

AGE-APPROPRIATE PLAY

THE FIRST FOUR YEARS FACILITATOR'S GUIDE WITH PARENT AND CAREGIVER HANDOUTS



INTRODUCTION

By depicting a wide diversity of adults and children together in many different situations, *Age-Appropriate Play: The First Four Years* highlights the importance of playing and interacting with children in ways that support and expand their abilities. This program shows how a child's play grows hand in hand with their motor, language and social development. **Volume One** covers babies ages birth to 12 months, **Volume Two** covers toddlers ages 12 to 24 months, and **Volume Three** covers two- and three-year-olds. Clear graphics describe the developmental skills and milestones of each age group and show what parents or caregivers can do to support children's growth through play. Play safety is also stressed throughout the program.

INTENDED USE

This video can be used in parent education (during classes or home visits) or in caregiver education. The target audience is parents and caregivers who spend time with children in the first four years of life.

RECOMMENDED FACILITATOR PRESENTATION

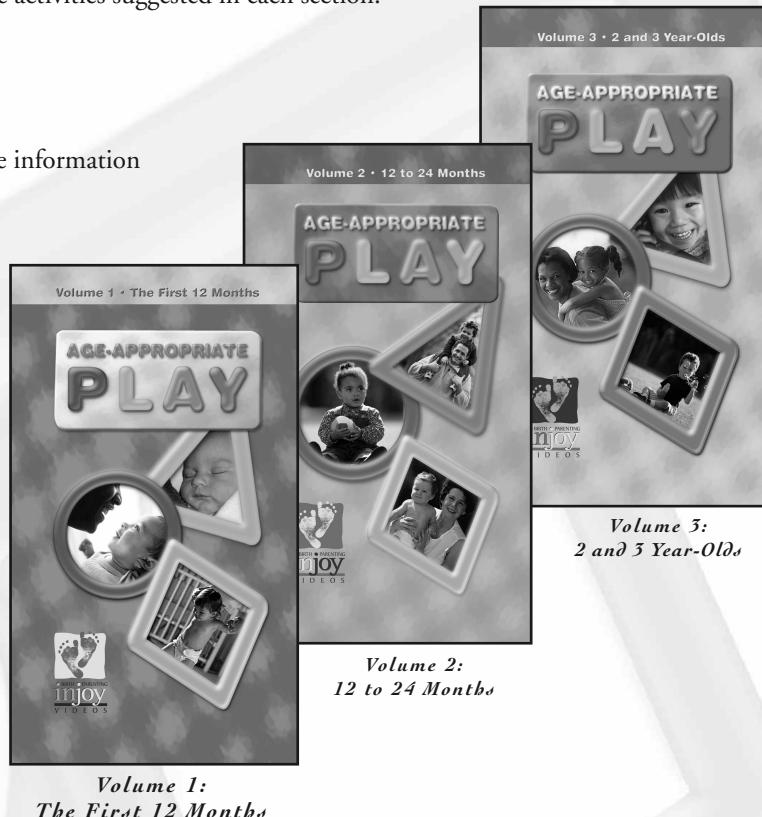
- Review the video, facilitator's guide, and parent/caregiver handouts.
- Prepare materials for suggested activities after viewing the video.
- Present the video, making sure it corresponds to the correct age group for the children being cared for.
- Use the discussion questions to help viewers understand the milestones and age-appropriate play for each developmental skill area.
- Pass out the handouts and go over the list of toys and suggested activities.
- Involve participants in some or all of the activities suggested in each section.

PROVIDED MATERIALS

- Videotape(s) or DVD
- Facilitator's Guide
- Photocopyable handouts that summarize information

CONTENTS

- ▲ Volume 1: The First 12 Months
- Volume 2: 12 to 24 Months
- ◆ Volume 3: 2 and 3 Year-Olds
 - Reproducible Masters for parents and caregivers:
 - How to Play
 - Toys, Games, and Wordplay
 - Safety Issues and Resource List



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AGE-APPROPRIATE PLAY: THE FIRST 12 MONTHS

INTRODUCTION

The first year of a child's life brings great growth and many adjustments. Basic knowledge of child development and simple ideas of age-appropriate games and toys can make caring for babies richer and more fun. This volume is divided into two sections: **Birth to 6 Months** and **6 to 12 Months**. Each section describes four skill areas of development (social, language, gross motor and fine motor) and the types of play that support growth in those areas. Safety precautions and summaries make this a well-balanced and quick way to raise awareness about the importance of playing and interacting with babies.

