



## WHY OUR RELATIONSHIP MATTERS:

*I am beginning to understand who the important people in my life are. You are a very important part of my development. When you consistently respond to my needs I learn that I can trust you to be there for me. You know when I need to be fed, changed or just held. Just like how you read my cues, I am learning to read your facial expressions and your tone of voice, but I also notice when you seem angry which can sometimes scare me. When you make eye-contact with me, and get down to my level it helps me interact with you. You play with me when I am happy, and you hold me when I am sad, this lets me know that you care about me which creates our bond. This special bond helps me grow.*





# HOW I UNDERSTAND YOU AND TALK TO OTHERS



What I can already do	My next goal	How you can help me reach my goal
I am making “ba-ba” sounds!	I will engage in back and forth babbling with my caregiver.	<p>When spending time with me begin to talk to me in a give and take conversation style. Let me babble for a few moments, and when I stop, talk back to me like we are having a conversation. You can say things like “Oh really, _____”, and “tell me more!”</p> <p>Find times when I am the most vocal. This might be during mealtime or when I wake up from my nap. Use these times to engage in back and forth babbling with me and repeat the sounds I make.</p> <p>Include some toys that make noise in my play such as a rattle, squeak toy, or talking doll. I might talk a little more when I can listen for other objects. Then you can imitate my actions with objects and sounds.</p>

### **Why this is important:**

*Engaging in communication where we give and take sets me up for later conversations in life. I will learn that when I stop talking, you start, and when you stop talking, it’s my turn! The more you talk to me throughout the day, the more I learn so talk about the world around me.*



# HOW I MOVE MY BODY



What I can already do	My next goal	How you can help me reach my goal
I can roll over!	I will begin to crawl!	<p>When I am in a crawling position, brace my feet with your hands so I can push myself off your hands. This will help me begin to move forward.</p> <p>Place me against furniture and shake a toy in front of me. I will use the furniture to push myself off and help me get that toy!</p> <p>When I am in a crawling position, I may roll over. Gently move me back into place before I roll over. Do these exercises with me <b>every 2 hours.</b></p>

### **Why this is important:**

*Encouraging me to crawl is helping me develop my big muscles! It may be a little tricky so I need your help every day! Soon enough, I'll be moving around all on my own.*



# HOW I USE MY HANDS



What I can already do	My next goal	How you can help me reach my goal
I can pick up my toys!	I will hold toys in both hands!	<p>When I am in my high chair, give me two blocks that I can bang together to bang on the table. Put one block in each hand and I will enjoy seeing what kind of noises I can make.</p> <p>Provide me with noise making toys like little maracas that I can hold in each hand and shake. Encourage me to shake them when we play.</p> <p>Spread some blocks out on the ground. Let's see what we can build! Give me lots to choose from, so I can explore more than one in each hand. Engage in play with me so we can use our imagination together.</p>

### **Why this is important:**

*Learning to use my hands to do things like transfer objects from one hand to the other, and building things using blocks are so important to my development. I am becoming more and more independent as I learn to master these kinds of skills. Practice makes perfect so the more opportunities you give me, the better I'll get!*



# HOW I EXPLORE AND FIGURE THINGS OUT



What I can already do	My next goal	How you can help me reach my goal
I like to put my toys in my mouth!	I will explore my toys and what they can do.	<p>During bath time provide me with a bubble wand and bubble mixture so I can blow bubbles while I am in the tub. Encourage me to blow bubbles through the bubble wand. This will help me learn that when I blow through the bubble wand bubbles come out.</p> <p>Provide me with a pop up toy that when I push the button on the toy the figure will pop up. As I am playing with the toy say, “what happens when you push this button?” Encourage me to push the button on the toy.</p> <p>Provide me with toys like a shape sorter or other simple matching games. Encourage me to figure out where each shape goes. Praise me whenever I try or get it right!</p>

## **Why this is important:**

*Exploring what my toys can do will help me improve my problem solving skills. This will also help me develop my imagination! When you encourage me to figure things out, I feel confident that I can do it!*



# HOW I SHOW FEELINGS & ACT AROUND OTHERS



What I can already do	My next goal	How you can help me reach my goal
I can grab my feet when I am lying down!	I will move to get a toy that is out of my reach.	<p>When we're lying on the ground playing, move one of my favorite toys away from me so I can begin to move around to get it.</p> <p>When I am in a crawling position, move noise making toys out of my reach. Encourage me to get that toy! Make noise with the toy and make eye contact with me so I can move to get it.</p> <p>Play with me by providing me with noise making toys. Put them in my hands and take them away. Do this while encouraging me with your words to get that toy! Dangle it over my tummy so I can reach for it with my arms.</p>

### **Why this is important:**

*Encouraging me to move to get a toy out of reach helps me with my problem solving skills because I am learning that I can use my body to get what I want. This will encourage me to begin crawling, and eventually walking.*

# Hand in Hand

## Growing Together Every Day

*This Developmental Support Plan* is full of activities created to help your child reach his/her developmental goals. These are activities you can do with your child during everyday routines such as:

- Meal time
- Story time
- Play time
- Tidy up time
- Walking and playing outside
- Quiet time



Remember, you are your child's favorite toy

This plan is for:  
**BABY**



### LET'S BABBLE!

When I am most vocal, babble with me in give and take conversation style. Say things like "Really Baby?" and "Tell me more!" Let me play with some toys that make noise and repeat the sounds back to me!

### WHAT DOES THIS DO?

Provide me with a pop up toy that when I press the button, a toy pops up! Provide me with toys like a shape sorter and encourage me to figure out where each shape fits. Praise me whenever I try and when I get it right!

### GET THAT TOY!

Move my toys out of my reach and encourage me to get them! Put me in a crawling position and shake noise making toys in front of me. Make sure there's nothing else around so I really want to move for that toy!

### I CAN CRAWL

When I am in a crawling position, brace my feet with your hands or place me against furniture so I can push myself off and begin to move! This is hard stuff so I may roll over, but if I do just gently roll me back into crawling position. Try this with me every 2 hours.

### BOTH HANDS!

Give me two blocks that I can bang together when I'm in my high chair. Give two noise making toys, one in each hand and encourage me to shake them! We can also spread some blocks on the ground and see what we can build.

### YOU ARE MY FAVOURITE TOY!

I've got a lot of toys, but you are my favourite one by far! Limit my toy choices to a few and play with me so I can learn and enjoy my time with you!