

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.

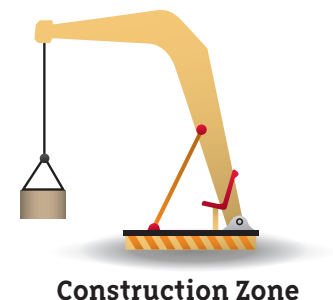


Let's play together, we can figure it out!

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.

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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 "babababab"
- 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

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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.



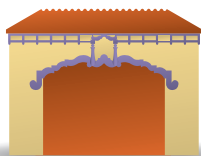
Beach

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.

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Your child can reach developmental milestones through play!

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IMPORTANT MILESTONES 13-18 MONTH

MOVEMENT

- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs, one foot on each step

THINKING

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with three or four pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than six blocks
- Screws and unscrews jar lids or turns door handle

EXPRESSING

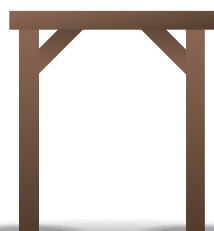
- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self
- Follows instructions with two or three steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and gender
- Names a friend
- Says words like "I," "me," "we," and "you"
- Says some plurals (cars, dogs, cats)
- Talks well enough for non-family members to understand most of the time
- Carries on a conversation using two to three sentences

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13 to 18 month activities

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

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



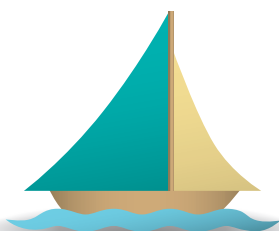
Farm

Let's express ourselves!

Try these communication strengthening activities:

- ☐ Play the naming game. Name various vegetables, fruits, and farming equipment. Although they may not repeat the word back to you, they are learning that each object is identified with a name.
- ☐ Let your toddler be your "big helper". Give him a simple direction such as: "Can you bring me the tomato?" or "Pick up the carrot, please." He may need you to point or prompt him a little. Be sure to offer praise for a job well done.
- ☐ Teach your toddler about animal sounds. Pretend to be an animal parent and your toddler is the baby animal. Use the animal sounds to "call" each other.

★ **GROWN-UP TIP:** Toddlers understand a lot more than they can say at this age. By 12 months, they will probably follow 1-step directions. By 18 months, they will advance to 2 and 3 step directions.



Marina

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

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

- ☐ Your toddler may start to enjoy trying on different hats and clothing. Let your baby try on different hats, coats, or rain boots. Let her look at herself in the mirror. As your toddler gets older, she may begin to try to put them on with little help or independently.
- ☐ Sing "Five Little Ducks" while acting out the song using finger play (use rubber duckies if available). Use this opportunity to practice counting objects to 5.
- ☐ Let your baby figure out how things work and what they do. Show your baby how to push the button that squirts the water. Talk to him about what you are doing and why: "When you push this button, the water squirts out and pushes the wheel."

★ **GROWN-UP TIP:** Toddlers are beginning to enjoy and engage in pretend play and also like to imitate others at this developmental age. They are busy explorers and like to find out how things work.

Let's get moving!

Try these movement and muscle strengthening activities:



TRADER JOES

- ☐ Take a walk around the grocery store with your toddler holding your finger. It is ok if your baby chooses to let go. Talk to her about what you see and where you are going: "Let's walk to the dairy aisle!" Be sure to let them know what a good walker they are!
- ☐ Practice stacking with your little one. Use cans or other items to build. By 15 months, he may be able to build a block tower.
- ☐ Your toddler will love making music. You can make a drum with an oatmeal container or other large containers. Use wooden spoons or your hands to make a beat. Take turns moving to different rhythms.

★ **GROWN-UP TIP:** At this age in development, toddlers begin to walk and run, which opens up endless opportunities for exploration.

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.

