

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 0-2 MONTHS

MOVEMENT

- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs

THINKING

- Pays attention to faces
- Begins to act bored (cries, fusses) if activity doesn't change
- Begins to follow things with eyes and recognize people at a distance

EXPRESSING

- Begins to smile at people
- Can briefly calm him or herself (may bring hands to mouth and suck on hand)
- Tries to look at parent
- Coos and makes gurgling sounds
- Turns head toward sounds

IMPORTANT MILESTONES 2-4 MONTHS

MOVEMENT

- Holds head steady, unsupported
- Pushes down on legs when feet are on a hard surface
- May be able to roll over from tummy to back
- Can hold a toy and shake it
- Swing at dangling toys
- Brings hands to mouth
- When lying on stomach, pushes up to elbows

THINKING

- Lets you know if he or she is happy or sad
- Responds to affection
- Reaches for toy with one hand
- Uses hands and eyes together, such as seeing a toy and reaching for it
- Follows moving things with eyes from side to side
- Watches faces closely
- Recognizes familiar people and things at a distance

EXPRESSING

- Smiles spontaneously, especially at people
- Likes to play with people and might cry when playing stops
- Copies some movements and facial expressions, like smiling or frowning
- Begins to babble
- Babbles with expression and copies sounds he hears
- Cries in different ways to show hunger, pain, or being tired

IMPORTANT MILESTONES 4-6 MONTHS

MOVEMENT

- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

THINKING

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

EXPRESSING

- Knows familiar faces and begins to recognize if someone is unknown
- Likes to play with others, especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror
- Responds to sounds by making sounds
- Strings vowels together when babbling ("ah," "eh," "oh")
- Likes taking turns with parent while making sounds
- Responds to own name
- Makes sounds to show joy and displeasure
- Begins to say consonant sounds (jabbering with "m," "b")

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.

Birth to 6 month activities

I am **Good To Go!** From Head To Toe because I am learning to...
use my body and my senses!

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

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.



Let's express ourselves!

Try these communication and expression strengthening activities:

- Lay your baby on his back on a soft, flat surface on a blanket. Gently tap or rub your baby's hands and fingers while singing "Pat-a-Cake" or another nursery rhyme.
- Read simple books to your baby. Although she does not understand the story, she will enjoy being close and listening to you read.
- Hold out an object of interest and encourage your baby to reach for it, then signal for him to give it back. Keep going as long as your baby is interested.

★ **GROWN-UP TIP:** These activities encourage babies to use their emerging communication, language, and socialization skills.



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

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

- When you see your baby responding to your voice, praise and cuddle him. Talk back to him to see if he responds again.
- Place your baby on your lap facing you and hold brightly colored toys over her chest within her reach. She will enjoy reaching and pulling them and you will start to see what interests her.
- Place a mirror close to your baby where he can see it. Start talking, and tap the mirror to get him to look. Mirror play encourages visual stimulation. Eventually, he will understand his reflection.

★ **GROWN-UP TIP:** Babies this age love to explore. They learn from imitation, looking at, holding, and putting objects into their mouths.



Let's get moving!

Try these movement and muscle strengthening activities:

- Gently shake a toy that makes a noise. Put it in your baby's hand. See if she takes it, even for a second.
- Rest your baby, tummy down, on your arm, with your hand on his chest. Use your hand to support his head and neck. Gently swing back and forth. This modified version of tummy time assists babies in strengthening neck and back muscles.
- Place a toy in front your baby while she is lying on her belly to encourage reaching and playing with both hands. Your baby may begin to use the support of both arms and may begin to crawl from this position.

★ **GROWN-UP TIP:** Babies develop better control over their bodies. By 4 to 6 months, they may be able to roll both ways, and become better at reaching and grasping.