



## Early Childhood Development

Love, play, and communication

IMC Ethiopia 2013

MELKADIDA.

CNC1: ZONE: A,B,E,F,G,J.

CNC 3: ZONE: C,I,H,R,M,D.

CNC 2: ZONE: O,S,N,K.

CNC 4: ZONE: T,Q,L,P.

## **CARD 1: CHILD GROWTH AND DEVELOPMENT**

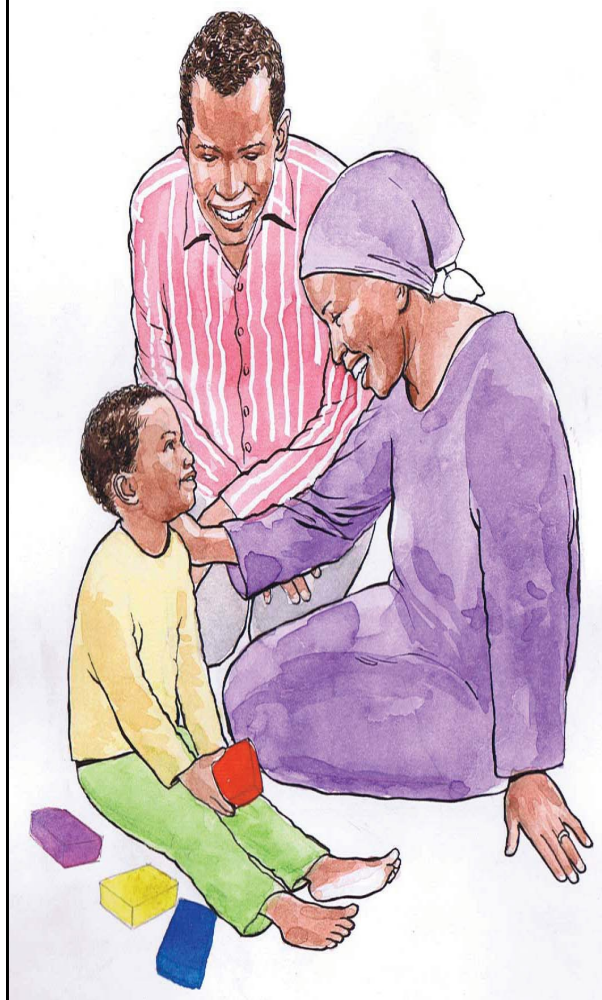
**KEY MESSAGE: CHILDREN NEED NUTRITIOUS FOOD, CARE AND LOVING ATTENTION TO KEEP THEM HEALTHY, AND ENABLE THEM TO GROW INTO HAPPY, INTELLIGENT HEALTHY ADULTS**

- A baby needs **love, attention and stimulation through play and communication, as well as good nutrition in the first three years of life.** This will make his/her brain grow better and s/he will be able to learn, develop and relate to others better later in life.
- As a tree needs water, soil, sunlight, protection etc. to grow, similarly child needs food, clothes, protection, water, light, care in addition to **love, play and communication.**
- A child's brain tends to be less healthy if the child is not loved, nourished or cuddled.
- Children start learning from the moment they are born and parents are their first teachers.
- When the mother is sensitive and emotionally responsive to child's needs and helps her baby grow into happy, healthy, intelligent individual is **GOOD MOTHER CHILD INTERACTION.** It helps the brain develop and a baby develops into a healthy intelligent child.

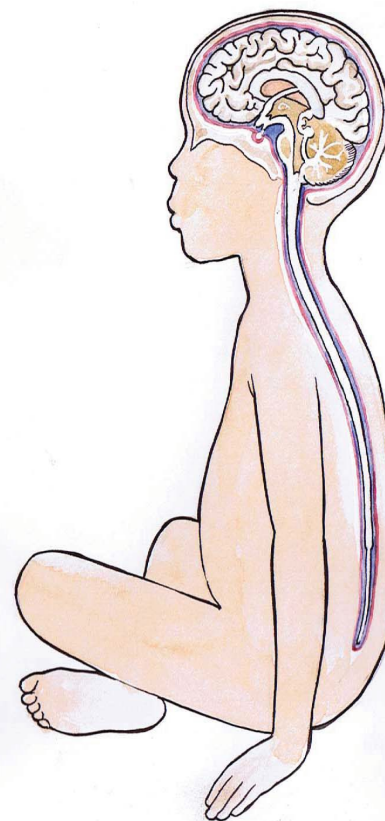
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## **CARD 2: PLAY A: WHY IS PLAY IMPORTANT?**

**KEY MESSAGE: PLAY IS NOT A WASTE OF TIME. IT IS ESSENTIAL FOR THE CHILD TO DEVELOP HIS/ HER BRAIN AND BODY. PLAY IS A MEANS TO DEVELOP GOOD MOTHER-CHILD INTERACTION.**

### **Picture 1**

- When mothers start playing with children they provide attention, smiling and warm touch for the child. It is a chance to show love.

### **Picture 2**

- Play is an opportunity for a child to learn new words.
- Through touching, looking, and exploring a child learns about its world.

### **Picture 3**

- Children have to concentrate to complete even simple games. This is good practice for paying attention in school.
- Children learn skills such as eye hand coordination in ball games, and fine motor skills when drawing or writing. This will later also help with school.

Children learn that having rules makes games fairer and more fun. This is a life skill.

### **Picture 4**

- Play helps a child discover who they are and what they like to do best. Children can be anything and anyone.

### **Picture 5**

- Children learn to make choices between several things and that choices have consequences.