SECTION ONE: BIRTH TO 6 MONTHS

TARGET AUDIENCE

For parents and caregivers of babies ages birth to 6 months.

VIEWER OBJECTIVES

After viewing Volume 1: Section One (Birth to 6 Months) and participating in a discussion, your audience should be able to:

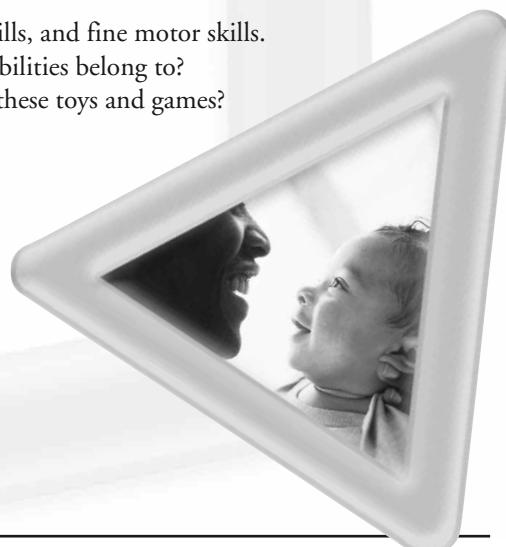
- Define each skill area: social skills, language, gross motor, and fine motor.
- Give examples of milestones for each skill area.
- Have ideas about the types of toys, games and activities that are appropriate for birth to 6-month-old babies in each skill area.
- Give examples of safe toys and safe play.
- Have ideas about cost-free toys and activities.

ACTIVITIES

- Make a toy suggested in the parent and caregiver handout.
- Tell a simple rhyme.
- Make up a simple song for a certain baby.
- Share ideas about cost-free or nearly cost-free toys to find or make.
- Share a simple game or song that babies enjoy.
- Have a safe toy measuring device and test a few common items like a block, ball or a piece of food.
- Review toy safety checklist.

DISCUSSION QUESTIONS

- What does "age-appropriate" mean?
- Explain these different skill areas: social skills, language skills, gross motor skills, and fine motor skills.
- What can most babies ages birth to 6 months do? What skill areas do these abilities belong to?
- What are some activities and toys that babies like? What skills are used with these toys and games?
- What happens when you respond to a baby's cries?
- How do babies learn language?
- When can babies play on their tummies? For how long?
- What can babies do with their hands?
- What are some safety issues for babies at this age?
- What if a baby is developing more slowly than other babies?
- When should you contact your physician or a parent resource center?
- Can a baby be left alone?



HOW TO PLAY WITH BIRTH TO 6 MONTH OLDS

PARENT AND CAREGIVER HANDOUT



Skill Area	Milestones Birth to 6 Months	Activities, Games and Toys To Provide As a Parent or Caregiver
Social Skills	Bonding with primary caregiver; smiling and crying to express needs	<ul style="list-style-type: none"> • Hold baby often. • While holding or diapering baby, smile and look into their eyes, talking or singing to them. • Try to read baby's moods. Respond to smiles and cries. • Hold out objects with contrasting colors so baby can see them. • Hang a mobile over changing table and crib. Remove it from reach when baby can push up on hands and knees. • Attach a baby-safe mirror to a wall, crib or playpen for them to look at as they play. • Hold baby on your shoulder (support that neck!) and walk around so baby can see the world.
Language Skills	Actively listening and can recognize different voices; cooing, babbling, and imitating sounds	<ul style="list-style-type: none"> • Talk and sing often to baby, using baby's name and your name as you go about your daily life. • Sing songs like <i>Rock-a-Bye Baby</i> and <i>Row Your Boat</i>. • Play games like <i>This Little Piggy</i>. • Make up a song or rhyme with baby's name. • Respond to and imitate the sounds that baby makes (especially the ones you like).
Gross Motor Skills	Lifting head; batting arms; kicking legs; supporting head	<ul style="list-style-type: none"> • Provide time and space for floor play on tummy and back. Get down on floor and cheer them on. Stop after they start to get frustrated. • Hold things out and provide crib gyms for baby to kick and bat while laying on their back. • When they can support their head, take stroller walks to see the world.
Fine Motor Skills	Using hands to touch, grasp, and hold onto things	<ul style="list-style-type: none"> • Introduce baby to new and interesting textures for them to touch. • Provide safe and easy objects to grasp and hold onto like rattles, soft, washable stuffed animals/dolls, your fingers, and squeeze toys. They like things that make sounds.

