

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 4-5 YEARS

MOVEMENT

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on his or her own
- Swings and climbs

THINKING

- Counts 10 or more things
- Can draw a person with at least six body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food

EXPRESSING

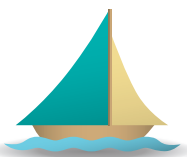
- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Shows concern and sympathy for others
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative
- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address

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.

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



Marina

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

- Parent Participation is a MUST! Fill a large tub with water and different sized toys. Place them one by one in the water and talk to your child about which float, and which sink. This is a great opportunity to talk about weight and size. You can also do this in the tub during bath time.
- Water Painting! Fill a bucket of water and use any type of brush. Dip the brush with water and paint against your outdoor wall or fence. Ask your child what their painting, and what happens with the sun stays on their painting. Perfect opportunity to talk about temporary vs. Permanent.
- Color Mixing! Have 3 containers with water and drop food coloring; 1 yellow, 1 red, 1 blue. Have an extra empty bowl to begin mixing the colors. Use a scooper or eye dropper to pick up each color and pour it into an empty bowl. What colors did you choose? What happened after you added those colors together?

★ **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.



Library

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

- Have your child choose their favorite book and pick a spot to read. While you read, encourage your child to describe the pictures and turn the pages. Remember to ask open ended questions like "What was your favorite part? What do you think will happen next?"
- Storytelling! Pick your favorite book. On a nature walk, pick up rocks, sticks, pebbles, pinecones, and create characters with the materials you found. Re-tell the story with your new characters and use leaves or a box to create the setting of the story.
- Create labels for everyday items your kiddo uses. This encourages your child to read every time your child uses that item. Your child will begin identifying letters with that item, like "BOOKS" with their books, "BED" label on top of their bed, or "TOYS" on top of their toy shelf.

★ **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.



Health Center

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

- Be a dental technician! Have your child clean your teeth and practice by putting the toothpaste on your toothbrush. They will use their fine motor skills by using their fingers to squeeze the paste out of the tube. Be sure to open wide!
- Pretend to go to the dentist with your child during tooth brushing time. Encourage them to check your teeth and then take turn checking theirs. Remember to brush up and down and don't forget your tongue!
- Don't know if you got all the mouth germs out? Have your child eat an Oreo cookie and have them look in the mirror. What does their mouth look like? Is it clean or visibly dirty? Then eat an apple. Did it help clean your teeth? Talk about how different snacks can be healthy and support dental health!

★ **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

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.

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.