



Activities Program

Infants 0-6 Months

DIMENSIONS OF DEVELOPMENT	CHARACTERISTICS OF THE DEVELOPMENTAL STAGE AND OBJECTIVES	TYPES OF PROPOSED ACTIVITIES
PHYSICAL AND MOTOR DEVELOPMENT	<ul style="list-style-type: none">• Swings back and forth, sometimes crawling backwards before moving forward• Bring their feet or hand to mouth• Head upright in a supportive position• Push the body to the floor with arms while lying on your stomach• Use their hands to support themselves in a sitting position• Standing with support, accept all the weight with their legs• Reaches for nearby toys	<ul style="list-style-type: none">• Place the objects near the baby and ask them to look for it. Give one-handed toys and larger objects that require a two-handed grip• Place an object next to the infant so they must turn their bodies to reach them• Place the baby on their stomach (tummy time) to reinforce motor development• Toys such as bouncers or baby swings encourage movement and kicking.
LANGUAGE DEVELOPMENT	<ul style="list-style-type: none">• Respond to sounds by making sounds• Babbling ("ah", "eh" "oh") and likes to make sounds• Answer to their name• Makes sounds to show joy and discontent• Begin to say consonants (jabber with "m", "b")	<ul style="list-style-type: none">• Talking and singing songs will help develop the baby's language, for example: "We must first put on our boots and then our coat so we can go out"• Listen to music and sing.• Baby sign language is very helpful in helping babies communicate their needs• Read books• Repeat the name of the objects i.e; red ball
COGNITIVE DEVELOPMENT	<ul style="list-style-type: none">• Lying on their back, transfers a toy from one hand to another	<ul style="list-style-type: none">• Sing songs, encourage the child to sing• Practice shapes and colors



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- Observe people and objects in their environment
 - Bring things to their mouth
 - They show curiosity and try to reach out

- Naming objects in the environment
- Practice counting

**SOCIAL AND EMOTIONAL
DEVELOPMENT**

- Know familiar faces and start to recognize if someone is a stranger
- Laugh in response to play
- Socially smile
- Likes to look in a mirror
- Manipulate and explore objects
- Make eye contact (for a few seconds)
- Calm/settle (cries frequently)

- Follow-up - take a stuffed toy and bring it to the touch, bring it back and repeat it. Do this from one side to the other
- Sing a song and tickle
Dance to the sound of music - hold the child in your arms and dance with them
- Move their hands and turn around
- Mirror game - Ask your child to look in the mirror. Ask them "who is it?" and say their name. (repeat)



Activities Program

Infants 7 months-1 Years Old

DIMENSIONS OF DEVELOPMENT	CHARACTERISTICS OF THE DEVELOPMENTAL STAGE AND OBJECTIVES	TYPES OF PROPOSED ACTIVITIES
PHYSICAL AND MOTOR DEVELOPMENT	<ul style="list-style-type: none">• Sits without support• Sits and catches toys without falling• Move from their belly or return to a sitting position• Raise their head, hold their body with their arms on their stomach• The child moves on all fours• Turn their head to visually follow objects in a sitting position• Collect small items with thumbs and fingers	<ul style="list-style-type: none">• Pipe cleaner and modeling clay - have the child place pipe cleaners in modeling clay• Cookie Jar - Have the children place the items in a box Count it out loud• Homemade painting - let the child explore the painting with his fingers.• Treasure Chest - place items in a box and let the child explore• Stack large blocks and walk on them• Climb and slide mats dance with music
LANGUAGE DEVELOPMENT	<ul style="list-style-type: none">• Significantly uses "mom" or "dada"• Responds to simple instructions, such as "come here"• Say one or two words• Pay attention to where you look and point• Answer "no"• Start using the movements of the hand to find (or at least point to) hidden objects.	<ul style="list-style-type: none">• Ask open questions - i.e; "what do you see?"• develop on the words i.e: "dog"• Develop by saying "Yes, the dog walks".• Reading books - Point to the objects in the book and ask questions such as "What is it?" Or "What are the children doing?"• Sing songs - i.e; "Head and shoulders" to name body parts



