

Stick with !

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Hold your baby in your lap and softly shake a rattle on one side of his head, then the other side. Shake slowly at first, then faster. Your baby will search for the noise with his eyes.



1–4 months 

Gently rub your baby with a soft cloth, a paper towel, or nylon. Talk about how things feel (soft, rough, slippery). Lotion feels good, too.



4–8 months 



Say “hi” and wave when entering a room with your baby. Encourage your baby to imitate. Help your baby wave to greet others. Waving “hi” and “bye” are early gestures.

8–12 months 

Tape a large piece of drawing paper to a table. Show your baby how to scribble with large nontoxic crayons. Take turns making marks on the paper. It’s also fun to paint with water.



12–16 months 

A favorite pull toy often is a small wagon or an old purse for collecting things. Your toddler can practice putting objects in and out of it. It can also be used to store favorite items.



16–20 months 

Play the “show me” game when looking at books. Ask your toddler to find an object in a picture. Take turns. Let your toddler ask you to find an object in a picture. Let him turn the pages.



20–24 months 

Make your toddler an outdoor “paint” set by using a large wide paint brush and a bowl or bucket of water. Your toddler will have fun “painting” the side of the house, a fence, or the front porch.



20–24 months 

Wrap tape around one end of a piece of yarn to make it stiff like a needle and put a large knot at the other end. Have your child string large elbow macaroni, buttons, or beads. Make an edible necklace out of Cheerios.



24–30 months 

Encourage your child to try the “elephant walk,” bending forward at the waist and letting your arms (hands clasped together) swing freely while taking slow and heavy steps. This is great to do with music.



30–36 months 

While cooking or eating dinner, play the “more or less” game with your child. Ask who has more potatoes and who has less. Try this using same-size glasses or cups, filled with juice or milk.



36–48 months 

Make a book “about me” for your child. Save pictures, leaves, magazine images of a favorite food, and drawings your child makes. Put them in a photo album, or glue onto sheets of paper and staple together.



36–48 months 

Play “bucket hoops.” Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trash can. For fun outdoors on a summer day, fill the bucket with water.



48–60 months 

Encourage your child to learn her full name, address, and telephone number. Make it into a singing or rhyming game. Ask your child to repeat it back to you when you are riding in the car or on the bus.



48–60 months 

After washing hands, practice writing letters and numbers in pudding or thinned mashed potatoes spread on a cookie sheet or cutting board. Licking fingers is allowed!



60–66 months 