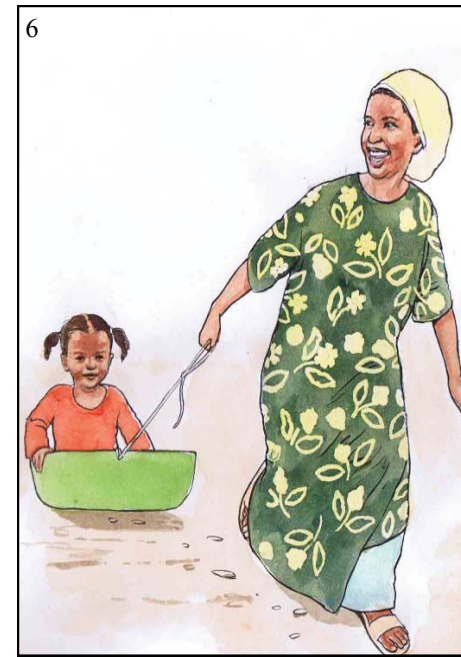
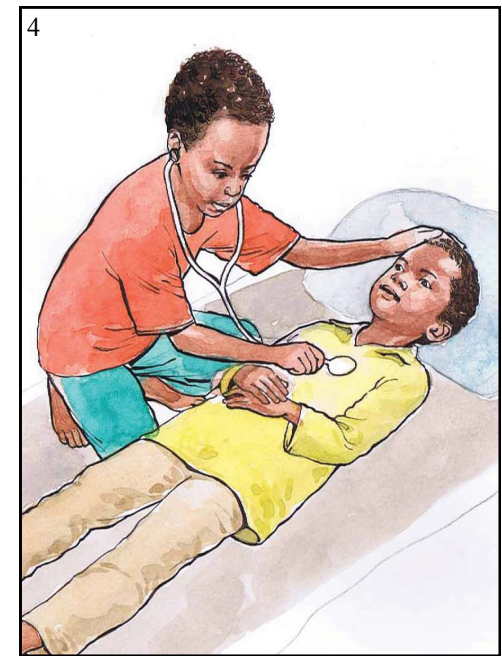
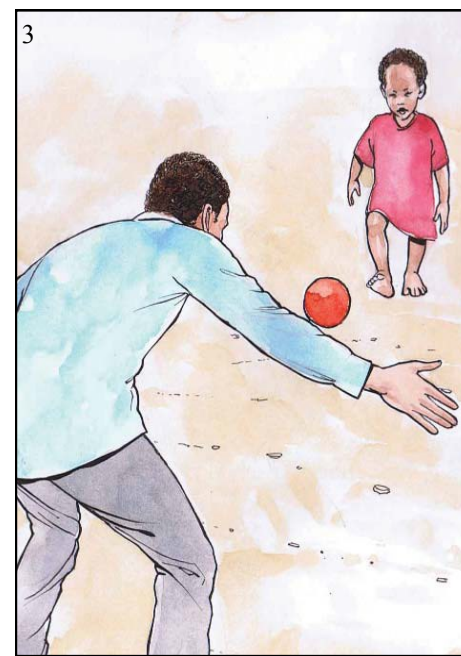
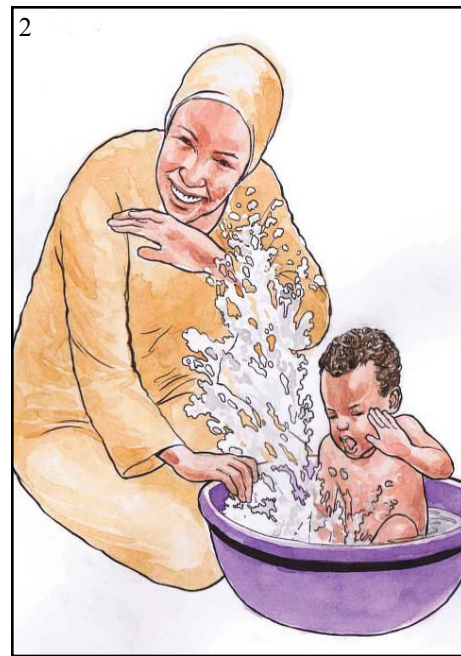
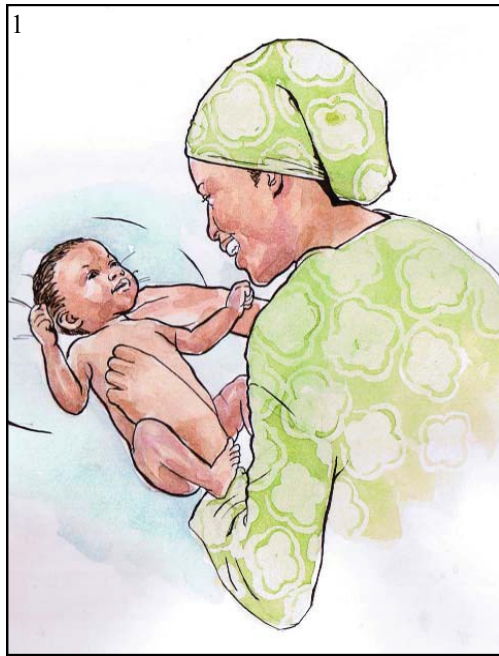
### **Picture 6**

- Learning how to share and get along (play) with others

### **Picture 7**

- Before they can talk, small children may cope with difficulties in their lives by dramatizing them in play



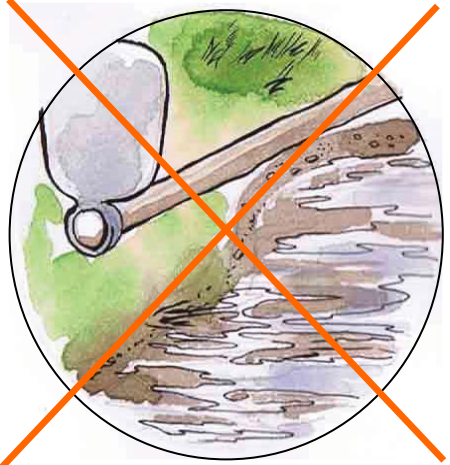
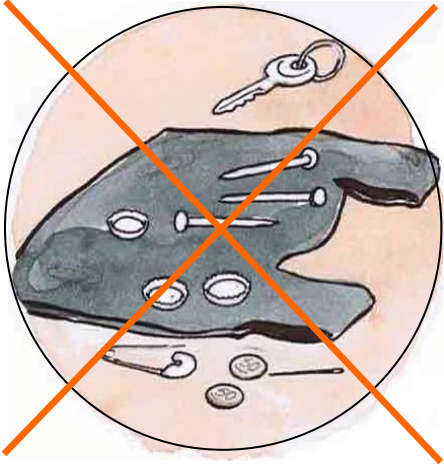
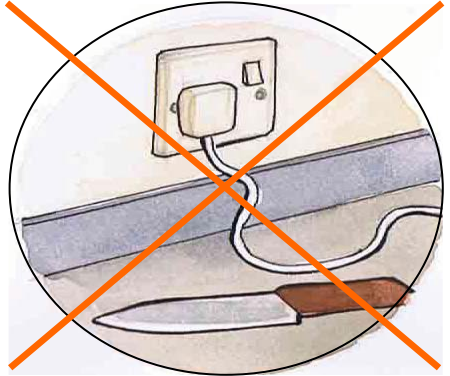
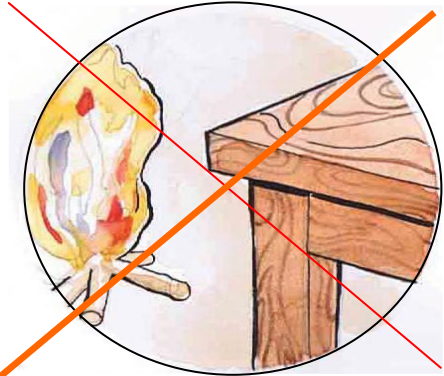
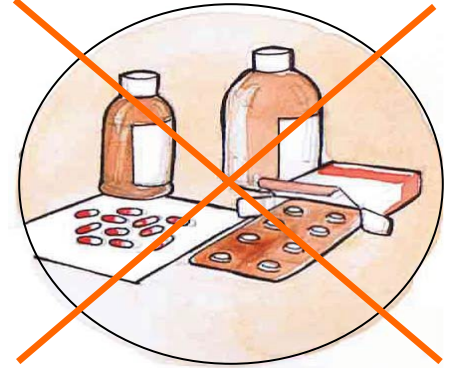
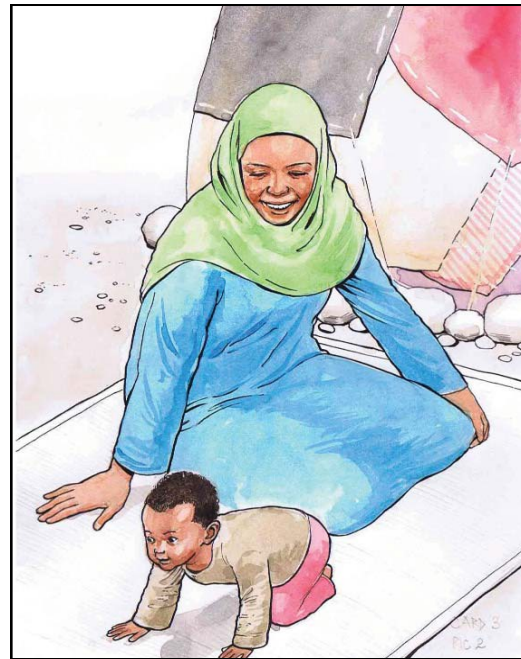
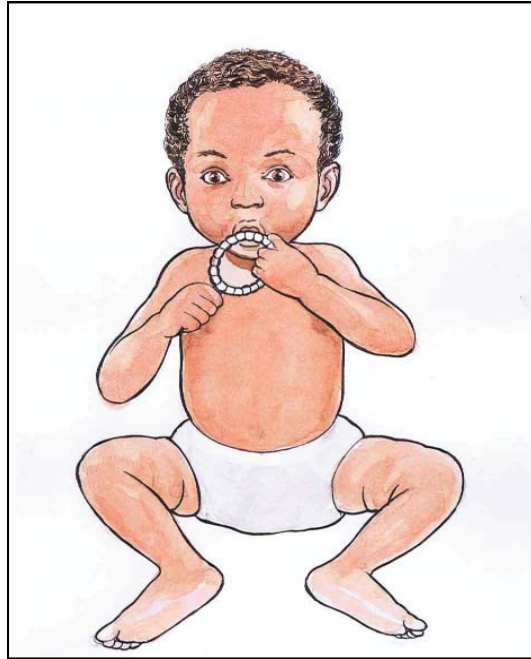