**COGNITIVE
DEVELOPMENT**

- Understand that you do not "disappear" when you leave the room
- Mimic the actions observed (talking on the phone, brushing your teeth, "typing" on a computer)
- Answer simple verbal requests ("give me the bottle," do not touch that, etc.)
- Say goodbye when you leave (or take a toy or book)
- Point to objects and people, on their own or at the request of an adult
- Play simple games like coo coo, or hide and seek
- Puzzles (4 pieces) learn by trial and error i.e: throw a bowl on the floor
- Discover sounds such as: musical instruments (shakers and drums)
- Sensory advice i.e: different fabric textures to explore and feel for the child
- Play hide-and-seek and search with objects i.e; hide an object under the towel, let the child lift the towel. React by saying "you found it"

**SOCIAL AND EMOTIONAL
DEVELOPMENT**

- Know familiar faces and start to know if someone is a stranger
- Laugh in response to play
- Socially smile
- Cry of frustration when they cannot reach a toy or do something they want to do
- Try to mimic adult sounds
- Responds to positive recognition such as applause
- Shows moods such as sad, happy and angry
- Make sure the child feels safe when surrounded by strangers
- Socialize the child with multiple people and children to help with foreign anxiety.
- Encourage the children to share the toys. Practice giving toys to each other
- Sing songs and have them participate by clapping
- Sing songs i.e: "If you are happy, clap your hands"



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Activities Program

Children 1-1 ½ Years Old

DIMENSIONS OF DEVELOPMENT	CHARACTERISTICS OF THE DEVELOPMENTAL STAGE AND OBJECTIVES	TYPES OF PROPOSED ACTIVITIES
PHYSICAL AND MOTOR DEVELOPMENT	<ul style="list-style-type: none">• Can stand alone• Scoop and retrieve an object• Walk well alone (15 months)• Walking, pulling or throwing a toy• Can sit on a chair• Use jargon (ex: language "foreign" unintelligible with inflection)• Go down the stairs holding the rail, one step at a time.• Walk and throw a ball.	<ul style="list-style-type: none">• Make houses and cars with boxes.• Throwing and giving balls and push toys• Assemble simple puzzles to practice the fine motor.• Stacking blocks and practicing emptying and filling objects• Practice walking, climbing, running outdoors
LANGUAGE DEVELOPMENT	<ul style="list-style-type: none">• Use jargon (ex: unintelligible "foreign" language with inflection)• Mimic some words• Follows simple instructions accompanied by gestures• Answer simple questions nonverbally• Makes animal sounds like "moo"• Point to at least one image• Point to a part of the body• Say 10-15 words	<ul style="list-style-type: none">• Ask your child to tell you a story• Ask them questions• Complete sentences (ie. "milk" you answer saying "I want more milk please")• Play pretend (ie. playing on the phone pretends to talk to mom or dad)• Sing songs• Read books
		<ul style="list-style-type: none">• Read books every day



COGNITIVE DEVELOPMENT

- Answer the instructions (i.e: "Sit down")
- Learn the proper way to use common objects (ie. the phone)
- Becomes attached to a stuffed toy or other objects
- Speak more clearly
- Sort toys by color, shape or size
- Doodle spontaneously with a crayon or pencil
- Follow one or two directions (i.e: take a ball from the basket)
- Match the lids with the appropriate containers (ie. pots and pans)
- Follow simple instructions accompanied by a gesture
- Points at objects, pictures and family members
- Put his finger on his mouth and say "hush"
- Speak often and ask questions "What's the weather like today?" "It's cold, we'd better put on our boots, hats, jacket, and gloves."
- Count numbers and shapes
- Learn more about body parts: head, toes, hands, fingers
- Ask the child to do simple tasks (ie. "Can you bring me the red ball please")
- Have the child find objects in the room, (ie. "Where was the red ball?")
- Repeat the names of people and other children

SOCIAL AND EMOTIONAL DEVELOPMENT

- Separate from you for brief periods
- Change the food they like and does not like often
- Love familiar places
- Audaciously explore and try new things
- Take risks if a trusted adult is present
- Identify themselves in a mirror or photo
- Love to be the center of attention
- Play alone better
- Does not like to share toys
- Talk about emotions, read books and show images of different emotions. Help teach the child to understand and regulate their emotions
- Give positive reinforcement as much as possible.
- Explore different environments, such as going to the park or museum
- Practice sharing toys with friends, for example: "Can I play with the toy?" answer "Thank you" then return the toy
- Reading books - Ask the child to find objects in the book
- Cooking Activities - Have the kids mix the ingredients



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- Introduce good manners: use "please" and "thank you"
 - Offers choices (ie. "Do you want to put your coat or shoes first?")
 - Use "yes" and "no" to clearly define reasonable limits. Briefly explain your reasons and be consistent.
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