

DAILY COMMUNITY OPPORTUNITIES

24-36 Months Continued

- At home, I can help with chores like emptying grocery bags, laundry, sweeping, dusting, setting the table, clean-up, and packing and unpacking my bag.
- At the play ground, encourage me to play on climbing equipment, swings and play with soft balls.
- A trip to the library to hear stories or pick out books to bring home to read with you would be lots of fun! The library has lots of programs for parents, caregivers and toddlers.
- I love going out to run errands with you! As we ride around, tell me about where we are going and what we are doing.



This work was supported by the District of Columbia Early Intervention Program under grant number 9G0003 and the Georgetown University Center for Child and Human Development, University Center for Excellence in Developmental Disabilities.

Everyday
Experiences
Make a...

Kristin Conaboy, OTR/L
Toby Long, PhD, PT
Rachel Brady, MS, PT
Janet Thomas, MEd, OTR/L

 Comprehensive System of
PERSONNEL DEVELOPMENT

COMMUNITY ACTIVITIES

...lifetime of Differences.

DAILY COMMUNITY OPPORTUNITIES

Watching a child learn new things is one of the greatest pleasures caregivers have. Recognize that learning and play does not always have to occur in a structured planned environment. Learning happens when we least expect it! Today's caregivers have hectic schedules and little time to spare. So remember, learning and development opportunities are all around you! Take advantage of the magical times you already have in place within your daily routines...you may be surprised at what you can accomplish!

0-4 Months

- Talk to me about the weather and about where we are going and what we are doing.
- If you can, please carry me. I know that it is convenient to put me in the baby carrier, but I challenge myself to hold my head, neck, and body up when you hold me.
- I like how it feels when people hold, cuddle and support me.

4-6 Months

- There is so much to look at everywhere we go.
- Please label everything around me so I can learn all about it.
- While we ride the bus or Metro, hold me on your lap facing me out so I can work on my balance while you point and talk to me about what I see and the people I meet or gently bounce me up and down on your knees.

6-9 Months

- At the grocery store, help me to sit in the cart. I may need some support on one or both sides. I could use your pocket book or maybe we could bring a blanket to put next to me. I really want to try to sit up and look all around me.
- While we ride the Metro or bus, I can turn to reach and grasp things in my bag of toys or to get a snack.

Encourage me to reach across my body so I can practice using my eyes and hands together, make my body and hands strong and work on sitting.

- At the playground, can we swing together? Hold me facing you and encourage eye contact. I can even use my arms to press against your body to help me hold myself up and make my upper body strong and stable. Hold me facing out to help my head and neck get strong. I may even be able to hold both sides of the swing for support.

9-12 Months

- While we are at the grocery store, help me to label my favorites foods and colors. I can even turn and reach for things we need on the shelf. This can help to make my body strong, to practice using my arms and hands together, and helps me to start to learn concepts such as placing "in" the cart.

12-15 Months

- If it is not too crowded or busy and seems safe, help me to climb up the stairs like the ones at the Metro stop, the stairs to get on the bus, or stairs at home.
- As we move around we can talk about going "up" and "down". I am still a bit unsteady so always make sure I stay safe.

- If we stop to eat, I can open straws and with a little help may be able to place them in my small, plastic cup.

15-18 Months

- Encourage me to open my own snacks.
- At the Dr.'s office, encourage me to turn pages of books and magazines while we wait.
- At the playground, teach me to play in the sand and walk on uneven surfaces like sand, small hills, gravel, or wood chips.

18-24 Months

- As we ride around to and from child care, friend's houses, work, and play, encourage me to hold our fare cards or place coins in slots on the bus.
- I am starting to feel confident with steps and I like to keep trying to walk.
- It is such a treat to go to the mall food court or stop at the restaurant. Encourage me to feed myself using my fingers or utensils.

24-36 Months

- Encourage me to dance, run, hop jump, stand on tip toes, and play with other toddlers. I enjoy being a helper by doing errands like, getting toys, materials and helping to "clean-up". Remind my child care provider to let me help.

Show me *the way to* achieve my best *each* day!