

DAILY PLAYTIME OPPORTUNITIES

15-18 Months

- Let's practice blowing bubbles. I can chase, poke, pop, kick, and step on the bubbles we make.
- I love back and forth games like rolling and throwing different sized and textured balls.
- I enjoy plenty of space for movement activities and exploring. Watch me now as my walking is getting steadier!

18-24 Months

- I am starting to be creative: a block may be an animal or a truck with sounds and all.
- Everywhere we go is a playtime for me. Even errands, car-pooling, commuting, and grocery shopping. There is so much to see and do and look at! Help me learn the names of people and things by pointing and repeating everything to me.
- Climbing games help my body get stronger. We can even set up forts and tunnels to crawl through with old blankets, pillows, clothes, jackets or boxes.

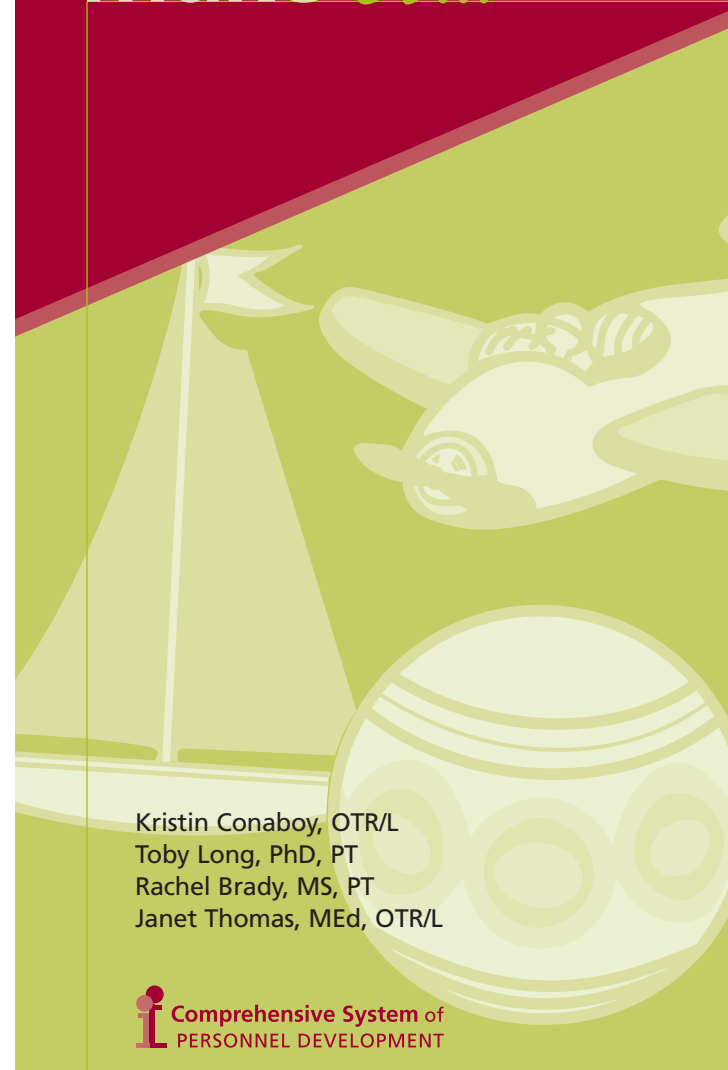
24-36 Months

- Riding in the car, bus, cab or train can be a great time for us to play. We can point to objects and talk about what they do, the sounds they make, and their colors.
- I am starting to pretend. We can crawl around and pretend to be animals, dance around and pretend to be dancers and singers or fly around the room like airplanes. We can practice the sounds with everything we pretend to be!
- Keep encouraging me to use my hands to scribble and draw and twist, open, close and fidget with small objects. We can try some Play-doh to pinch and pull apart!
- Let me experience messy play like fingerpaints, shaving cream, sand and water playtime. I can even help clean up!
- Give me plenty of space and opportunities for running, climbing, jumping, sliding, pushing, and pulling.



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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

P L A Y T I M E

...lifetime of Differences.

D A I L Y P L A Y T I M E O P P O R T U N I T I E S

0-4 Months

- This world around me is so new! Show me brightly contrasted black and white or brightly colored toys, household objects, or noisemakers.
- I may like to watch a toy on a string move in different directions. Soon I will try to reach and swipe for it! Move it slowly in all directions so I can try to follow it with my eyes.
- Soothing music, singing, smiling, and babbling to me is what I like best!
- While awake, I need to spend some time on my tummy to help my body and head and neck get strong.
- Hold objects out of my reach and encourage me to look at them. I am starting to enjoy peek-a-boo games and may try to hold, wave, poke, shake, or use my mouth to explore safe objects.

4-6 Months

- I want to be placed in new positions like sitting with your support, playing on my tummy, and rolling to reach for toys you show me!
- I love reaching and grasping games and objects that have different textures, shapes, colors, weights, and functions.
- I want to learn to use both of my hands together by shaking and holding, banging together, pushing, pulling and dropping toys and household objects.

- It is still interesting for me to explore safe sized objects using my mouth—new textures like smooth, soft, hard, cold, or bumpy are fun for me to try.
- I can now hold small objects. Encourage me to use my fingers like a “rake” to grab small toys, objects, or food such as cereal.
- Hold me facing you and standing on your lap with my feet flat. Each time I bend my legs, propel me upwards to add speed and help make my legs strong. Practice sounds like “whee” and “zoom”.

6-9 Months

- I enjoy clapping, peek-a-boo, copycat games with sounds and faces, hiding and finding objects, and stacking toys, boxes, blocks, and containers. Place toys out of my reach as I can sit by myself, practice balancing, and make my body strong as I reach and twist my body for toys.
- From my tummy, encourage me to turn around to reach for toys.
- I will get ready for crawling by playing with toys while I am on my hand and knees. If I have a hard time holding my position, place a pillow or a rolled towel/blanket under my tummy to support me on all fours! I may even be able to reach for toys held in front of me by rocking towards it!

9-12 Months

- I am on the move. I want to crawl back and forth on different surfaces or over blankets and pillows to make my body stronger.
- I will fill and dump buckets and containers with all sorts of safe household objects.
- Encourage me to pull up to standing near something to hold on to. I like to play as I stand near the edge of furniture, bang objects together, imitate animal sounds, turn thick pages of books, point to pictures in books, and open and close objects.

12-15 Months

- Encourage me to play in different positions such as kneeling, standing, sitting, and crawling. Have a low cabinet full of safe household objects such as Tupperware, plastic cups and dishes, cookie cutters, pots and pans, and water bottles for imitating tapping or banging, stacking, stirring, placing top on/off, opening screwtops, pouring, and “cooking”.
- Make rattles and noisemakers by filling small containers with beans, rice, pasta, or pennies. Be sure to supervise as I still may try to put small objects in my mouth.
- I love when you read to me, point to pictures, and allow me to turn the pages.

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