Play Cards

There is an opportunity for learning in everything you do together.

Here are ideas for play, age by age.

0-6 MONTHS

• When getting dressed, help baby practice grasping by offering clothing items to hold onto.
• Point to pictures and vary your tone of voice while reading together.
• Do tummy time! Put a mirror in front of baby so she can see facial expressions.

6-12 MONTHS

• While getting dressed, play peek-a-boo with clothing to help baby learn that things they can’t see still exist!
• At mealtime, encourage picking up food using the pincer grasp (pointer and thumb).
• During playtime, stack and count plastic cups or rings, or use a shape sorter.

12-24 MONTHS

• Continue trying new foods and talk about their textures and tastes.
• During story time, invite participation and sound making (“What does the dog say?”).
• Explore sounds by using pots and pans as musical instruments!

24-36 MONTHS

• When getting dressed, offer a choice between clothing to encourage independence.
• Play Simon Says during bath time to help learn body parts (“Simon Says, wash your elbow!”).
• Build with blocks! Count them and talk about their shape and color.
• At bedtime, talk about what happened that day and things that were learned.

3-6 YEARS

• While getting dressed, talk about clothing for different weather.
• Have your little breakfast helper carefully pour cereal or count out plates for the table.
• At bath time, test if different objects will sink or float.
• Play games that involve turn taking, like charades.

For more resources, go to SesameStreetInCommunities.org