### **CARD 3: PLAY B: HOW TO PLAY WITH YOUR CHILD**

**KEY MESSAGE: PROTECT CHILDREN FROM INJURIES AND ACCIDENTS WHILE THEY ARE LEARNING TO PLAY AND LEARN HOW TO PLAY WITH THEM**

- When a child wants to play with something that is not safe or not clean, exchange the object for something that is safe and clean.
- Every activity is an opportunity to play. Washing, cooking, grinding, sweeping
- There is no right and wrong way to play
- Children like repetition: this is their way of learning and understanding that some things don't change.
- Don't control the play. If an infant is playing with blocks, don't show him/her how to do it. Support and encourage him/her if it is having difficulties, and praise what it does.
- Make sure that there is no glass object, fire, small objects (keys, nails), medicines, electric sources, sharp things (knives) in play area of the child.
- Make sure there is always one person attending the child at play time.





## CARD 4: TOY MAKING

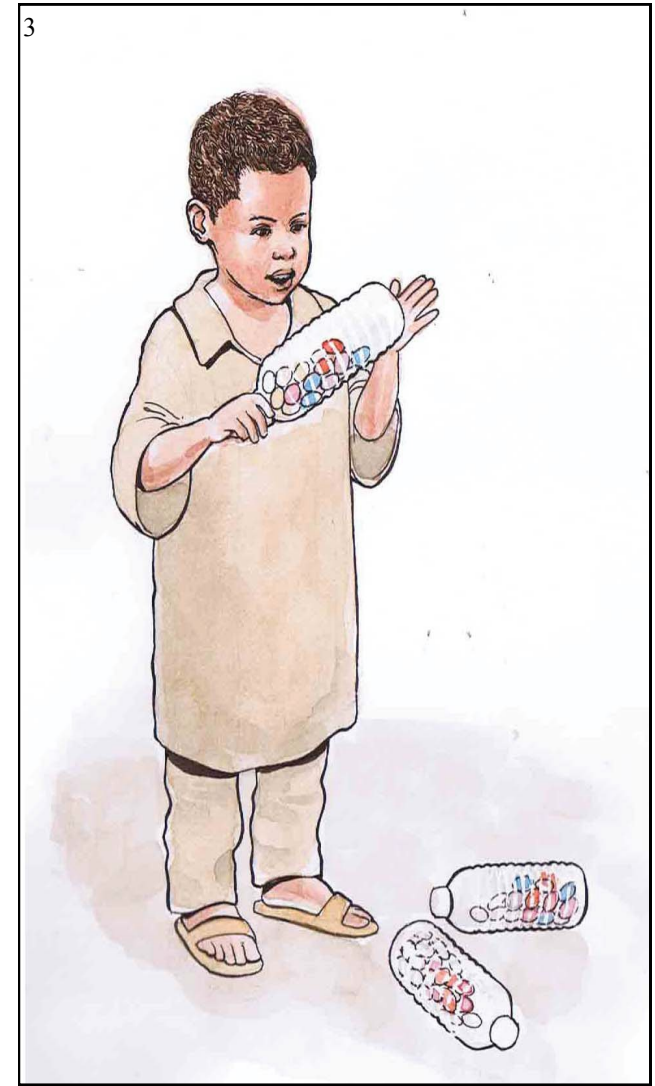
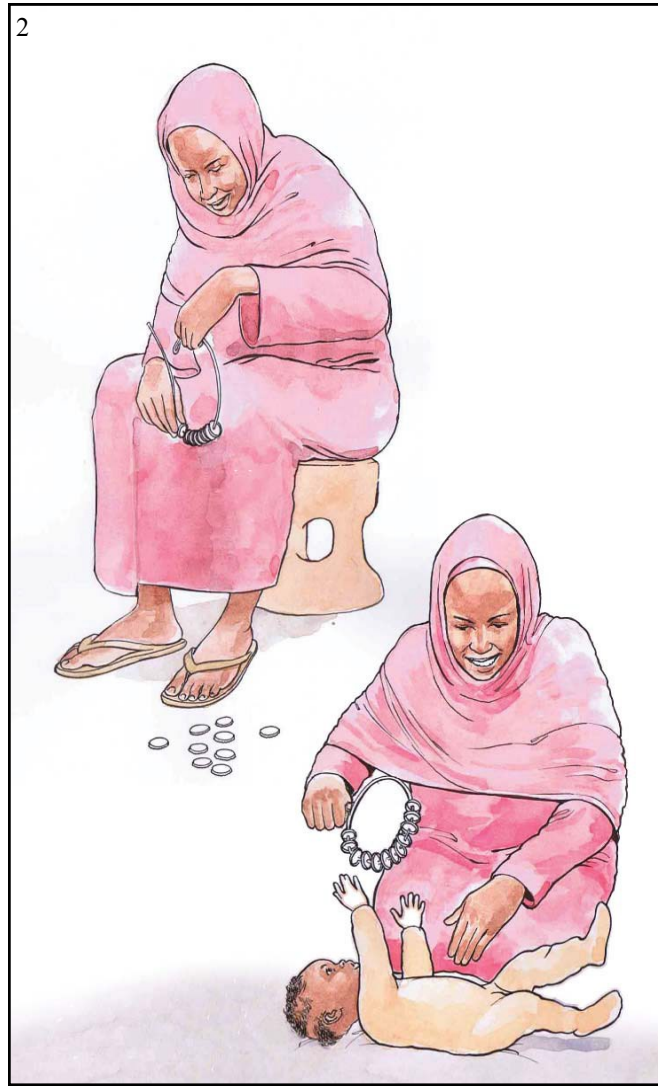
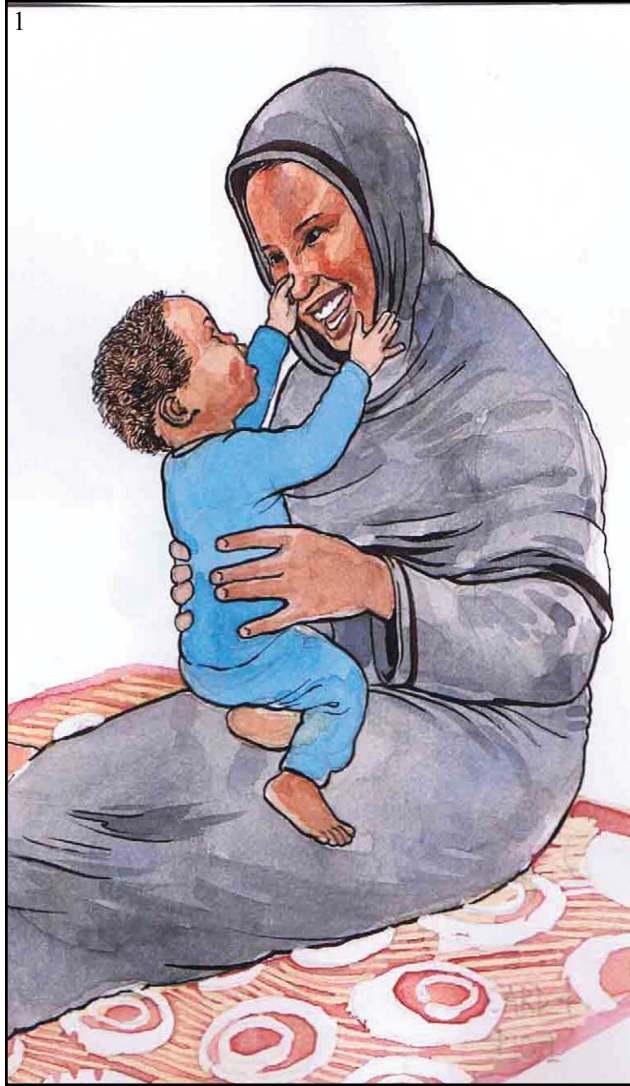
**KEY MESSAGE: IT IS EASY TO MAKE CHEAP, SAFE TOYS FROM MATERIALS YOU CAN FIND AROUND THE HOUSE**

