

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 3-4 YEARS

MOVEMENT

- Hops and stands on one foot up to two seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

THINKING

- Names up to four colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with two to four body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he or she thinks is going to happen next in a book

EXPRESSING

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by him or herself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about likes and interests
- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

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.

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:

- At Pretend City our UPS Store is a great place for children to practice their writing skills. You can still practice this at home!
- Collect paper, stamps, crayons or colored pencils. Encourage your child to write letter to family member and friends. Encourage them to sign the letter with their name. Don't forget the envelope and the stamp!
- Pretend you suddenly forgot your child's name. Say, "What's your name? Is it Andrew? Is it Max? Is it Cory? Do you have another name?" When he tells you his name, you can act happy and surprised. Encourage your child to write their name so you won't "forget" again.

★ **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.



Amphitheatre

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

- At Pretend City, our Ampitheatre is an opportunity for children to exercise and express themselves. Practice this at home too! Use pots and pans as musical instruments or make shakers out of small containers filled with rice!
- Listen and dance to music with your child. When you say "Freeze", they have 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.

★ **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.



TRADER JOES

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

- Trader Joes at Pretend City is all about classification and memory, you can still practice this at home! Place a few food items on your table and ask your child to name each item!
- Pretend that your pantry needs restocking and encourage your child to put canned foods and other grocery items away. While doing this activity remember to read the labels to your child and encourage them to repeat.
- Encourage your child to help you prepare for dinner. Give your child a recipe card or ingredient list and have them find the items you will need. This is a great opportunity to challenge their memory on the location of each item.

★ **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.



Our 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.

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.