

Sample Ages and Stages activities

4-8 months:

Play Peek-a-Boo with hands, a cloth or even a clean diaper! Put the item over your face first. Then let your baby hide. Pull the cloth off if your baby can't. Encourage her or him to play. Take turns.

8-12 months

Let your baby play with plastic measuring cups, cups with handles, sieves and strainers, sponges and balls that float in the bathtub. Bath time is a great time for learning!

Create a simple puzzle for your baby by putting blocks or toys inside a muffin pan or egg carton.

Put toys on a sofa or sturdy table so that your baby can practice standing while playing with toys.

12-16 months

Babies love Pat-a-cake; This little piggy went to market.

Play the naming game. Name body parts, common objects and people, This lets your baby know that everything has a name and helps him or her begin to learn these names.

Your baby is learning that different toys do different things. Give your baby lots of things to roll, push, pull, hug, shake, poke, turn, stack, spin and stir.

16-20 months

Save milk cartons, Jell-O boxes or pudding boxes. Your toddler can stack them to make towers. You can also stuff grocery bags with newspapers and tape them shut to make big blocks.

Lay out your toddler's clothes before dressing him. Ask him or her to give you a shirt, pants, socks, shoes. This is an easy way to learn the names of common items.

20-24 months

Dress up clothes offer extra practice for putting on and taking off shirts, pants, shoes and socks. Toddlers can fasten big zippers and buttons.

Play the 'show me' game when looking at books. Ask your toddler to find an object in a picture. Take turns. Let your toddler as you to find an object too! Let him or her turn the pages.

24-30 months

Play 'Target Toss' with a large bucket or box and beanbags or balls. Help your child count how many he or she gets in the target. A ball of yarn or rolled up socks work well for indoor play!

Even at this age children love boxes of any size! Boxes can become cars, castles forts, stores- the list is endless!

30-36 months

Have your child help you set the table. First plates, then glasses (or plastic cups!) then napkins. By placing one at each place, children learn one-to-one correspondence. Show your child where the utensils should be placed.

36-48 months

While cooking or eating dinner, play the more-or-less game with your child. Ask 'who has more potatoes?' and 'who has less?' You can use this game for same size sups filled with water or juice.

48-60 months

Rainy day? Open a pretend shoe store! Use old shoes paper, pencils and a chair to sit on. Encourage your child to write down each order, tracing feet and shoes, trying on shoes. Practice being the seller and the buyer.

Play mystery sock. Put a common household into in a sock, tie off the top and then take turns guessing what's inside.

Play the memory game... five or six common items on a table take a good look then cover and have your child tell you what was there!