BIRTH TO 6 MONTHS

TOYS, GAMES AND WORDPLAY HANDOUT

TOYS

Interesting objects to look at: mobiles and things with bright, contrasting colors
Baby-safe mirror (large and unbreakable) attached to playpen, crib or wall
Safe objects with different textures: soft, rough, wet, bumpy materials
Objects that can be held and make noise: rattles, squeeze toys, toy keys on a ring
Objects for teething
Soft, washable animals, blocks, dolls and balls
Crib gyms with interesting safe objects to bat or kick (remove when baby can push up on hands and knees, as they can be a strangulation hazard)

TOYS TO MAKE

Pictures: Put photos or pictures of people or animals at eye level for baby to see.
Mobile: Make a mobile with interesting things that make sounds, reflect light or are colorful. Make sure that everything is well attached, larger than two inches in diameter, and out of reach. Take down when baby starts to push up on hands and knees.

GAMES

Hold and Gaze: hold baby and look into baby's eyes, talking or singing gently.
You Say, I Say: repeat baby's sounds and introduce the words they belong to (e.g. u-u-uh becomes "up").
See and Reach: Hold out safe things to look at and reach for.
Tummytime: get down on the floor with them as they practice lifting their head.
Mirror Play: set baby on floor or in crib with baby-safe mirror to look at.
Peek-a-Boo
Shoulder with a View: Hold baby on your shoulder and walk them around so they can see new things.
Go For a Stroll: When he can sit up in a stroller, take baby out for walks to see the world.
Dance and Sing: Put on some quiet music that you like and dance gently with baby in your arms. Notice how they respond to different kinds of music.

RHYMES

This Little Piggy Goes to Market

This little piggy went to market (*wiggle baby's big toe*)
This little piggy stayed home (*wiggle baby's next toe*)
This little piggy had roast beef (*wiggle baby's next toe*)
This little piggy had none (*wiggle baby's next toe*)
This little piggy went wee-wee-wee-wee all the way home (*wiggle baby's littlest toe and run fingers up their body and give them a big kiss*)

SONGS

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream



AGE-APPROPRIATE PLAY: THE FIRST 12 MONTHS

SECTION TWO: 6 TO 12 MONTHS

TARGET AUDIENCE

For parents and caregivers of babies ages 6 to 12 months.

VIEWER OBJECTIVES

After viewing Volume One: Section Two (6 to 12 Months) and participating in a discussion, your audience should be able to:

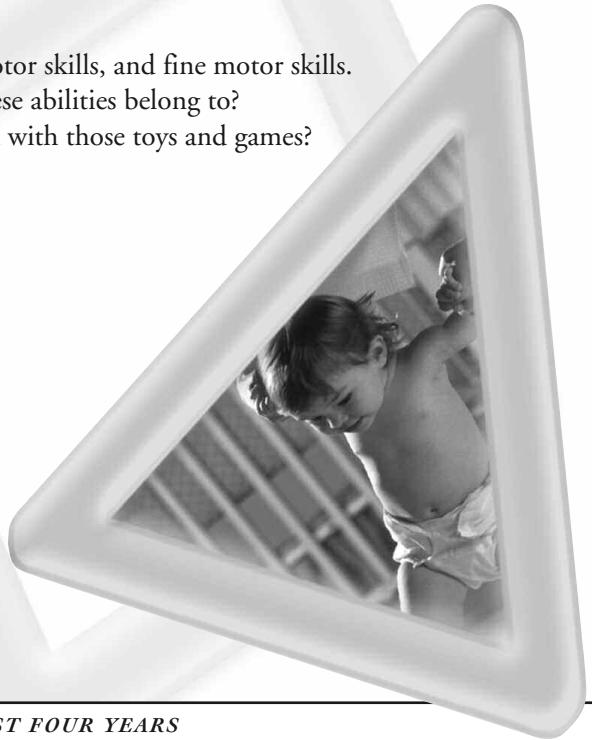
- Define each skill area: social skills, language, gross motor, and fine motor.
- Give examples of milestones for each skill area.
- Have ideas about the types of toys, games and activities that are appropriate for 6 to 12 month-old babies in each skill area.
- Give examples of safe toys and safe play.
- Have ideas about cost-free toys and activities.

