

# Play Cards

There is an opportunity for learning in everything you do together.

Here are ideas for play, age by age. ✂

## 0-6 MONTHS

- When getting dressed, help baby practice grasping by offering clothing items to hold onto.
- Point to pictures and vary your tone of voice while reading together.
- Do tummy time! Put a mirror in front of baby so she can see facial expressions.



## 6-12 MONTHS

- While getting dressed, play peek-a-boo with clothing to help baby learn that things they can't see still exist!
- At mealtime, encourage picking up food using the pincer grasp (pointer and thumb).
- During playtime, stack and count plastic cups or rings, or use a shape sorter.



## 12-24 MONTHS

- Continue trying new foods and talk about their textures and tastes.
- During story time, invite participation and sound making ("What does the dog say?").
- Explore sounds by using pots and pans as musical instruments!



## 24-36 MONTHS

- When getting dressed, offer a choice between clothing to encourage independence.
- Play Simon Says during bath time to help learn body parts ("Simon Says, wash your elbow!").
- Build with blocks! Count them and talk about their shape and color.
- At bedtime, talk about what happened that day and things that were learned.



## 3-6 YEARS

- While getting dressed, talk about clothing for different weather.
- Have your little breakfast helper carefully pour cereal or count out plates for the table.
- At bath time, test if different objects will sink or float.
- Play games that involve turn taking, like charades.

