoors. Using materials from around the house, make your little one an obstacle course for them to navigate! Laundry baskets, chairs, pillows, and blankets can be used to make a creative maze for your child to conquer.



Construction Zone

★ **GROWN-UP TIP:** Toddlers have a lot of energy, this activity can help burn some of that energy while strengthening their muscles!

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.