

playing to learn

age 1

blocks

your child will line them up,
stack them, and knock
them down

Your child learns:

- how to use their hands
- what happens when they hit the blocks
- how to build things
- how to put things in order



books

picture books of animals,
cars, places, and everyday
things; books with rhymes

Your child learns:

- to listen as you read
- the sound of words
- to say their first word



music

simple songs and nursery
rhymes; songs with finger
and hand movements

Your child learns:

- to recognize sounds and rhythms
- to imitate sounds and hand movements (clapping, patty cake, bye-bye)



objects

plastic containers to stack, nest,
fill up, and empty; lids, blocks,
simple puzzles, and things with
different shapes

Your child learns:

- how each part works
- that some things fit into other things
- that some things fit on top of other things



pretend

dolls, stuffed animals, old
clothes, blankets, pretend adult
items (toy phone, kitchen tools)

Your child learns:

- how to act
- how other people and animals act



touch and feel things

containers they can fill up and
empty, soft cloth, sticky
things, cold things, sand, rice

Your child learns:

- more about this world through feeling and touching
- more about hard and soft, wet and dry, empty and full