The mother is the most important play thing for a newborn.

- **The first year of life** centers on play through movement, listening to and making sounds, mimicking adults' facial expressions and gestures, and manipulating objects. Mothers are babies' favorite plaything.
- **One and two year old children** like to sort things and try movement tasks like rolling a ball over and over. They still love to play with care providers, and they like playing next to other children and imitating them.
- **Three to four year old children** like using their imagination. They love to make up stories and act them out with other children, try to use words in front of others to get recognition for them, or to hear stories told or read by an older child or adult.
- Mothers can play with their children even without toys. A hand can be a play thing (moving the fingers near a baby's face, clapping, snapping). A bright colored necklace or piece of clothing on the mother can be a play thing (babies love to look at and touch colorful things). A mother's voice can be used for play (talking, singing, making noises). A mother's face can be a play thing (smiling, making different expressions, looking at the baby).

*Please attend toy making activity organized by IMC ECD workers.*





## **CARD 5: RELATIONSHIPS**

**KEY MESSAGE: LOVE YOUR CHILDREN SO THEY FEEL LOVED AND SECURE AND LEARN HOW TO LOVE, TRUST, AND GET ALONG WITH OTHERS**

### **1. BIRTH TO 2 MONTHS:**

- Respond to your baby quickly when it is upset; learn what his/her signs of distress and happiness are and it will learn to trust you.

### **2. 2 TO 5 MONTHS:**

- When the mother plays gentle games with the baby, it helps strengthen the mother-child relationship.

### **3. 5 TO 8 MONTHS:**

- At six months, a baby knows his/her mother's face and smell, prefers her company and is shy with strangers. Try to keep the number of people caring for the baby to a minimum: mother, father, one or two baby-sitters.

### **4. 8 TO 13 MONTHS:**

- When the mother leaves the house, baby gets upset. Mother can comfort her child:
  - ◇ Always say goodbye and that you are coming back
  - ◇ Leave the child with someone they know well
  - ◇ Return at the time you said you would
  - ◇ Sometimes providing a favorite blanket or toy comforts the infant
  - ◇ Greet them with affection when you return.

### **5. 13 TO 18 MONTHS:**

- Children explore many things because they want to learn and not to upset the mother. Parents need to be patient with children, to keep them safe and support them

### **6. 18 TO 24 MONTHS:**

When mothers play with children, it helps them learn:

- Turn-taking: first you do something then I do something.
- Communication: This can be helpful for learning to have a conversation: *first you talk then I talk*
- Physical skills: Hand-eye coordination

