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Building Strong Families Playing to Learn Concept Sheets

Cooperative Extension Service

Doris Brickman, Pam Boyce, Inge Bommarito, Beverly Schroeder, Extension Home

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Building Strong Families

Playing to Learn Concept Sheets

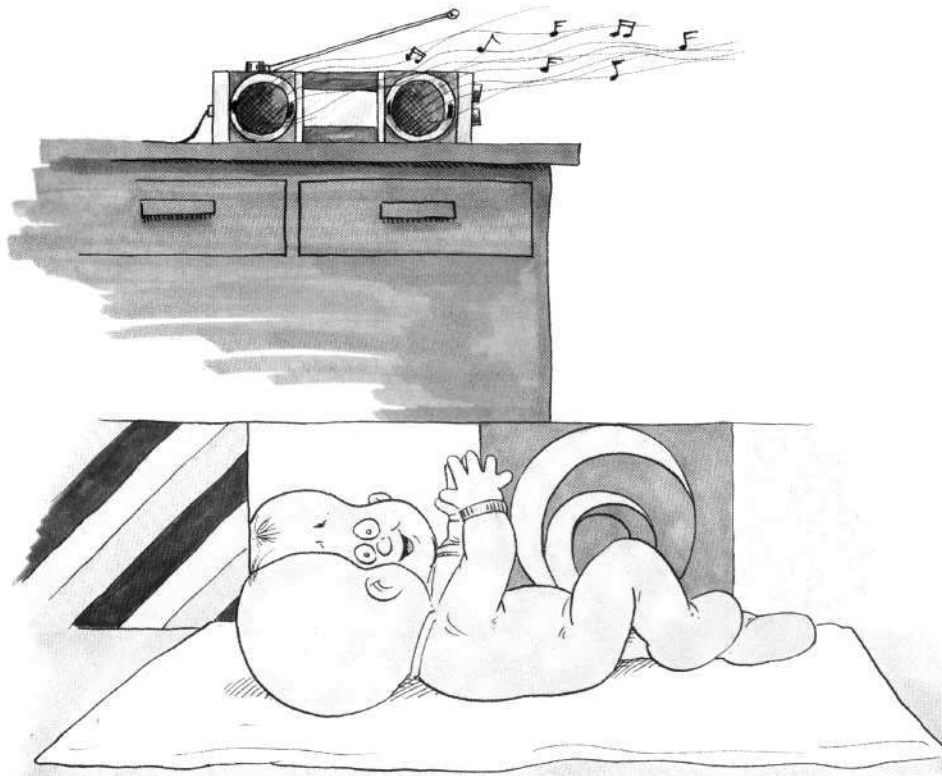


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PLAYING WITH A NEWBORN 0-3 MONTHS



A newborn baby does not need special toys. Loving adults in his life are his best playthings.

- ♥ Babies like to look at faces, bright colors and patterns.
- ♥ Babies like to listen to different sounds.
- ♥ Talk to him, sing to him and let him listen to soft music.

You can begin to play simple games.

- ♥ Sing nursery rhymes.
- ♥ Dance with your baby.
- ♥ Let the baby grab your finger.

It is important to keep your baby safe and secure during play by handling him gently.

ACTIVITIES 4-6 MONTHS



Your baby is beginning to gain better control of his body. He can now hold his head up and sit up with some help. He is also beginning to babble. This is the beginning of language.

What you can do:

- ♥ Move his arms and legs. This helps him use his body.
- ♥ Offer him a toy and let him grab for it.
- ♥ Smile and talk to him.
- ♥ Repeat a sound when he makes a sound. He will often repeat it back to you.

TOYS AND GAMES 4-6 MONTHS



Babies at this age enjoy playing with:

- ♥ rattles
- ♥ squeak toys
- ♥ teething rings
- ♥ large, soft balls
- ♥ small stuffed animals

Almost everything they hold will go into their mouths. Keep everything they play with clean and safe.

Your baby will also enjoy hanging mobiles that move and make sound above her. When you hang something above the baby's head, make sure that it is at least 6 inches above her.

