

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 5+ YEARS

MOVEMENT

- Catches a large ball with both hands
- Walks on tiptoes for about 15 feet
- Skips using alternating feet
- Throws a ball overhand in the direction of a person standing at least 6 feet away
- Hops or gallops in a straight line

THINKING

- Knows the names of numbers
- Counts up to 15 without making mistakes
- Adds and subtracts simple numbers
- Knows at least four letters in his/her name
- Knows the difference between the "same" and "opposite"

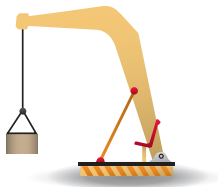
EXPRESSING

- Correctly uses past and future tenses
- Can wait their turn
- Can dress and undress themselves
- Uses comparison words such as "stronger", "heavier", and "bigger"
- Uses four and five word sentences

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

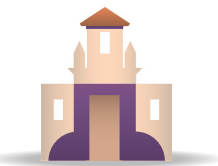


Construction Zone

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! Have them run, walk backwards, jump, bear walk, crab walk, or snail crawl. Don't forget to cheer them on!

★ **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.

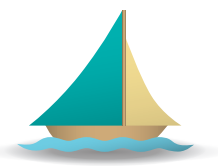


Library

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

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

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

- There's a fire! Pretend play is crucial for their social development in roles of real life. Tell your child that there is a fire somewhere in your home 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.

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.