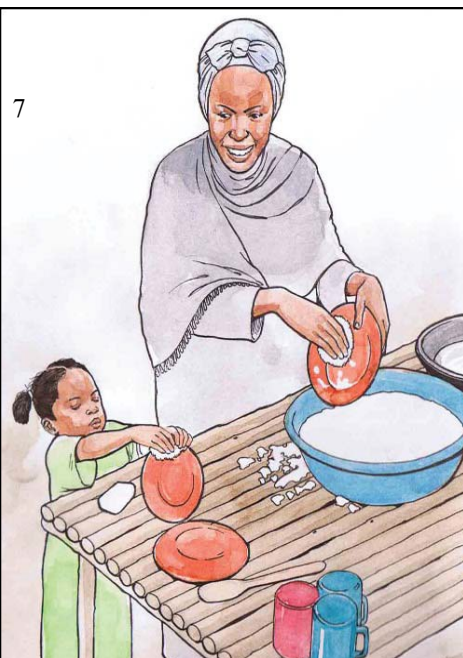
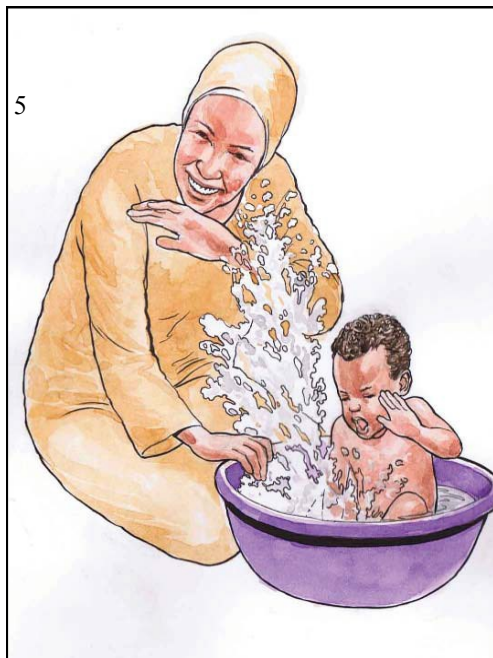
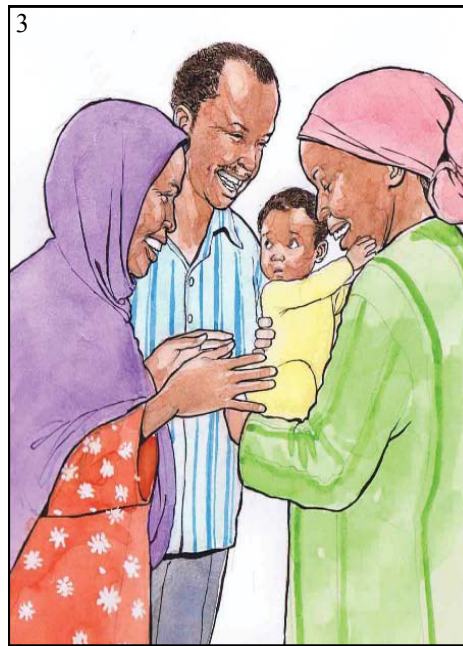
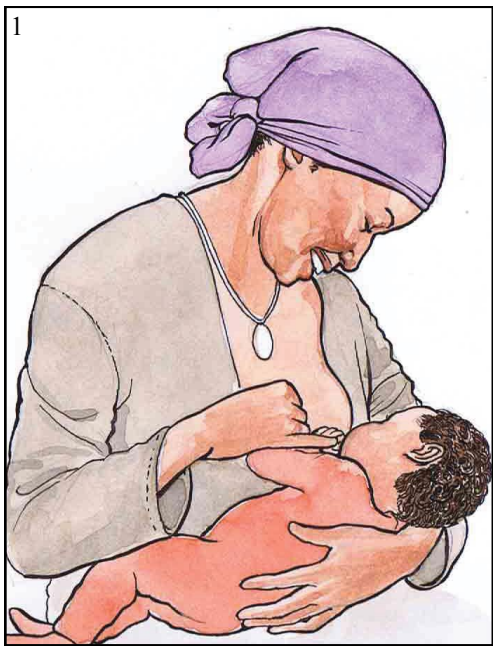
### **7. 24 TO 30 MONTHS:**

- Children enjoy doing things with their mothers and learn by doing things frequently and being encouraged and praised for small successes.

### **8. 30 TO 36 MONTHS:**

- Children like to play near other children, but it is still hard for them to share e.g. toys.







## **CARD 6: DEVELOPING COMMUNICATION**

**KEY MESSAGE: TEACH YOUR CHILDREN TO LISTEN, UNDERSTAND AND EXPRESS THEIR THOUGHTS AND FEELINGS**

### **1. BIRTH TO 2 MONTHS:**

- Babies love to hear voices and words even though they do not understand what is being said. They like faces and will gaze at them. They will turn their heads to voices.

### **2. 2 TO 5 MONTHS:**

- Talk to them about what you see around you  
Copy the sounds they make and they will copy you back

### **3. 5 TO 8 MONTHS:**

- Sing to your baby and keep talking. Babies will make more and more sounds of their own and have their own conversations.

### **4. 8 TO 13 MONTHS:**

- Children learn the meaning of words as the mothers name objects over and over again  
*e.g. This is a nose, this is a tree, this is our hut*

### **5. 13 TO 18 MONTHS:**

- Any book with picture (s) can be interesting. Point at objects in pictures and say what they are. Borrow school books from older children and look at them together.

### **6. 18 TO 24 MONTHS:**

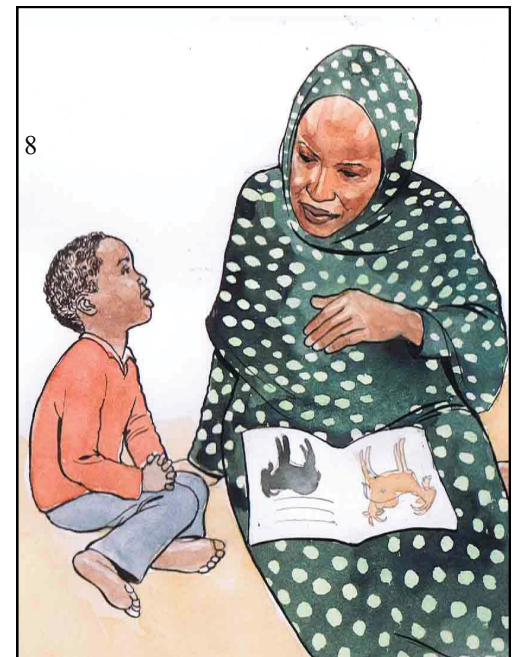
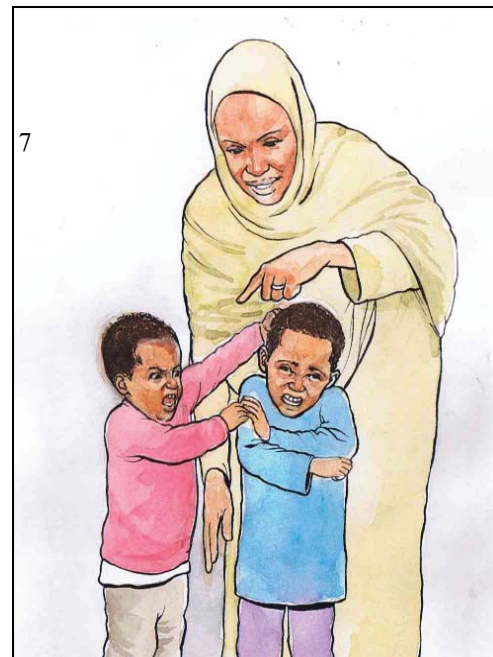
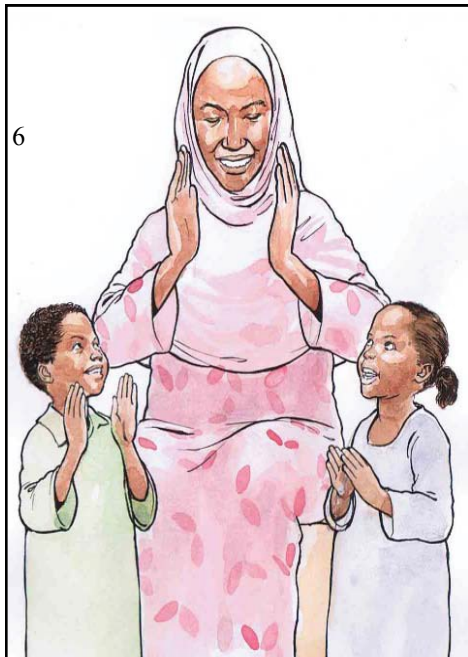
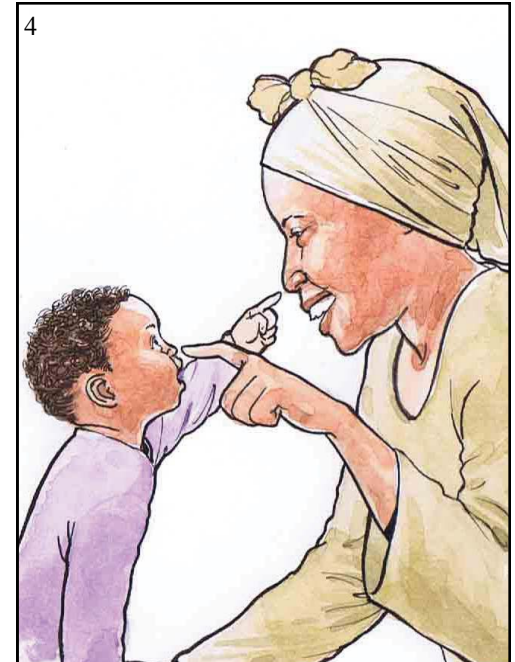
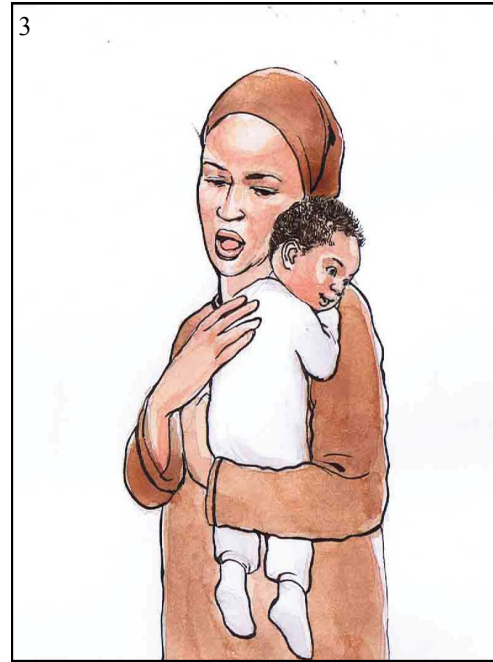
- Sing together with the child. It helps them learn words, feelings and rhythm, “its fun!”  
Singing is a wonderful way to learn words and rhymes, and rhythm

