

# Development



## Listed below are some activities to help your child's muscles and brain develop.

### Small Muscle Development and Problem-Solving Skills

- Help your child write his or her name, short words, and numbers.
- Encourage your child to draw, count, sort, cut, paste, and play with puzzles.
- Play counting games with your child.
- Help your child understand the order of events by making something like gelatin, popcorn, or toast together. First, lay out all the things you will need. Then help your child decide which step comes next in preparing the food.
- Let your child pretend to sell things like toys or magazines. Make play money to use.
- Help your child start a hobby of collecting things like shells, rocks, etc. Help your child count and arrange his or her collection.
- Help your child cook using simple recipes, such as cookies from a mix. Talk with your child about measuring and stirring. After you have finished cooking, wash and dry dishes together. Praise your child for a job well done.

- Put a calendar in your child's room to help your child begin to learn about the months, days, and weeks. Together, mark important dates on the calendar. Help your child count the days, weeks, or months until those dates.
- Help your child learn to tell time. Use a clock with moving hands. Point the hands to important times (such as lunch, bedtime, and so on). Once your child learns the time on the hour, show your child half hours and quarter hours.
- When your child can read numbers, teach your child to measure items using a ruler or measuring cups.

### Large Muscle Development

- Encourage your child to play games, both alone and with friends. Games such as running, jumping, playing with a ball, hopping, and balancing help large muscles grow.
- Teach your child how to use riding toys safely. Be sure your child understands and obeys safety rules. Always have your child wear a helmet and safety gear when riding.

Child's Name \_\_\_\_\_

School Nurse \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_

School Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_



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