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Each page is divided into three sections:

Section One: Celebrate your baby's Developmental milestones!

This section will contain an overview of typical abilities and play interests of young children - in the motor, perceptual-cognitive, and social-linguistic domains. You can use this background information as a guide for choosing appropriate play materials and play experiences for your baby. Remember - not all children will fit these average patterns or demonstrate all of these abilities and interests. Children have a range of individual differences which makes each one unique!

Section Two: Play with your child!

Your baby's desire to play is your greatest resource for teaching and encouraging cognitive, fine-motor and gross-motor development. Playing with your baby will reveal his interests to you, and nourish his intelligence and imagination.


Each of the activities or play experiences in this section will in some way relate to and encourage the developmental milestones discussed in section one of the same page. These activities are quick and easy! Your time is precious now.

Play with your baby! These moments of joyful togetherness will support the process of his social and language development, creative expression and information-processing skills.


Section Three: Share your memories!

This section is a small gift that you can give to yourself. Your baby will be grown up so quickly, and memories of his infancy will fade with time. Take just a moment to record these little milestones. They are precious, and reading them years from now will warm your heart.


So, **celebrate** each day with your child, **play** and be joyful (life is good!), and **share** your memories with the future you!

5-6 years 

Celebrate!
Celebrate your five-year-old's creativity and artistic abilities.
By age five, children will enjoy copying designs with blocks and tiles as well as creating patterns. Through this age range, children continue to enjoy colour cubes, colour forms, magnetic form boards and pegboards. They can construct patterns using mosaic blocks and tiles, felt boards, plastic shapes, paper shapes and strips, and block printing equipment.

By 5 to 6 you will observe that your child:
Will enjoy block printing materials
Will enjoy print making materials (shapes, letters, numbers)
Will enjoy working typewriters 

Play!

Paper Mosaics
Why this playtime activity is good for your child: Using paper cut outs to create colourful mosaics is easy and fun. It will give your child an opportunity to balance colours and create original patterns.
What you'll need to play this activity: simple, boldly outlined pictures with five to eight sections; construction paper; glue stick; child safety scissors
How to make Paper Mosaics: Ahead of time, cut three centimetre squares of coloured construction paper. Keep the same coloured cut-outs together. Find an interesting picture that will work well to create a mosaic. Colouring books have pictures that will work well to create a mosaic. Instead of colouring the picture, show your child how to glue on paper squares to fill in each section of the picture. Cut or tear pieces to fit along the edges.
Variation: Make mosaics with coloured pastas, beans, coloured rice, split peas etc. Begin by pasting the picture on cardboard so it will be sturdier. Use rubber cement. Use the glue brush to fill in a section with rubber cement. Then cover that area with beans, rice etc. Repeat in another section. When the mosaic is complete, let it dry. Then carefully shake off the excess material. 

Share!
When you were five years old and you made your first mosaic, it looked like this:

IFA-30026 My Five Year-Old

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Celebrate!



Celebrate your five-year-old's gross motor development.

At age five children's gross motor activities are well developed. Children this age are poised and controlled physically. Their eyes and head move simultaneously as they direct their attention to something.

By 5 to 6 you will observe that your child:

- Can handle a full-size wagon, can balance and steer a scooter
- Will be able to descend stairs and skip with alternating feet
- Will begin learning how to turn and skip a rope

Play!



Jump Rope

Why this playtime activity is good for your child: Jumping rope is good exercise and improves coordination skills.

What you'll need to play this activity: jump rope

How to play *Jump Rope*: Begin by teaching your child to jump an imaginary rope. Hold the imaginary rope out to the sides of the body at shoulder height. Turn the imaginary rope and jump up with both feet off the floor at once when the pretend rope is on the floor. When a real rope is introduced, have your child turn the rope slowly and step over it, and keep repeating this process until it is comfortable to move hands and jump at the same time. Practise this basic activity before actually trying to jump over a fast moving rope. When your child can jump rope, recite some of the rope rhymes while she jumps. Jumping on the accented beat (bold syllable or word), try some of the rhymes below. Talk to grandparents and aunts and uncles to find out jump rope rhymes used when they were children. Teach your child these rhymes too.