### **7. 24 TO 30 MONTHS:**

- Helping children name difficult feelings helps them understand the emotions.  
Talk about all the things you are doing while you are doing it.

### **8. 30 TO 36 MONTHS:**

- Children love to hear the same story many times.  
Spend time just talking with your child  
Encourage your child to talk and answer your child’s questions



## CARD 7: PHYSICAL DEVELOPMENT

**KEY MESSAGE: TEACH YOUR CHILDREN TO USE AND CONTROL THEIR BODIES**

### 1. 0 TO 2 MONTHS:

- Babies need to strengthen their neck muscles so that they can hold up their heads and see the world. Bathing can be a good opportunity for babies to move freely.

### 2. 2 TO 5 MONTHS:

- Babies need opportunities to discover what their bodies can do. Put your baby on a floor mat and let it roll and lift its head to look.

### 3. 3 TO 8 MONTHS:

- Babies need help to learn how to crawl. Have objects just out of reach on the floor so they crawl towards them

### 4. 8 TO 13 MONTHS:

- Infants need to practice how to walk and do new things. They need to be kept safe!  
E.g. Sitting, rolling over, crawling, pulling up to a standing position, walking holding on to objects or holding your hands will help them to walk

### 5. 13 TO 18 MONTHS:

- Children need space to practice and chances to use their hands –this will help with learning to write. For example:  
Scribbling on paper or in the sand

### 6. 18 TO 24 MONTHS:

- Children are very active at this stage. Help them find good ways to use their energy.

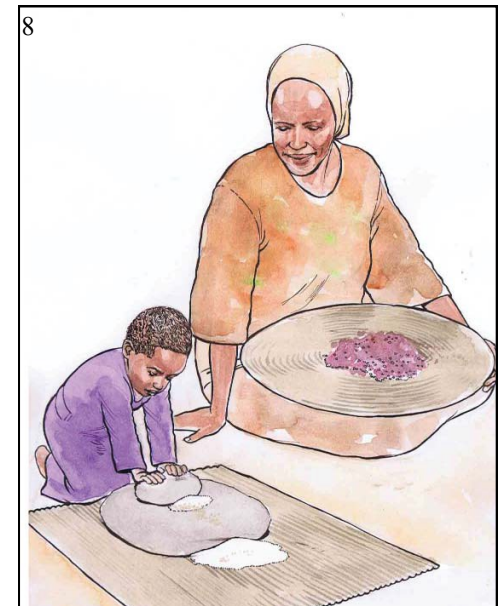
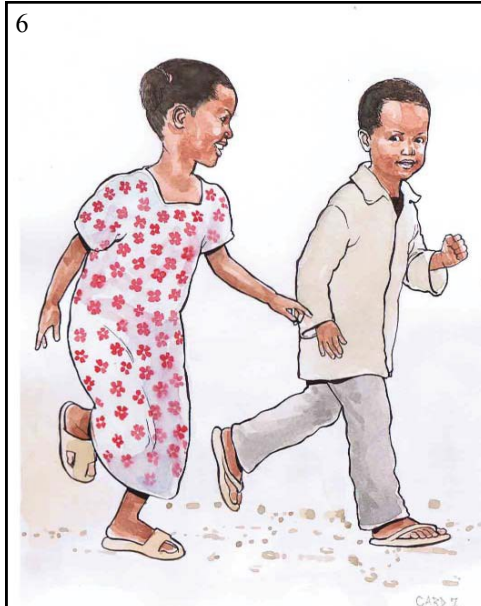
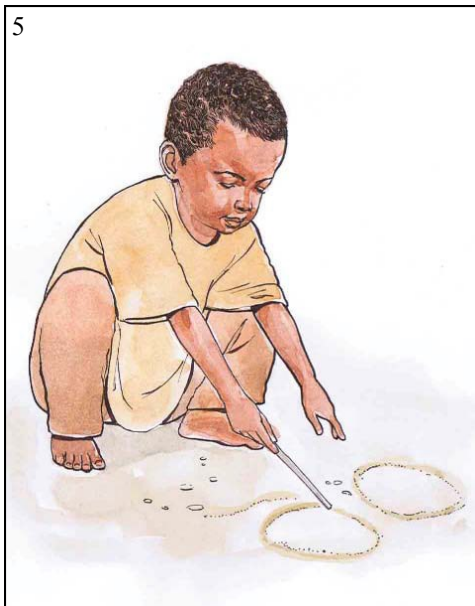
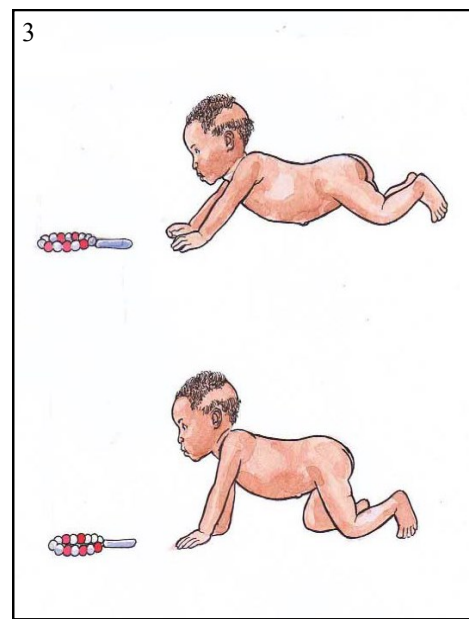
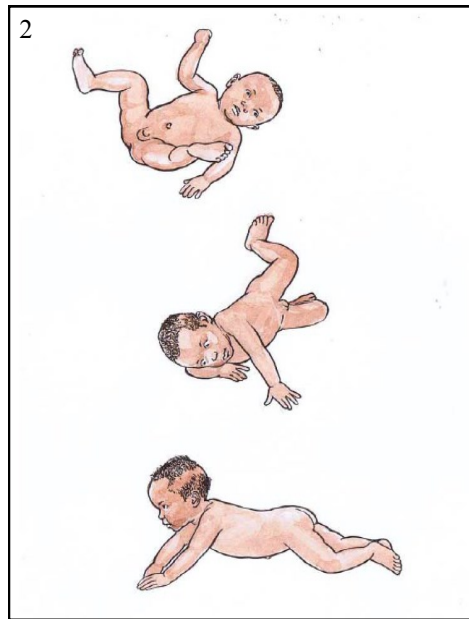
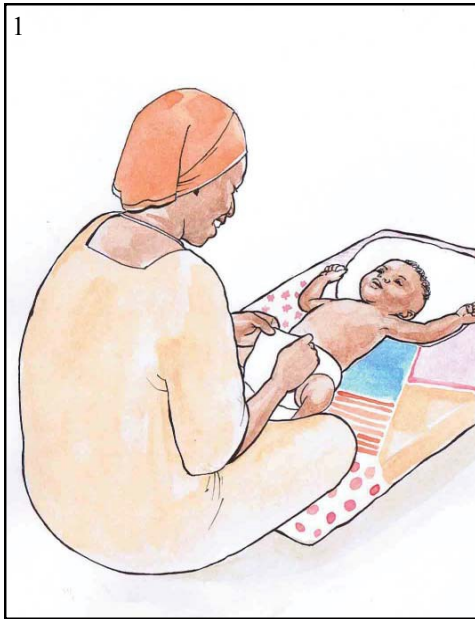
### 7. 24 TO 30 MONTHS:

