

playing to learn

birth to 1

blocks

large blocks of foam or other soft material in different colors

Your child learns:

- to notice color, texture, weight, and sound (of banging blocks together)
- to pick up and drop
- to knock down and throw soft objects



books

picture books of animals and everyday things; books with rhymes and things baby can touch

Your child learns:

- the sound of words and voices (the beginning of language skills)
- the feeling of textures (in some books)
- to cuddle up and be close with you



music

simple songs, nursery rhymes, songs with hand movements. Try different types of music (lullaby, soft, slow, peppy, etc.) to see what your baby likes!

Your child learns:

- to listen to music
- to hear sounds, rhythms, and how words sound with music



objects

mobiles, stuffed animals, rattles, containers, measuring spoons on a ring, stacking rings, nesting cups, shape sorters

Your child learns:

- muscle control, coordination
- color, texture, shape, size, and weight
- how to make things happen

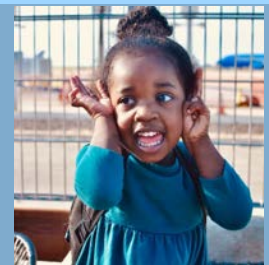


pretend

games and toys that involve hiding and reappearing (peek-a-boo, jack in the box)

Your child learns:

- to look for the object that has been hidden



touch and feel things

balls and blocks with different surfaces; teething ring

Your child learns:

- that there is a world outside of themselves
- to touch and feel things
- to use their hands and fingers
- how objects are different from one another

