

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 7-9 MONTHS

MOVEMENT

- Stands while holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

THINKING

- Watches the path of something as it falls
- Looks for things he or she sees you hide
- Plays peek-a-boo
- Puts things in his or her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

EXPRESSING

- May be afraid of unknown people
- May be clingy with familiar adults
- Has favorite toys
- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

IMPORTANT MILESTONES 9-12 MONTHS

MOVEMENT

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture ("cruising")
- May take a few steps without holding on
- May stand alone

THINKING

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Copies gestures
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like "pick up the toy"

EXPRESSING

- Is shy or nervous with unknown people
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he or she wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as "peek-a-boo" and "pat-a-cake"
- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Makes sounds with changes in tone (sounds more like speech)
- Says "mama" and "dada" and exclamations like "uh-oh!"
- Tries to say words you say

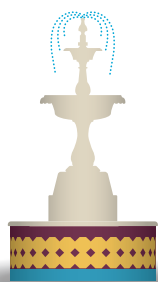
Milestones are from <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>. Since each child develops in an individual way and at an individual rate, these milestones are intended as reference points only. If you have any questions or concerns regarding your child's developmental progress, please speak with your pediatrician.

7 to 12 month activities

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

imitate the things other people do!

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



Orange Plaza

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

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

- Push a light up toy, pop up, or jack-in-the-box toy, give your baby time to process what you did and copy you. Push it again. This teaches your baby cause and effect and makes him want to try new challenges.
- Let your baby see you hide a small toy under a piece of paper or a blanket. Does your baby find it? If not, cover it half way and try again.
- While you and your baby are playing with toys, hold your hand out for the toy your baby is playing with. Allow her to offer it to you, even though she may not let go of the toy.

★ **GROWN-UP TIP:** As your baby grows, so does their way of using toys in more complex ways. This leads to expanded brain development and the development of new skills.



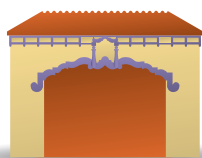
Beach

Let's get moving!

Try these movement and muscle strengthening activities:

- Encourage your baby to use his body to get what he wants. If he's showing you with sounds and gestures that he wants a toy out of reach, help him get it himself by bringing it close enough for him to grab with a little effort. This builds his confidence and spatial awareness.
- Your baby will be interested in banging objects and objects that make noise. Give your baby blocks, shovels, or other objects to bang on containers. Bang two objects together, and watch your baby imitate you.
- By 9 months, your baby will begin to use index fingers to poke and explore. Let your baby poke and explore in the sand. This will help increase tactile senses and body awareness.

★ **GROWN-UP TIP:** Babies motor skills are growing rapidly at this stage in development. These activities strengthen sensory, gross motor, and fine motor development.



Ampitheater

Let's express ourselves!

Try these communication and expression strengthening activities:

- Have a conversation together. Your baby loves to interact with you and will increasingly become more vocal. Respond to her coos, grunts, chuckles, and gurgles. These conversations help shape overall development.
- Turn on the music, while holding your baby in a standing position, let your baby bounce and dance. If your baby can stand with little support, hold onto her hands and dance to the music!
- Play imitation games and songs such as Peek-a-Boo or Twinkle Twinkle Little Star using movements and finger play throughout the rhyme. Try stopping before the last word in a verse. Once your baby hears the song enough, they may make the sound or use the finger movement for the song.

★ **GROWN-UP TIP:** These activities strengthen your baby's understanding of self-expression with sounds, gestures, and facial expressions.

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.