ACTIVITIES

- Make a toy suggested in the parent and caregiver handout.
- Teach a lap game appropriate for older babies.
- Learn a simple rhyme.
- Have participants add baby's name to *Twinkle Twinkle Little Star* or make up their own song.
- Share ideas about cost-free or nearly cost-free toys to find or make.
- Have participants share a simple game that they know for babies.
- Show examples of simple picture books appropriate for older babies like card books with pictures of familiar objects.
- Have a safe toy measuring device and test a few common items like a block, ball or a piece of food.
- Review a toy safety checklist.

DISCUSSION QUESTIONS

- What does "age-appropriate" mean?
- Explain these different skill areas: social skills, language skills, gross motor skills, and fine motor skills.
- What can most babies ages 6 to 12 months do? What skill areas do these abilities belong to?
- What are some activities and toys that babies like? What skills are used with those toys and games?
- How do babies learn language?
- What are some ways to allow babies the freedom to explore?
- What can babies do with their hands?
- What are some safety issues for babies at this age?
- What if a baby is developing more slowly than other babies?
- When should you contact your physician or a parent resource center?
- Can a baby be left alone?



HOW TO PLAY WITH 6 TO 12 MONTH-OLDS

PARENT AND CAREGIVER HANDOUT



Skill Area	Milestones 6 to 12 Months	Activities, Games and Toys To Provide As a Parent or Caregiver
Gross Motor Skills	Sitting up; crawling; standing; climbing	<ul style="list-style-type: none"> • Provide open and safe floor space, as well as time, to practice sitting, rolling and crawling. • When they learn to sit up, give them interesting things to explore with their hands and go for stroller walks. • Swing them in an infant swing with your supervision. • Roll a ball with them. • Call their name from a few feet away to encourage them to roll or crawl to you. • When they're able to crawl well put interesting objects on a higher, stable surface like a couch to encourage them to pull up to standing. • After they get the hang of pulling up to standing add another toy further down the couch so they learn to move their feet to get to it while being supported. • Give them things to move around or go after like cardboard boxes, balls, or simple wheeled push toys.
Fine Motor Skills	Exploring objects; picking things up using thumb and fingers; opening and closing things	<ul style="list-style-type: none"> • Provide safe and interesting objects to pick up, shake, bang, and open and close like pots with lids, muffin tins, plastic containers, blocks, etc. • Provide a baby-safe drawer or cabinet to practice opening and closing, as well as freedom to explore. • Favorite toys include: nesting toys, rings that stack on a column, balls, drums, xylophones.
Social Skills	More able to focus and concentrate as they play; experimenting with new ideas like self-awareness, cause and effect, and object permanence	<ul style="list-style-type: none"> • Playing together in front of a mirror will allow baby to recognize themselves and you. • Play new games like <i>Peek-a-Boo</i> or <i>Where's the Toy?</i>, a simple version of <i>Hide-and-Seek</i>. • Playing with water and sand allows baby to experiment with concepts such as gravity, space and volume. Make sure you supervise this play. • Follow your child's direction, playing with what interests them.
Language Skills	Starting to say a few syllables and will soon be saying their first word; baby is also beginning to recognize some of your frequently used words	<ul style="list-style-type: none"> • Respond to babble by imitating their sounds or talking to them. • Read and tell simple stories about things, people and events that are familiar to them. • Choose books with simple, uncluttered pictures. Books with hardboard pages are easier for them to turn. • Sing simple songs to your baby like <i>Twinkle Twinkle Little Star</i> or <i>The Itsy Bitsy Spider</i>. Use your baby's name in the song. • Choose a melody you know and make up a simple song featuring your baby and other family members. • Play lap games like <i>The Ladies Go Prancing</i>.

6 TO 12 MONTHS



TOYS, GAMES AND WORDPLAY HANDOUT

TOYS

Something low to climb on like a very low, stable cardboard box
Blocks: soft, rubber, plastic or rounded wood
2-3 piece puzzles
Cloth toys, squeak toys
Small, hand-held manipulables
Containers with objects to empty and fill like pots and pans
Soft balls
Large pop beads
Stacking rings
Unbreakable mirror toys that can be held
Simple nesting cups
Books: cloth, plastic, small cardboard
Soft dolls without loose hair
Simple push cars (one piece)
Banging toys

TOYS TO MAKE

Shaker: Put dried beans or grains of rice into a safe, unbreakable container that they can hold. Be sure to glue or securely tape the lid closed.