*To **mar**ket, to **mar**ket,
To **bu**y a plum **ca**ke,
Home again, **ho**me again,
Market is **la**te,
To **mar**ket, to **mar**ket,
To **bu**y a plum **bu**n,
Home again, **ho**me again,
Market is **do**ne.*

*I love my love with an **A**,
Because he is **a**greeable.
I love my love with a **B**,
Because he is **b**autiful!*

Share!

When you first learnt to jump rope, you enjoyed:



Celebrate!



Celebrate your five-year-old's fine motor skills.

Playing with most types of interlocking building systems such as fitting notched logs, interlocking cogs, snapping or pressing together plastic bricks (such as Lego™), inserting flat pieces into slots, using nuts and bolts, connecting straws and popping tubes together will all improve your child's emerging eye-hand skills, and as he 'works' to create interesting constructions, his self-esteem will grow.

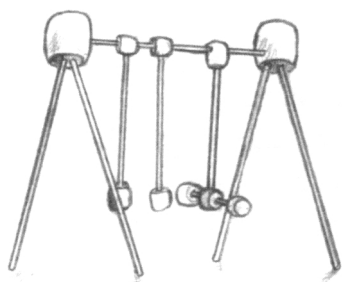
By 5 to 6 you will observe that your child:

- When drawing, will hold the paper in one hand and the pencil or crayon in the other
- Will enjoy building complex structures with many small blocks
- Will still enjoy playing with small wooden blocks

Play!



Kitchen Cupboard Construction



Why this playtime activity is good for your child: Providing a broad range of opportunities will give your five-year-old an opportunity to explore all his abilities and celebrate his creativity.

What you'll need to play this activity: an assortment of foods that can be used for building (See individual projects to note materials needed.)

How to play *Kitchen Cupboard Construction*: Use foods and food-related objects for construction. There are hundreds of ways to combine foods for building materials; below are two projects you will want to try with your child.

Marshmallow Tinker Toys - Use spaghetti pasta to connect miniature marshmallows and grapes to create various constructions. Break the pastes into different lengths. For a variety use coloured marshmallows and regular-sized marshmallows. For sturdier construction, dip each pasta end in white glue before sticking it into a marshmallow or grape.

Biscuit Barns - Use icing to connect square cracker-type biscuits to create a building. Mix confectioner's sugar with a few drops of water (enough to make a paste). The icing can be used as mortar to hold the walls of the building together. Use with miniature farm animal figures or animal biscuits.

Share!



When you were five years old and we built things with food, you liked to:

Celebrate!



Celebrate your five-year-old's abilities and play interests.

Five-year-olds can successfully manipulate dolls with articulated limbs and have increasing interest in accessories (clothes and caregiving materials) for incorporation in pretend play. By age five, children develop the manual dexterity to dress and undress dolls if the garments are simple and the fastenings are large.

By 5 to 6 you will observe that your child:

- Will enjoy playing with child-proportioned dolls with features and skin tones representing different races
- Will enjoy dolls with doll clothes (closed by Velcro, large hooks and loops, or snaps and buttons; culturally relevant)
- Will especially enjoy dolls that she makes

Play!



Pocket People

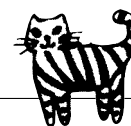


Why this playtime activity is good for your child: When youngsters create their own toys, they practice creativity while gaining a sense of pride and accomplishment.

What you'll need to play this activity: non-clamp clothes pegs; fine tip black marker; coloured pipe cleaners; string or ribbon; fabric scraps such as velvet or felt; child safety scissors; white glue

How to make *Pocket People*: Ahead of time, use the fine-tip black marker to draw tiny eyes, nose and mouth on the top rounded portion of the clothes peg. Show your child how to use the pipe cleaners to create 'arms' for the doll. Attach at the base of rounded portion of clothes peg. Starting under the doll's 'arms', wrap string around and down the doll. If you are making a man doll, wrap the string around and between both sections of the lower part of the clothes peg to represent pants. Use a square of felt or velvet cloth with a hole big enough to slip over the doll's 'head' to make a cloak, shirt or dress for the doll. Tie the cloth at the waist with ribbon or string. Let your child use her imagination for adding details to the doll. Make several. These dolls are small enough to fit inside a pocket and can be carried everywhere.

Share!



When you were five years old and you made a clothes peg doll, it was: