

# Developmental Matrix



- ❖ Cognitive Dev
  - talk to babies while nursing or feeding them
  - have items with bold patterns and bright colors that can be placed in front of babies face for them to look at and follow
  - hold baby close to face and have conversation/sing with them
- ❖ Social and Emotional Dev
  - make silly expressions so they begin the process of social cues and copying reactions (ex: sticking tongue out)
  - when baby cries, attend to them so they build their trust with you
  - Take baby on a walk outside and talk to the baby a lot so they can babble and practice back and forth conversation (mimic baby's sounds so they continue to make them)
- ❖ Physical Dev
  - Hold rattle close to baby's face during tummy time, move object up to practice baby lifting their head
  - Pacifier to practice sucking
  - Some babies will smile in response to your smiling so smile while talking to the baby so they can develop these muscle skills in their face



One Month



#### ❖ Cognitive Dev

- Have different toys the baby can mouth so they are able to explore them
- Read picture books with different textures or images that pop out in them
- Play peekaboo to develop object permanence

#### ❖ Language and Communication Dev

- When baby makes a noise (loud noises, laughing, crying), respond to them and have a conversation with them
- Show baby intriguing objects (physical or in a book) and name them while the baby is looking at it to help with listening skills
- Name the babies body parts

#### ❖ Physical Dev

- Practice sitting to develop core muscles
- Put items in front of baby during tummy time far enough away so they start to reach and grab it pushing their head, chest, and arms up
- Give smaller, baby safe toys to the child so they can explore with their hands and work on fine motor skills



# Twelve Months



- ❖ Cognitive Dev
  - Play mimic games- babies learn by copying people so provide lots of opportunities for this
  - Read stories and have the child point to objects in the story
  - Have dump and fill buckets since children like to dump to throw objects at this age
- ❖ Physical Dev
  - Set favorite toys on a coffee table so baby is able to practice pulling up to grab it
  - Have toys/rocks in a bucket and have them place item into a muffin tin
  - Paint with water on colored piece of paper to improve pincer grip
- ❖ Language and Communication Dev
  - Ask where different body parts are and have them point to them
  - Play with telephones and have the babies talk on them
  - Sing songs together

- ❖ Social and Emotional Dev
  - Play cooking with a toddler and have back and forth conversation
  - Play with toys with them so toddler practices sharing toys
  - Look through photos with toddler in them and ask them to point to themselves
- ❖ Language and Communication Dev
  - Ask toddler to tell you a story
  - During conversations repeat sentences back to them correctly (Ex: Toddler- "mommy go..." Me' "Yes, mommy is going to the store")
  - Play with magnet letters on fridge, as the child puts them up say the same of the letter to them so they are able to start recognizing these

- ❖ Physical Dev
  - Magnetic fishing game- helps with eye hand coordination (toddler has a magnet on the end of a fishing pole and magnets on fish to catch them)
  - Placing hair ties around dolls legs or a doll
  - Inserting colored craft sticks into a box with holes

# Eighteen Months



# Two Years



## ❖ Physical Dev

- Kick and throw a ball back and forth
- Build block towers
- Have different boards with snaps and zippers on them

## ❖ Cognitive Dev

- Matching puzzles
- Name pictures and characters in a book
- Provide activities with directions like "pick up ball and put it away"

## ❖ Language and Communication dev

- Red Light, Green Light game - run when green, walk when yellow, stop when red
- Follow the Leader
- "Name the thing" - point to objects and have the toddler name them

- ❖ Cognitive Dev
  - Read a story and ask how, what, where, etc questions
  - Sort by shape, size, color
  - Adult play like reading, talking on the phone, cooking, playing school, tucking toys into bed
- ❖ Language and Communication Dev
  - Treasure hunts- works on naming items, describing items, taking turns when talking
  - Meal game - (ex: child: "No more" parent: "No more? No more food?" child: "No more food" parent: "No more food! Good talking.")
  - Organize - Ex: parent asks child to take off coat and hang it up - this works on listening skills and two step directions
- ❖ Physical Dev
  - Balance walking on a "plank"
  - Make a people in my household drawing
  - Star jumping - have colored dots on floor to jump with two feet to and when they reach a star on the floor they jump straight up



Three Years



#### ❖ Cognitive Dev

- Act out favorite stories we've read together
- Practice naming color activity with blocks
- Three step direction activities - put the ball away, grab your snack, and sit at the table

#### ❖ Social and Emotional Dev

- Play games with peers and learn to take turns
- Create emotions with playdough on paper cut out heads
- Match emotions cards with peers in the room and talk about those emotions

#### ❖ Physical Dev

- Obstacle course - climb under table, hop on one foot, hold a ball over your head while rolling on the floor, etc
- Play catch or bounce a ball back and forth
- Build tall towers and castles



Four Years





Five Years

- ❖ Cognitive Dev
  - Group animals, people, flowers activity
  - Rote count numbers activity
  - Place the ball under, in, next, on top the box
- ❖ Physical Dev
  - Draw detailed pictures of themself each month
  - Cut and glue favorite things poster
  - Brain flakes building time
- ❖ Language and Communication Dev
  - Ask open ended questions after reading a story. Ex: How did that happen? Why did the character...? How would you fix the broken waggon?
  - Finger play activities to pretend play and converse with their peers
  - Play I Spy

# Kindergarten

- ❖ Social and Emotional Dev
  - Read a story and talk about feelings of the characters
  - Make a green, yellow, blue, and red emotions chart
  - Act out scenarios of bullying and how to be a nice friends
- ❖ Language and Communication Dev
  - Memory games with several pieces - listening to objects, naming pictures
  - Telephone game - listening to our neighbors and practice saying phrases
  - Story stones - create stories with the different characters on stones

- ❖ Physical Dev
  - Simon says-, run, jump, skip, gallop
  - Dance party in place (develops personal space)
  - Roll the dice and hopscotch to the number