Toy Drum: Buy an oatmeal container and empty it, tape the container closed and show baby how to drum on it using hands or a short-handled spoon.

GAMES

Ball Play: Play with soft and easy-to-hold balls

Let's Stand: Hold baby up to stand on your lap

Where's the Toy?: Put a toy under a blanket and say "Where's the ball?", then pull away the blanket "There it is!"

Peek-a-Boo: Put a cloth over your face and let it down as you say "Peek-a-boo." Let baby try it.

Mirror Play: Play together in front of a mirror pointing to your nose and other parts of your body as you name them: "Mommy's nose," then for baby "Mary's nose!"

RHYME

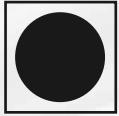
The Itsy Bitsy Spider (finger play)

The itsy bitsy spider goes up the water spout (*use fingers and thumbs to climb upwards*)
Down comes the rain and washed the spider out (*wiggle fingers as hands move downward*)
Out comes the sun and dries up all the rain (*sweep arms upwards in a circular motion*)
And the itsy bitsy spider goes up the spout again (*use fingers and thumbs to climb up*)

LAP GAME

The Ladies Go Prancing

The ladies go prancing, prancing, prancing
The ladies go prancing, prancing by (*trot baby slowly on lap, holding onto hands*)
The gentlemen go galloping, galloping, galloping
The gentlemen go galloping, galloping by (*trot baby faster on lap, holding hands*)
The farmers go Plop! Plop! Plop! (*hold baby's hands and alternate legs so baby goes off to the side on "Plop!"*)



AGE-APPROPRIATE PLAY: 12 TO 24 MONTHS

INTRODUCTION

In the second year of life, a child becomes more curious about the world. This curiosity creates a strong desire to explore. Parents and caregivers can be challenged by toddlers' interest in getting into everything. Basic knowledge of toddler development and ideas of age-appropriate games and toys can smooth the sometimes bumpy road to independence. This video describes four skill areas of development (social, language, gross motor and fine motor) and the types of play that support growth in those areas. Safety precautions and summaries make this a well-balanced and quick way to raise awareness on the importance of playing with toddlers.

TARGET AUDIENCE

For parents and caregivers of toddlers ages 12 to 24 months.

VIEWER OBJECTIVES

After viewing Volume 2 (12 to 24 Months) and participating in a discussion, your audience should be able to:

- Define each skill area: social skills, language, gross motor, and fine motor.
- Give examples of milestones for each skill area.
- Know what types of toys, games and activities are appropriate for toddlers in each skill area.
- Give examples of safe toys and safe play.
- Provide ideas for cost-free toys and activities.

ACTIVITIES

- Make a toy suggested in the parent and caregiver handout.
- Sing a simple song that incorporates movement (e.g. *Ring around the Rosie*).
- Tell a simple rhyme.
- Make up a simple song for a certain toddler.
- Share ideas about cost-free or nearly cost-free toys to find or make.
- Share a simple game that toddlers enjoy.
- Review a toy safety checklist.

DISCUSSION QUESTIONS

- What does "age-appropriate" mean?
- Explain these different skill areas: social skills, language skills, gross motor skills, and fine motor skills.
- What can most toddlers ages 12 to 24 months do? What skill areas do these abilities belong to?
- What are some activities and toys that toddlers like? What skills are used with those toys and games?
- What are some ways to avoid conflict during play? (Try to understand what a toddler needs or wants, redirect and distract, provide two toys, allow time for them to dawdle and explore)
- How do toddlers learn language? (Your talking to them, restating words for them)
- What are some safety issues for toddlers this age?
- What if a toddler is developing more slowly than other toddlers?
- When should you contact your physician or a parent resource center?
- Can a toddler be left alone?