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IMPORTANT MILESTONES 19-20 MONTHS

MOVEMENT

- Walks alone
- May walk up steps and run
- Pulls toys while walking
- Can help undress him or herself
- Drinks from a cup
- Eats with a spoon

THINKING

- Knows what ordinary things are for; for example, telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part
- Scribbles on his or her own
- Follows 1-step verbal commands without any gestures; like sits when you say "sit down"

EXPRESSING

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of unknown people
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by
- Says several single words
- Says and shakes head "no"
- Points to show someone what he or she wants

IMPORTANT MILESTONES 21-24 MONTHS

MOVEMENT

- Stands on tiptoe
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

THINKING

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of four or more blocks
- Might use one hand more than the other
- Follows 2-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

EXPRESSING

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he or she has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games
- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with two to four words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

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19 to 24 month activities

I am **Good To Go!**
From Head To Toe because I am learning...
about shapes and colors!

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



Home

Let's express ourselves!

Try these communication and expression strengthening activities:

- ☐ Ask your toddler to help you by giving them simple directions, such as "Can you get the pillow?", "Could you bring me the spoon?", or "Please pick up the book". You may need to visually prompt by pointing in the direction to help her in the beginning. Be sure to say, "Thank you," when she helps.
- ☐ Play the "What's that?" game with your toddler by pointing to clothing, body parts, objects, toys, or pictures asking your toddler to name them. If he doesn't respond, name it for him and encourage him to imitate you.
- ☐ Your child will love learning simple songs such as "I'm A Little Teapot" or "Humpty Dumpty". Enjoy singing together with hand and body movements. Later, ask your child to sing to someone else in the family.

★ **GROWN-UP TIP:** Toddlers vocabularies are continuously growing. They are learning and saying many different words, and are starting to use two word sentences, such as "Daddy go!" At this age, a toddler's favorite word is "Me" or "Mine!"



Orange Plaza

Let's get moving!

Try these movement and muscle strengthening activities:

- ☐ Give your child a small wagon to haul toys around. Practice making different "stops" to load and unload at different places.
- ☐ Let's play kick ball! Give your child a medium sized ball and show her how to kick it. See how far she can kick the ball. Praise her for a job well done!
- ☐ When you are in a safe open space, teach your child "Red Light, Green Light". Hold her hand and say, "Green Light," to begin the run. Say, "Red Light," to stop, then quickly say "Green Light," to go again. Once she understands the game, let her try giving the directions!

★ **GROWN-UP TIP:** Toddlers love to move at this age. They are learning to run, jump, balance, and kick. Practicing these new moves will strengthen brain connections that help with overall coordination.



Art Studio

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

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

- ☐ At this age, your toddler is becoming increasingly interested in "art activities". Use medium to large crayons and large pads of paper to practice "drawing". Let your toddler scribble as you make your own picture.
- ☐ String beads, macaroni, or larger cereal together. Help your toddler practice using two hands at a time. A shoestring or piece of yarn with tape on the end will assist with the stringing process.
- ☐ Show your child how to begin putting puzzles together. You can make a puzzle by take a piece of construction paper, draw a picture (have your toddler help you), and cut it into two or three wide strips. Help her aim and place the correct piece in place if needed. Be sure to praise her for her efforts and a job well done!

★ **GROWN-UP TIP:** Toddlers are developing self-control. Help prevent tantrums or loss of control by offering another activity or snack if you see your child becoming frustrated.

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.

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IMPORTANT MILESTONES 2-3 YEARS

MOVEMENT

- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs, one foot on each step

THINKING

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with three or four pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than six blocks
- Screws and unscrews jar lids or turns door handle

EXPRESSING

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self
- Follows instructions with two or three steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and gender
- Names a friend
- Says words like "I," "me," "we," and "you"
- Says some plurals (cars, dogs, cats)
- Talks well enough for non-family members to understand most of the time
- Carries on a conversation using two to three sentences

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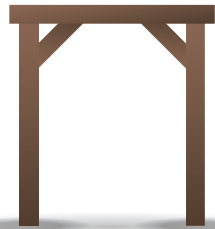
2 to 3 year activities

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

follow simple directions!

