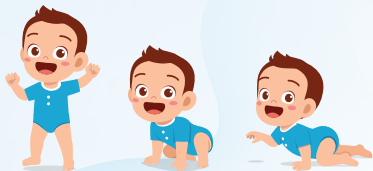


Early Stimulation Exercises to do at Home





What are the first 1,000 days? And why are they so important?

The first 1,000 days of a child's life are crucial for shaping their future, with rapid brain development happening at a rate unmatched later in life, according to UNICEF. Every experience, from touch to interaction, sparks brain activity and influences growth. Proper nutrition, health, and care during this period play a key role in their future success, well-being, and happiness. Investing in these early years is essential for a child's long-term health and success.

Early Months (0-2 months)

- ✔ Have skin to skin contact with your baby
- ✔ Spend quality time with your baby, talk to your baby and look into its eyes
- ✔ Let your baby experience new senses by showing him different colors and bright objects, take your baby out to different places and environments to see and hear new things
- ✔ 1-3-month-old babies see things best when they are between 20-30 cm away. By 3 months, babies have a greater range of vision.
- ✔ Avoid exposing the child to different colors to prevent confusion, whether in the form of toys or other materials.
- ✔ Refute some misconceptions, such as avoiding taking children to certain places or gatherings due to the prevalent belief in "envy."
- ✔ Stimulating games like hanging colored objects on the child's crib, playing white noise, and reinforcing with recitation.

Game to Play

Play with your baby's fingers, one by one. You can move around their little fingers very delicately, then Massage their hands and feet.

2 Months

- ✔ Cuddle, talk, sing, and play with your baby during feeding, dressing, and bathing
- ✔ Act excited and smile when your baby makes sounds and copy their sounds. Make sure you also use clear language
- ✔ Create a routine with your baby such as sleeping times, feeding times, reading time and play times
- ✔ Help your baby learn to calm themselves by giving them time to settle down, making routines for bed time and creating a calm quiet environment for your baby.
- ✔ Look at pictures with your baby and talk about them.
- ✔ Bring a baby safe mirror and put it in their crib as it allows the baby to gaze at herself and others in the reflection. It helps your baby learn how to focus her eyes and follow images
- ✔ avoid some societal beliefs about avoiding the child from seeing images or avoiding them seeing themselves through a mirror by reinforcing such practices.
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Game to Play

Place the baby face up again, show them colourful toys about 30 cm above them and move it from side to side so they can move their head.

4 months

- ✔ Hold and talk to your baby cheerfully
- ✔ Set steady feeding and sleeping routines
- ✔ Have quality times for reading or singing to your baby
- ✔ Give age-appropriate toys to play with, including rattles
- ✔ Provide safe opportunities for your baby to reach for toys and explore his surroundings
- ✔ Hold your baby upright with feet on the floor as she/he “stands” with support
- ✔ Make sure both parents are involved in playtime

Game to Play

Place a few toys around your child and allow them to reach out to get them



6 months

- ✔ Play on the floor with your baby every day
- ✔ Talk to your baby always and repeat your child's sounds
- ✔ Read from colourful books to your child every day. Praise them when they babble and "read" too
- ✔ When your baby looks at something, point to it and talk about it.
- ✔ Hold your baby up while they sit or support them with pillows. Let them look around and see their toys as they balance
- ✔ Put your baby on their tummy or back and put toys just out of reach. Encourage them to roll over to reach the toys.

Both parents should take turns in supporting early stimulation of their child

Game to Play

Provide fun bath toys that are for dunking, measuring, floating and pouring. Plastic milk bottles and food containers work well for this. Talk to your baby and spend quality time playing and making bath time fun and stimulating.



9 months

- ✔ Play, talk, smile and laugh with your child. Say what you think they feel.
- ✔ Move colourful objects and observe if the child moves their eyes with it
- ✔ Mimic some of your child's movements and sounds
- ✔ Give some simple verbal requests like raise your hand, or where is your nose?
- ✔ Continue with routines; they are especially important at this age
- ✔ Ask for behaviours that you want. For example, instead of saying "don't stand," say "time to sit."
- ✔ Provide lots of room for your baby to move and explore in a safe area, stay close so they know that you are near.
- ✔ Put your baby close to things that they can pull up on safely.

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Game to Play

Play with stacking blocks and toys that your baby can roll or push across the floor



12 months

- ✔ Let your child play with objects they can touch and feel. Try hiding some small toys and have your child find them
- ✔ Respond to sounds made by your child and build on what your child says or tries to say.
- ✔ Give your child lots of hugs, kisses.
- ✔ Talk to your child about what you're doing. For example, Mommy is washing your hands with soap and water
- ✔ Read with your child every day. Have your child turn the pages
- ✔ Ask your child to label body parts or tell you things you see while driving in the car
- ✔ Sing songs with actions, help your child do the actions with you
- ✔ Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise
- ✔ Provide lots of safe places for your toddler to explore

Game to Play

Read to your baby daily and use different voices for different characters or make the sounds of different animals.



18 months

- ✔ Provide a safe, loving environment. It's important to be consistent and predictable.
- ✔ Play, sing, read, and talk with your child every day. Use simple, clear phrases and many adjectives and ask simple questions. Make sure to name people and objects and sound out words with a lot of hand gestures
- ✔ Play with blocks, balls, puzzles, books, and toys that teach cause and effect and problem solving. Try blowing bubbles and let your child pop them.
- ✔ Respond to attempts by your child to talk
- ✔ Praise good behaviours more than you punish bad behaviours.
- ✔ Describe feelings and emotions.
- ✔ Encourage empathy by talking about other people's feelings and reading stories about feelings.
- ✔ Copy your child's words.
- ✔ Name pictures in books and body parts.
- ✔ Provide toys that they can push or pull safely as well as balls for them to kick, roll, and throw.
- ✔ Allow and encourage your child to drink from their cup and use a spoon, no matter how messy.
- ✔ Take your child to parks and play with them in the open air. Don't leave your child in care of young children.

Both parents should take turns in supporting early stimulation of their child

Game to Play

Take your baby to children playground and allow them to climb structures, play with dough and interact with other children

24 months

- ✔ Spend quality time with your children
- ✔ Encourage your child to talk and respond to your child's attempts at speaking
- ✔ Ask your child basic questions
- ✔ Let your child look at nature and pictures and talk to them about it
- ✔ Teach your child to wear their clothes and shoes

Game to Play

Read books with colours and textures, encourage your child to flip the pages with you and think of what will happen next in the story, Have a discussion about what they think of the story and the different behaviours and feelings.



24 Months +

- ✔ Help your child know letters and numbers
- ✔ Help your child name things and compare them, identify colours and animals and name them
- ✔ Encourage your child to talk by talking to your child more and asking them questions, giving them a chance to make their own food order when you are in a restaurant
- ✔ Teach your kid stories, and sing songs for them
- ✔ Provide age appropriate games like puzzles and colouring books
- ✔ Help develop self-confidence and self-esteem by encouraging your child

Game to Play

Take your child to the garden and making her help you plant some seeds explaining how planting works



Milestones Development