HOW TO PLAY WITH 12 TO 24 MONTH-OLDS

PARENT AND CAREGIVER HANDOUT



Skill Area	Milestones 12 to 24 Months	Activities, Games and Toys To Provide As a Parent or Caregiver
Gross Motor Skills	Walking; pushing and pulling; climbing; kicking and throwing	<ul style="list-style-type: none"> • Play with your toddler in safe, open spaces. Carpets and grass are soft and good for learning how to walk, run and climb. • Go on walks and let your toddler climb up small walls and rocks and jump off of steps. Be right there to help. Let them dawdle as they play with sticks and stones. Watch out for cars, ice, and other dangers. • Use push-pull toys, and ride-on toys with wheels. • Kick and throw soft balls with them. • Play simple games like <i>Hop Like a Frog</i>.
Language Skills	Understands many words; uses two word sentences; understands simple wordgames, books, stories and songs	<ul style="list-style-type: none"> • Talk to your toddler throughout the day, naming things, feelings and actions. Restate words and phrases for them. • Give them time to try to say something. • Play simple wordgames like <i>Where's My Nose?</i> • Sing simple songs like <i>Row Your Boat</i>. It's fun if there is movement involved, like <i>Ring Around the Rosie</i>. • Read simple picture books, pointing out things and naming them. Ask simple questions about the pictures ("Where does the Mouse live?"), giving the answer when they need it. • Read, say and make up rhymes. Tell rhymes you remember from childhood or make up a rhyme with your child's name. • Play lap games like the <i>Ladies Go Prancing</i> or <i>Trot Trot to Boston</i>.
Social Skills	Desire for more independence; increased imitative and imaginative play; interest in other children; desire to help	<ul style="list-style-type: none"> • When a toddler starts to get upset, redirect and distract them by offering something they <i>can</i> have or showing what they <i>can</i> do. • Give them time to dawdle and explore through play. • Teach them patience and self-control by staying calm yourself. • Show them how to share by sharing with them. • Provide common materials that can be used in imaginative and imitative play (e.g. sheets, boxes, big blocks, dolls, dress-up clothes). • Let them help you in your work, giving tasks that they can do, like handing you the silverware to put away or throwing something in the trash.
Fine Motor Skills	Opening and closing; filling and emptying things; simple arts and crafts; sand and water play	<ul style="list-style-type: none"> • Provide safe areas that they are free to explore (e.g. a cabinet in the kitchen with plastic containers and an outside play area with a sandbox, pail and shovel). • Give them safe things to fill and empty, open and close. • Introduce simple arts and crafts like sidewalk chalk, large markers and crayons with blank paper and play-doh. Supervise their play, allowing them to make messes and use safe and washable art supplies. • Play with sand and water under supervision. Offer new containers or tools to use in this play, like strainers, funnels, trucks and bowls.

12 TO 24 MONTHS

TOYS, GAMES AND WORDPLAY HANDOUT

TOYS

Push and pull toys with rods and short strings
Low, sturdy objects like stools and cardboard boxes to push and climb on
Small rocking horse with handles (seat at knee height on child)
Dolls with simple accessories (bottle, blanket, carriage)
Stacking toys: small, lightweight
Interlocking toys
Simple 2-5 piece puzzles (knobs make them easier to hold)
Nesting cups, shape sorters
Soft lightweight balls
Lacing boards
Floating toys, shovel, pail, colanders, funnels
Rhythm, shaking and banging instruments
Large crayons, blank large paper
Toy telephone, housekeeping equipment (toy vacuum, etc.)
Simple dress-up (hats, shoes, cloth, capes)
Child-sized furniture and equipment (tables, chairs, kitchen, etc.)
Peek-a-boo books, nursery rhyme books, picture books

TOYS TO MAKE

Playhouse: Make a kitchen or a house from large cardboard boxes. Draw or cut out windows and doors.
Lacing Board: Cut cardboard into a roundish shape. Using a hole punch, create a design that can be laced with a shoelace no longer than 7 inches.
Cloth: Tear colored sheets into large rectangles that child can use for capes, forts and blankets. Clothespins help hold them onto things.

