

Ages and Stages, Games and Activities

	Birth – 6 Months	6-18 Months	1 ½ - 2 ½	3 ½ - 4 ½	4 ½ - 5 ½
Comfort	<ul style="list-style-type: none"> - Seeing a familiar face, feeling touch and hearing your voice gives warmth and security. - Cuddling helps satisfy need for closeness and comfort - Watching you during daily activities provides pleasure, entertainment and comfort - Baby massage calms and soothes and provides love, comfort and security. 	<ul style="list-style-type: none"> - Exploring feelings using pictures of different emotions helps them show concern for others - Using encouraging words provides security and helps develop confidence - Establishing routines at bedtime, bath time, or mealtime helps your child predict what comes next and feel secure 	<ul style="list-style-type: none"> - Turn-taking games or songs such as “Bumping up and down in My Little Red Wagon” help understand taking turns - Make time for your child to share feelings and reactions about their day 	<ul style="list-style-type: none"> - Sharing feelings and experiences from daily events will develop trust - Pretend play with your old clothing allows children to use their imagination and present to be grown up. - Encourage pretend play by having dress up clothes available 	<ul style="list-style-type: none"> - “Safe haven” give your child the opportunity to be independent but at the same time provide them with security. - Special helper: ask them to help with tasks around the house - Special times calendar: note special events for all family members
Play	<ul style="list-style-type: none"> - Peekaboo (helps develop memory for objects and people). - “I’m going to get you” game - Rocking and jumping games (i.e. bouncing baby on lap while playing music) 	<ul style="list-style-type: none"> - Movement games help contribute to your child’s sense of separateness and of his or her own body’s strength - Dancing to music, using riding toys, doing jumping jacks - Games like “Follow the leader” and “Simon Says” foster many skills 	<ul style="list-style-type: none"> - Pretend play: provide a corner equipped with props where your child can make believe - Sensory Games: letting them touch different objects and match name and textures - Drawing, Painting etc. 	<ul style="list-style-type: none"> - Games such as tag and Mother May I encourages children to have fun running and rolling both indoors and outdoors (four year olds need opportunities to run, jump, climb etc.) - Quiet activities such as painting, cutting, puzzles 	<ul style="list-style-type: none"> - Activities that encourage exploration i.e. cooking provides experimentation - “Creative box” of scrap odds and ends
Teach	<ul style="list-style-type: none"> - Rhymes and songs give pleasure and comfort (use opportunities such as diapering or feeding) - “Shake-shake” toys that make noise give your baby lots of stimulation! 	<ul style="list-style-type: none"> - Language activities such as reading books or singing songs introduce child to familiar words and sounds. - Making animal sounds and linking them to pictures will help associate animals and objects - Songs and rhymes should be fun and repeated often - Finger plays help your child pay attention to the rhythm of the words i.e. “Hickory Dickory Dock” “Eensy Weensy Spider” 	<ul style="list-style-type: none"> - Sorting: encourage your child to sort things by color, shape, texture. - Rhyming games: let your child expand vocabulary. Try to label familiar objects and actions and sing familiar songs - Action Songs: “Head and Shoulders” and “If you’re happy and you know it” help familiarize body parts 	<ul style="list-style-type: none"> - Encourage your child to talk about feelings by: Sharing likes/dislikes Talking about big and little, fast and slow, near and far Having the child talk about themselves Pausing in a story and ask how they are feeling Reading stories regularly - Books and language games are important 	<ul style="list-style-type: none"> - Letter and number games introduced daily can be ideal for fostering understanding of simple counting, adding and spelling. - “I Spy” develops child’s observation skills - Cooking teaches about measuring, mixing and time.