- Children are explorers who get into everything, go everywhere and are trying new skills!  
Give them a chance e.g. balancing on narrow board, climbing  
**KEEP THEM SAFE!**

### 8. 30 TO 36 MONTHS:

- At this stage children are ready to learn and practice with their hands by (e.g.)  
Brushing their teeth  
Grinding  
Sweeping  
Eating  
Drawing





## CARD 8: DEVELOPING UNDERSTANDING

**KEY MESSAGE: HELP THEM EXPLORE AND UNDERSTAND HOW THE WORLD WORKS TO DEVELOP THEIR INTELLIGENCE.**

### 1. 0 TO 2 MONTHS:

Babies cannot move their heads yet but they can follow a slow moving object.

- Hold a bright object close and gently move it. This will encourage head movement later.

### 2. 2 TO 5 MONTHS:

Now babies can hold up their heads so they can see the world and learn about it.

- Put safe clean large interesting objects near them
- Put things within their reach because they cannot crawl

### 3. 5 TO 8 MONTHS:

Children learn that things are still there even if they can't see them.

- Partially hide their favorite toy under a blanket and ask the infant where it is.

### 4. 8 TO 13 MONTHS:

Children learn by watching what elders do and by repeating the same

- Encourage children to copy the simple and safe tasks from routine work and praise when they do the activity well.

### 5. 13 TO 18 MONTHS:

Playing with blocks helps children to learn about shapes and sizes.

- Make simple toys of different shapes, colors and materials to help them learn different shapes and new words like in/ out, red, blue etc.

### 6. 18 TO 24 MONTHS:

Children will understand their world better as they learn to sort things into groups. Help them notice same or different shapes, textures and colors.

- Use fruit, clothes, household items, bottle tops.
- Explain why one belongs here and another there

### 7. 24 TO 30 MONTHS:

Children start to learn numbers. 1, 2, .....

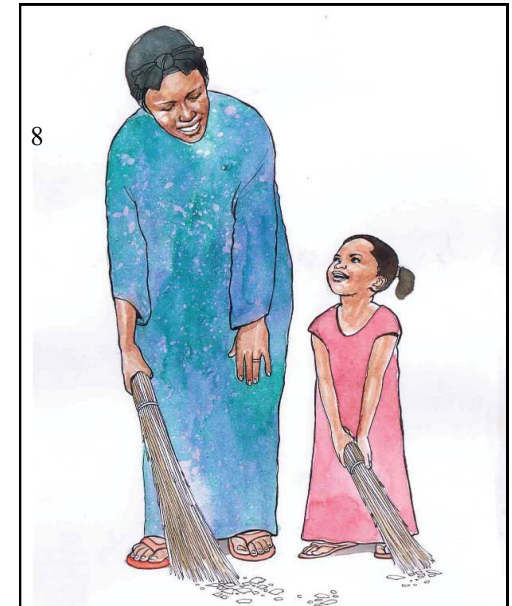
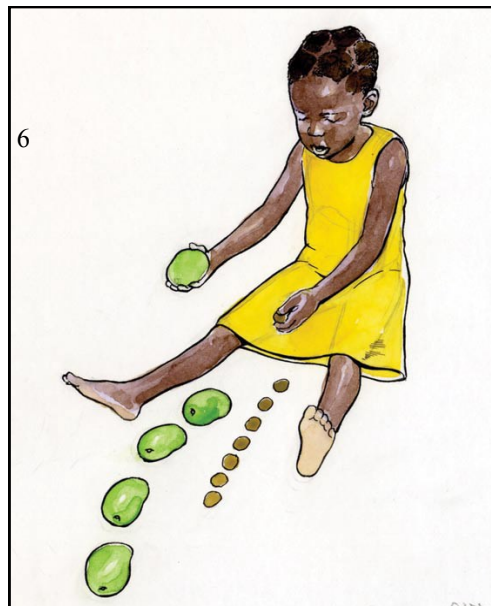
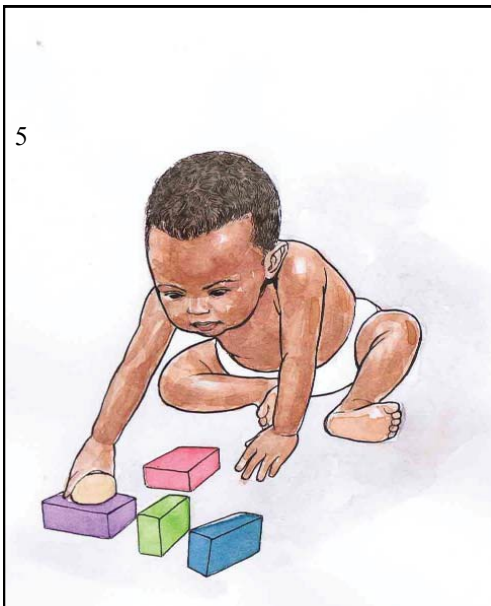
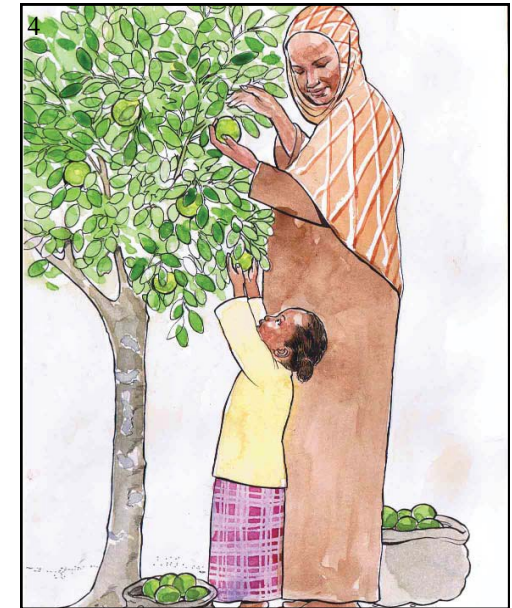
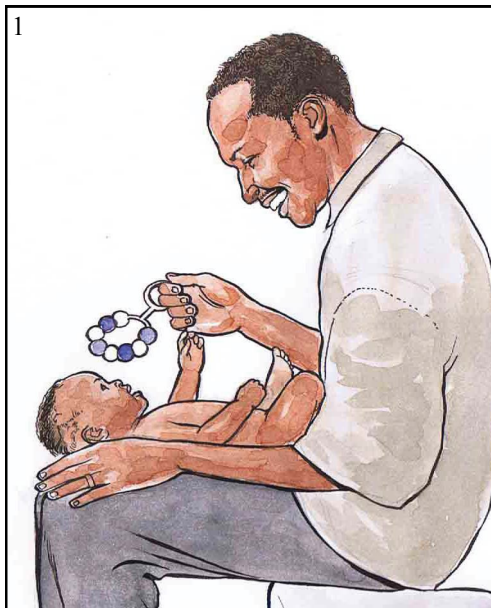
- A walk in the park gives a chance for naming and counting different objects: *How many jerry cans are there?*