GAMES

Ring Around the Rosie:

Ring around the rosie, pocket full of posie (*hold hands and walk in a circle*)
Ashes, ashes, we all fall down (*everyone falls down*)

Pat-a-Cake:

Pat-a-cake, Pat-a-cake, Baker's man (*clap hands together with child*)
Bake me a cake as fast as you can (*clap hands together with child*)
Roll it, pat it, mark it with a (*first letter of child's name*) (*rolling pin motion*)
And put it in the oven for (*child's name*) and me! (*push hands forward*)

Jump, Run and Chase: a simple follow the leader

A Duck Goes Quack, Quack: name the animal and imitate their sounds

RHYMES

Mother Goose and Dr. Seuss books are good for rhyming

SONGS

Old MacDonald
The Wheels on the Bus



AGE-APPROPRIATE PLAY: 2 AND 3 YEAR-OLDS

INTRODUCTION

Two- and three-year-olds, as they master language and movement, are entering a new level of social abilities that include imitative, imaginative and cooperative play. Basic knowledge of toddler development and simple ideas of age-appropriate games and toys can help parents and caregivers provide an interesting and challenging environment to explore without spending a lot of money. This video describes four skill areas of development (social, language, gross motor and fine motor) and the types of play that support growth in those areas. Safety precautions and summaries make this a well-balanced and quick way to raise awareness of the importance of playing with two- and three-year-olds.

TARGET AUDIENCE

For parents and caregivers of two- and three-year-olds.

VIEWER OBJECTIVES

After viewing Volume 3 (2 and 3 Year-Olds) and participating in a discussion, your audience should be able to:

- Define each skill area: social skills, language, gross motor, and fine motor.
- Give examples of milestones for each skill area.
- Know what types of toys, games and activities are appropriate for children in each skill area.
- Give examples of safe toys and safe play.
- Provide ideas for cost-free toys and activities.

ACTIVITIES

- Make a toy suggested in the parent and caregiver handout.
- Sing a simple song that incorporates movement (e.g. *The Hokey Pokey*).
- Make up a simple song for a certain child.
- Share ideas about cost-free or nearly cost-free toys to find or make.
- Explore ideas about providing interesting and safe areas in which to move around (e.g. playgrounds, yards, and inside spaces).
- Share ideas about simple games that two- and three-year-olds enjoy.
- Review toy safety checklist.

DISCUSSION QUESTIONS

- What does "age-appropriate" mean?
- Explain these different skill areas: social skills, language skills, gross motor skills, and fine motor skills.
- What can most two- and three-year-olds do? What skill areas do these abilities belong to?
- What are some activities and toys that two- and three-year-olds like? What skills are used with those activities?
- Define imitative play. What are some ways to encourage this type of play?
- Define imaginative play. What are some ways to encourage this type of play?
- Define cooperative play. What are some ways to encourage this type of play?
- What are some safety issues for children at this age?
- What if a child is developing more slowly than other children?
- When should you contact your physician or a parent resource center?
- Can a two- or three-year-old be left alone?



HOW TO PLAY WITH YOUR 2 AND 3 YEAR-OLDS



PARENT AND CAREGIVER HANDOUT

Skill Area	Milestones 2 and 3 Year-Olds	Activities, Games and Toys To Provide As a Parent or Caregiver
Social Skills	Likes to help you; engages in more imaginative and imitative play; starting to play with other children (cooperative play)	<ul style="list-style-type: none">• Encourage your child's imitative play by letting them help you do things.• Provide child-sized props, like a brush and dustpan or kitchen unbreakables, to play with.• Encourage your toddler's imaginative play with simple materials like boxes, colored sheets torn into smaller rectangles, big blocks, dolls and accessories, and dress-up items.• Encourage more cooperative play by playing with other children the same age in neutral places like playgrounds.• Provide opportunities to play in sand and water with pail, shovels, trucks, etc. (water play needs to be constantly supervised)
Language Skills	Talking in short sentences; understanding simple stories, rhymes and books; singing simple songs	<ul style="list-style-type: none">• Talk with your child often. By simply telling them about the places, people and events of your day together or apart, they learn more about language and you learn more about your child.• Tell stories to your child: old favorites like <i>Goldilocks and Jack and the Beanstalk</i>, stories about when you were a child or stories about what your child did as a baby.• Listen to your child. Help them tell a story. Repeat and restate things for them.• Read books often, at least once a day. Talk about what you see in the pictures.• Play finger games like <i>Where is Thumbkin?</i>• Sing songs like <i>Old MacDonald</i> and <i>If You're Happy and You Know It</i>.• Check children's music tapes out from the library that you can sing and dance along to.
Gross Motor Skills	Running, climbing, jumping; playing in playgrounds; playing games	<ul style="list-style-type: none">• Visit large areas and safe playgrounds that allow them to run, climb, swing, slide and jump.• Create a play area in your yard with a child-safe swing, stable and safe things to climb on and jump off of.• Make up games like <i>Do Three Somersaults in a Row</i> or <i>Chase Me Around the Tree</i>.• Play simple versions of movement games like <i>Follow the Leader</i>.• Play catch and throw and kick the ball.
Fine Motor Skills	Pulling things apart and putting them back together with hands; arts and crafts; exploring how things work	<ul style="list-style-type: none">• Provide things that can be put together and taken apart like blocks, simple puzzles, nesting cups, building toys.• Use child-safe art supplies such as crayons and markers on blank paper, clay, chalk, play-doh and washable paints with thick brushes. Allow them to make messes. It is the process of making things rather than the finished product that is so engaging.• Allow your child to figure out how things work in a safe way. They love to use keys in locks or open and close latches. Just watch those fingers!

