

Your child is learning new things and developing at a rapidly changing pace. As a result, it is important to encourage the development of your child's language skills, social-emotional skills, gross and fine motor skills, and early learning skills. Children develop at different rates and learn best when they have daily opportunities to develop and practice these skills. Exposure to these skills during play allows for this development to occur naturally. All of the following activities should be FUN and can be easily incorporated into your daily routine. You can't do all of these activities all of the time, so pick one or two activities a day. It is important to keep it simple and to make sure it is fun for your child, and for you.

Facilitating Speech/Language Development

Articulation

- ★ use mirror play to encourage different lip and tongue movements in fun ways (i.e. fish faces, puckering lips, move tongue up, down, in, out)
- ★ slow down simple songs and finger plays, emphasizing the targeted sounds
- ★ provide simple cues for the targeted sounds
 - ★ F,V - bite your bottom lip gently
 - ★ S - cue as the snake sound
 - ★ Z- cue as the bee sound
 - ★ TH - gently bite your tongue
 - ★ L - tongue up behind top teeth
- ★ emphasize the targeted sounds at the beginning of words
- ★ when reading a story, emphasize the words and pictures that begin with the targeted sound
- ★ cut out pictures that start with the targeted sound and create a picture collage to help your child practice saying the words

Language

- ★ read to your child daily, as repetition of favorite stories is a great learning tool
- ★ practice nursery rhymes, familiar songs, and finger plays (i.e. "Jack and Jill", "Itsy Bitsy Spider")
- ★ build SIMPLE direction following into your

daily routine and include the concepts of (in, out, under, up, down, off, little, etc.)

- ★ visit the public library
- ★ let your child retell a familiar story using the pictures of the book
- ★ play "I Spy" to help build vocabulary, description, classification, and listening skills
- ★ ask questions about the story (i.e. who, what)
- ★ talk about what happened first, last, or what might happen next in the story
- ★ emphasize and play with rhyming words

Strengthening Activities: Strength and stability throughout the body are necessary for the development of both fine and gross motor skills

Tummy Time

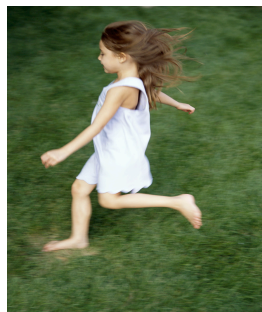
- ★ laying on the tummy while playing games or listening to stories

Large Muscle Activities

- ★ playing on the jungle gym for swinging, hanging and climbing activities
- ★ pushing and pulling heavy objects, such as a stroller or wagon
- ★ carrying a heavy bucket of sand, watering can, or backpack of books
- ★ wheelbarrow/crab walks

Endurance Activities

- ★ long walks without a stroller
- ★ playground activities
- ★ swimming/water play
- ★ running activities



Gross Motor Activities

Jumping

- ★ practice with 2 hands held on various surfaces

Tricycle Riding

- ★ begin with feet on the ground and advance to pedals
- ★ assist by alternately pushing on your child's thighs rather than on their back to help them

Stair Climbing

- ★ begin with child using one hand on the rail or wall and 2 feet on each step

- ★ progress to one foot on each step going up
- ★ development of alternating feet going down stairs is more of an advanced skill

Ball Skills

- ★ play with a variety of shapes and sizes of balls, beginning with large balls and progressing to smaller balls or bean bags
- ★ include activities such as target games or bouncing and hitting a ball or balloon with an open hand or paddle

Body Awareness and Balance

- ★ play "Simon Says" or create obstacle courses (over, under, through) for your child

Fine Motor Activities

Grasping and Manipulation

- ★ threading, lacing, or stringing activities (using beads, noodles, etc.)
- ★ playing with silly putty, clay, or play-doh
- ★ playing games that use cards, coins, pegs
- ★ building items with blocks or legos
- ★ playing with puzzles

Pre-Writing Skills

- ★ drawing on vertical surfaces, such as an easel or a chalk board
- ★ to encourage correct hand grasp, children should use short crayons or chalk and hold the item between their thumb and first two fingers
- ★ use books with mazes and do tracing and coloring activities
- ★ trace and copy lines and shapes using a variety of writing tools and paper, as well as drawing in sand or with chalk



Scissors Skills

- ★ teach proper grasp with thumb facing up
- ★ practice snipping straws, thicker paper, and play-doh

Ways to Increase Basic Readiness Skills

Identify body parts

- ★ in the mirror, point to different body parts
- ★ in the bathtub, wash each part as you name it

- ★ when getting dressed, talk about where the socks go, the shoes go, etc.
- ★ when playing with dolls or stuffed animals, name their different body parts

Color Recognition

- ★ label colors for children in books
- ★ talk about colors in your child's environment (grass, sky, flowers, cars, etc.)
- ★ when coloring with your child, request specific colored crayons from them
- ★ sort colors using toys (blocks, cars) or food (jellybeans, M&Ms)



Ways to Develop Math Skills

Sorting

- ★ sort by color, size, shape
- ★ sort everyday items within your home (blocks, utensils)

Shapes

- ★ identify common shapes
- ★ point out shapes in books and everyday objects (i.e. windows, fruit, table, clock)

Size

- ★ point out small/large objects (i.e. that dog is small, while that one is large)
- ★ request big/little objects (i.e. hand me the little block)

Counting

- ★ count out snacks as you give them
- ★ count stairs as you walk up or down
- ★ practice counting with/without objects in view
- ★ ask the child to give you one object, then ask for one more, two, three, etc.

Ways to Develop Literacy Skills

Read

- ★ read to your child daily
- ★ talk about pictures in the story
- ★ ask questions about the story

Letters

- ★ sing and say the ABCs
- ★ point out your child's name in print
- ★ identify letters in books/daily environment
- ★ spell out your child's name in letters/magnets



Ways to Develop Social-Emotional Skills

Play

- ★ play with a variety of age appropriate toys
- ★ engage your child in parallel play with other children
- ★ have your child interact with children at the park, story times, play groups, etc.
- ★ engage your child in cooperative play

Attending Skills

- ★ have your child make eye contact when interacting with peers/adults
- ★ help your child play with a toy for a specified period of time and slowly increase that time
- ★ have your child participate in small group activities (i.e. play dates)
- ★ have your child participate in large group activities (story times, play groups, etc.)

What if I have been doing these activities and my child does not seem to be making any progress or I think he/she may have a developmental delay?

If you have concerns about your child's development, the Burlington Area School District offers preschool screenings for children ages birth to five. Children can be screened in the areas of speech/language skills, gross and fine motor skills, early learning skills, and social-emotional development.

Who should I contact to find out when developmental screenings are offered?

Please contact:

Kathy Merlo, Program Support Teacher at (262) 763-0210 ext. 211

(information adapted from www.mnsd.k12.wi.us)

Activities to Help Children Grow and Develop

Burlington Area School District



Director of Special Education:
Gail Spitzenberger

Program Support Teachers:
Kathy Merlo
Colleen Wagner

Early Childhood Teachers:
Michelle Konczak
Sue Weimer

<http://sped.basd.k12.wi.us/>