2-3 year old's are learning to follow simple directions.
Pretend play is an excellent way to practice that!

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



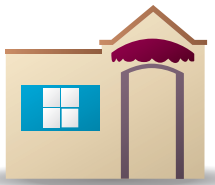
Farm

Pretend to play Farm at home!

Try these communication and cognitive strengthening activities:

- ☐ Playing Farm at home can consist of talking about healthy fruits and vegetables! You can use real fruit and vegetables you have at home and encourage your child to put them where they belong in your kitchen. You can also cut out different fruits and vegetable from paper. Encourage your child to name the fruit, its color, and have a conversation about where they grow and where they come from.
- ☐ Have a conversation with your child. By the age of 2 years, children are able to put together 3- and 4-word sentences. Help expand your child's vocabulary by adding more description to your conversations. For example, if he says, "Mommy, big apple!" respond by saying, "A big red apple in the tree!"
- ☐ Learning how plants grow develops a child's understanding of the world around them. Using seeds, soil, and small cups, your child can grow a farm of their own. Flower, herb, and vegetable seeds work best for this activity. Encourage your little one to explore the different textures of the soil, water, and seeds.

★ **GROWN-UP TIP:** During this age children can speak between 200-250 words. Help your child increase his vocabulary by having regular conversations with him and reading to him as often as possible.



Café

Let's get moving!

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

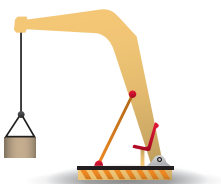
- ☐ Give your child a couple spoons, bowls, and pot or pan and encourage them to play restaurant. While they are "cooking" be sure to ask "What are you cooking? Or "Mmm it smells good! What food are you making?" This will help build a relationship with your child and build their conversation skills.
- ☐ While you play pretend café, encourage your child to take turns with you and other members of the family. Everyone can take turns pretending to be chef, waitress, or guest. You may also bring stuffed animals or dolls and they can be the guests too!
- ☐ Allow your child to be the "Big Little Parent". When he plays with a doll or stuffed animal, give him a small plastic dish, a spoon, and cup to feed his "baby".

★ **GROWN-UP TIP:** Your toddler is still learning to do things for themselves and wants to please the adults in their environment. Your extra support and patience will be of great help, especially if there is a new baby at home.

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

Try these movement and muscle strengthening activities:

- ☐ While being indoors, you can convert your living room into your very own construction zone! Find some empty boxes and encourage your child to build a big building! Encourage your child to stack large boxes at the bottom and small boxes at the top. Then you can encourage your child to pretend to be a bulldozer and knock the building down!
- ☐ Building with materials that can be found around the house encourages imaginative thinking. Work together with your little one to build a fort using pillows, couch cushions, and blankets from around the house.
- ☐ Staying active can be a challenge while staying indoors. Using materials from around the house, make your little one an obstacle course for them to navigate! Landry baskets, chairs, pillows, and blankets can be used to make a creative maze for your child to conquer.



Construction Zone

★ **GROWN-UP TIP:** Toddlers have a lot of energy, this activity can help burn some of that energy while strengthening their muscles!

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.

Pretend City® @HOME

CHILDREN'S MUSEUM

ASQs

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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

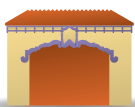


UPS

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.



Ampitheatre

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.

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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

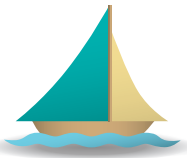
- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Shows concern and sympathy for others
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by 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

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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.

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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"

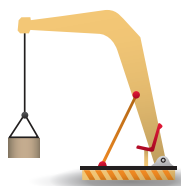
EXPRESSING

- 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.

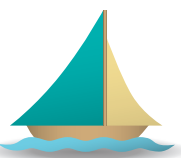


Library

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.