2 AND 3 YEAR-OLDS



TOYS, GAMES AND WORDPLAY HANDOUT

TOYS

Kiddy cars
Wagons, wheelbarrows and other things with wheels
Sturdy dolls and accessories
Household equipment: broom, dustpan, mop, kitchen accessories
Child-size table and chairs
Big cardboard boxes to create a house or kitchen
Animals: stuffed and toy
Books
Building toys: blocks, big legos
Containers: baskets, boxes, suitcases
Arts and crafts: brushes, paint, crayons, blank paper, easel, clay
Climbing equipment
Costume and dress-up box
Hand puppets
Musical instruments
Sandbox
Small airplanes, trucks, cars, boats and trains

TOYS TO MAKE

Dress-up Box: Put in any costume-like items from your closet or thrift store (e.g. hats, gloves, shoes, scarves, etc.)
Puppet: Take an old sock and add eyes, nose and mouth with markers or felt.

SONG

Head and Shoulders (start slow and getting faster, touch each body part as you sing)

Head and shoulders, knees, and toes, knees and toes (*touch each body part*)
Head and shoulders, knees, and toes, knees and toes (*touch each body part*)
Eyes and ears and mouth and nose (*touch each body part*)
Head and shoulders, knees, and toes, knees and toes (*touch each body part*)

FINGERPLAY

Two Little Blue Birds

Two little blue birds sitting on a hill (*two index fingers standing next to each other*)
One named Jack, the other named Jill (*move one, than the other*)
Fly away Jack, fly away Jill (*fly one behind your back, fly the other behind your back*)
Come back Jack, come back Jill (*fly one than the other next to each other in front of you*)

GAMES

Make up simple but slightly challenging games like *Do Three Somersaults in a Row*.
Simple versions of *Hide the Toy*, *Follow the Leader* or *Hide and Seek*.

SAFETY ISSUES AND RESOURCE LIST

PARENT AND CAREGIVER HANDOUT

TOYS TO AVOID

- No play object smaller than two inches in diameter
- No sharp or pointed objects
- No unfinished metal toys
- No toys that contain lead or lead-based paint
- No toys with strings longer than 7 inches
- No toys stuffed with pellets or small beads
- No plastic toys that could splinter or break into sharp pieces
- No heavy toys that could fall on child
- No toys with uncovered springs or hinges
- No toys that make loud noises
- No deflated balloons or balloon pieces that child could choke on
- No unsupervised play in or around water (child could drown in as little as two inches)
- Keep play area safe!

CHILDPROOF YOUR HOME

- Consult a childproofing book
- Block off stairs and other dangerous areas
- Lock and put away any dangerous items
- Attach something soft to any sharp corners

WEBSITE RESOURCES

U.S. Consumer Product Safety Commission has a guide, *Which Toy for Which Child*, available at:
www.cpsc.gov/cpscpub/pubs/285.pdf

National Institute of Child Health and Human Development: www.nichd.nih.gov

Zero To Three: www.zerotothree.org

ParentCenter: www.parentcenter.com

Head Start: www2.acf.dhhs.gov/programs/hsb

Prevent Child Abuse America: www.preventchildabuse.org

LOCAL RESOURCES

Look at the following listings in your phone book. The number is located in the blue government pages for your county:

Social Services, Head Start, Early Head Start

Local School Districts: Adult Education Programs

Hospital Health Information Services

State Department of Education

County Health Care Agency

State Family Resource Centers

Community College Department of Human Development

(800) Health Information and Referral Lines

Community Services for Counseling and Parenting Services



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