























# Pretend City® @家裡

兒童博物館

## ASQs

確保孩子在學校和生活中的成功和幸福，請完成ASQ！

[www.pretendcity.org/asq](http://www.pretendcity.org/asq)

### 為什麼這種遊戲方法表格很重要？

你是孩子最好的老師 - 通過嘗試這些簡單而有趣的遊戲活動，您可以幫助您的孩子達到他或她的發展里程碑。這種變化過程涉及學習技能，例如與他人散步，交談和玩耍。這些通常是在生命的頭五年中，在可預見的時間下進行。您可以使用此表格作為工具，以幫助您更好地了解孩子的里程碑，評估成長的每個新階段並鼓勵孩子生活中的新興能力

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本頁另一面的遊戲活動將幫助您的孩子達到以下發展里程碑

#### 3到4歲的發育里程碑

##### 運動

- 單腳跳和用一隻腳站立最長2秒
- 多數時間可以接住彈跳的球
- 倒水，在監督下使用餐刀，並自己搗碎食物

##### 認知

- 說出多達四種顏色和某些數字
- 了解計數的概念
- 開始了解時間
- 記住故事的部分內容
- 理解“相同”和“不同”的概念
- 畫一個有2到4個身體部位的人
- 使用剪刀
- 開始複寫某些大寫字母
- 玩棋盤或紙牌遊戲
- 告訴您書中接下來將會發生的事情

##### 表達

- 喜歡做新的事情
- 扮演“媽媽”和“爸爸”
- 玩扮演遊戲時越來越有創意
- 更喜歡和別的小孩玩，而不是自己玩
- 和其他小孩合作
- 通常無法區別什麼是真實的，什麼是假扮的
- 談論喜歡和感興趣的事情
- 了解語法的一些基本規則，例如正確使用“他”和“她”
- 從記憶中唱歌或念一首詩，例如“ltsy Bitsy Spider小小蜘蛛兒”或“Wheels on the Bus車輪轉呀轉”
- 講故事
- 可以說出名字和姓氏

# 3 to 4 year activities

我全身動起來 because I am learning to...  
**play make believe!**

圖例  
n 剛開始  
早期技能-最淺的陰影  
n 正軌  
中級技能-中度陰影  
n 超前遊戲  
後期技能-深色陰影

0-6個月。

7-12個月。

13-18個月

19-24個月。

2-3歲

3-4歲。

4-5歲。

5歲以上。



UPS

**讓我們表達自己吧!** 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.

★ **成長秘訣:** 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.



露天劇場

**讓我們動起來吧!** 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.

★ **成長秘訣:** 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.



商店

**我們一起玩吧!** 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.

★ **成長秘訣:** 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.



我們的家

**讓我們弄清楚!** 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.

★ **成長秘訣:** Your child is a busy learner. He can put six piece puzzles together, draw circles and squares, and identify some colors.

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#### 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

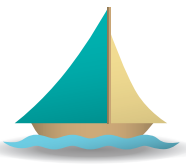
里程碑來自<http://www.cdc.gov/ncbddd/actearly/milestones/index.html>。由於每個孩子都以不同的方式和速度成長，因此這些里程碑僅作為參考點。如果您對孩子的發育進度有任何疑問或疑慮，請與兒科醫生交談。

# 4 to 5 year activities

我全身動起來 因為我正在學習...

see others' points of view!

圖例  
n 剛開始  
早期技能-最淺的陰影  
n 正軌  
中級技能-中度陰影  
n 超前遊戲  
後期技能-深色陰影

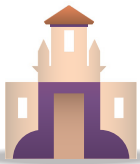


Marina

讓我們動起來吧! 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?

★ 成長秘訣: 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.



圖書館

讓我們表達自己吧! ! 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.

★ 成長秘訣: 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.



保健中心

讓我們弄清楚! 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!

★ 成長秘訣: 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.



咖啡店

我們一起玩吧! 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!

★ 成長秘訣: 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.

0-6個月

7-12個月

13-18個月

19-24個月

2-3歲

3-4歲

4-5歲

5歲以上

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#### 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

我全身動起來 因為我正在學習..

## enjoy humor & jokes!

圖例  
n 剛開始  
早期技能-最淺的陰影  
n 正軌  
中級技能-中度陰影  
n 超前遊戲  
後期技能-深色陰影



建築工地

### 讓我們動起來吧! 嘗試這些運動和增強肌肉的活動:

- 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!

★ 成長秘訣: 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.

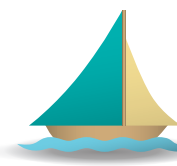


圖書館

### 讓我們表達自己吧! 嘗試這些交流和增強表達的活動:

- 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.

★ 成長秘訣: 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."



碼頭

### 讓我們弄清楚! 嘗試以下思考和解決問題的強化活動:

- 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.

★ 成長秘訣: 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.



消防局

### 我們一起玩吧! 嘗試這些遊戲和社交技巧強化活動:

- 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.

★ 成長秘訣: 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.

0-6個月.

7-12個月

13-18個月

19-24個月.

2-3歲

3-4歲

4-5歲

5歲以上.