Your baby is now beginning to notice the world around her.

What you can do:

- ♥ Shake and move the rattle around her so that she has to move her eyes and head to see it.
- ♥ Let her look in the mirror.
- ♥ Laugh at and with your baby.
- ♥ Sing to her.

TOYS AND GAMES 7-12 MONTHS



Babies like to play with:

- ♥ dolls
- ♥ pots and pans
- ♥ unopened cans of food
- ♥ stuffed animals
- ♥ cars or animals on wheels
- ♥ large books with pictures
- ♥ small rubber toys

These toys let your baby use her hands and fingers more and more.

Games are a good way for your baby to learn new things. Play simple games and spend time with your baby

- ♥ Pointing game – Walk around and point and name objects. This will help your baby learn new words.
- ♥ Read a book – Name an object and ask the child to point to it.
- ♥ Sing – “This is the way we wash our hands...”
- ♥ Play “Pat-a-Cake”

WHAT TO EXPECT 7-12 MONTHS



Your baby is learning more every day. She is able to move around better. She can crawl, pull herself up and walk along holding furniture. This is known as "creeping."

She is beginning to use more language. She can imitate sounds and say a few words.

What you can do:

- ♥ Give her a safe place to play.
- ♥ Give her things to hold and look at. She will like things that have bright colors and make noise.
- ♥ Show her books and read to her.
- ♥ Talk to her.

TOYS AND GAMES 1-2 YEARS



Children at this age love to have fun. At this age, almost anything can turn into a game.

- ♥ Let her play with a large ball.
 - She can play catch
 - She can kick it.
 - She can chase it.
- ♥ She will also begin to like crayons and paper. She can draw simple pictures.
- ♥ She will like to play pretend. Let her play with cars and dolls and kitchen things.
- ♥ Boxes, mixing bowls, measuring cups and silverware make great toys.
- ♥ She will love to play in the sand, dirt or water. Children love to make messes! Let them. It is how they learn.
- ♥ Your child may like to dance or sing to music. Have your very own parade!

WHAT TO EXPECT 1-2 YEARS



Your baby is becoming very active. This means that his play area is getting bigger. He will begin to walk, run and even climb. It is important to provide a safe place for him to play.

TIPS FOR YOU:

- ♥ Keep a close eye on him.
- ♥ Let him climb, swing, run, throw and catch. This will help him use his energy in a positive way.

Letting children try to do things for themselves and solve problems on their own gives them confidence. It helps them become more independent.

Outdoor play is a good way for your growing child to learn more about the world and nature. It also lets him be more independent.

ACTIVITIES 2-3 YEARS



Your child's attention span is now getting longer. This means that he can play with something longer and do more with it. He is now able to go more places faster!

What you can do:

- ♥ Always keep an eye on him.
- ♥ Read stories to him.
- ♥ Let him look at pictures in books.

- ♥ Let him jump and climb in safe places.
- ♥ Let him play with blocks. He will like to build things and knock them down.
- ♥ Allow him to play alone. As your child keeps growing and playing, he will start to play together with other children.

IMAGINATION AND PRETEND PLAY

2-3 YEARS



Children learn many things through make-believe.

What you can do:

- ♥ Let your child use her imagination when playing.
- ♥ Read stories to her.
- ♥ Show him picture books.
- ♥ Let him make up stories.

- ♥ Use your imagination to make up stories and he will soon do the same.
- ♥ Pretend play with your child. He will often try to do what you do.
- ♥ Share new experiences with your child. This is the best way for him to explore and learn.

TOYS AND GAMES 2-3 YEARS



Toys that help your child play pretend are fun.

Let him play with:

- ♥ dolls
- ♥ old clothes
- ♥ blocks
- ♥ old jewelry
- ♥ kitchen items
- ♥ plastic dishes

Your child will enjoy all kinds of games. New games and even old games are great fun.

Let him play:

- ♥ Hide-and-seek is a fun game.
- ♥ Let him hide something and have you try to find it.
- ♥ Follow the leader is also a fun game. It is fun for him to be the leader.