### 8. 30 TO 36 MONTHS:

Children are learning that different things happen at different times. It helps them see patterns:

- Mummy always takes a broom when she sweeps the yard.







## CARD 9: DEVELOPING A SENSE OF SELF

**KEY MESSAGE: HELP YOUR CHILD DISCOVER WHAT SORT OF PERSON S/HE IS**

### 1. 0 TO 2 MONTHS

Caregivers do not spoil their children by holding them close. It helps them feel secure.

- Hold them close so they can feel your warmth and heart beat
- Through interaction with caregivers babies develop sense of themselves.

### 2. 2 TO 5 MONTHS:

Children find ways to comfort and calm themselves.

- For example by putting hands in their mouths
- But this does not mean that you ignore them.

### 3. 5 TO 8 MONTHS:

At this age babies become aware of their entire bodies and realize that they are separate individuals.

- Let them watch themselves in a mirror.

### 4. 8 TO 13 MONTHS:

Infants are learning about themselves and how to care for others by observing and imitating the adults around them.

- Show them on your example how to behave well with others.

### 5. 13 TO 18 MONTHS:

Children want to explore everything and get upset when they

can't have something they want.

- Calmly distract them from something dangerous by offering them something safe they can play with.

### 6. 18 TO 24 MONTHS:

Children like to do things by themselves. They will slowly improve

if you give them a chance.

- Encourage them feed themselves—it will be a mess but practice makes perfect.

### 7. 24 TO 30 MONTHS:

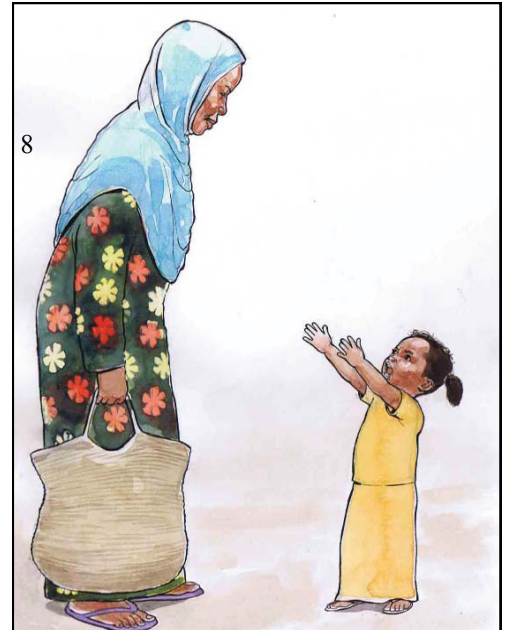
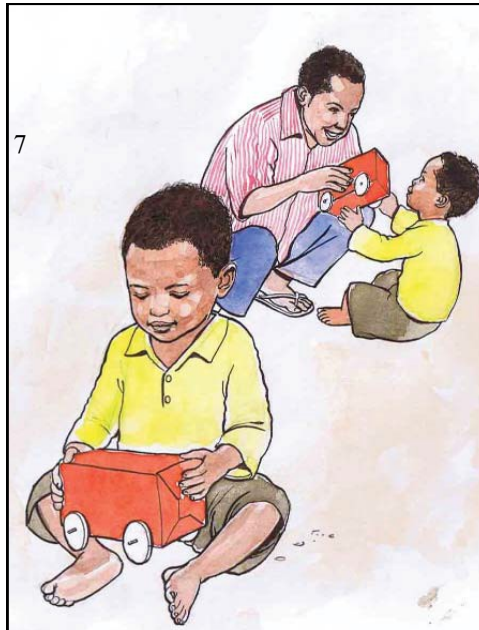
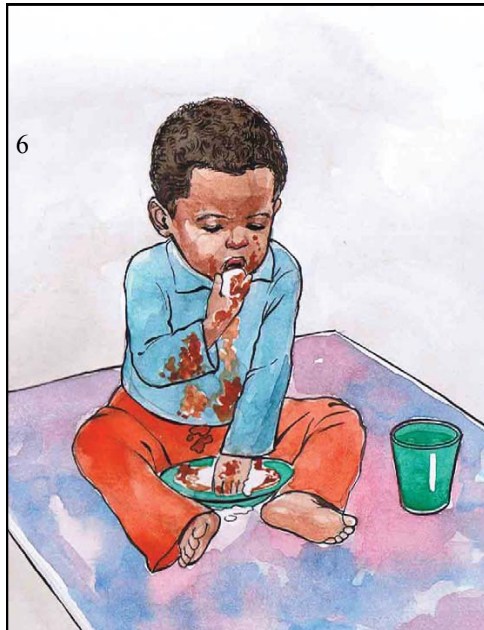
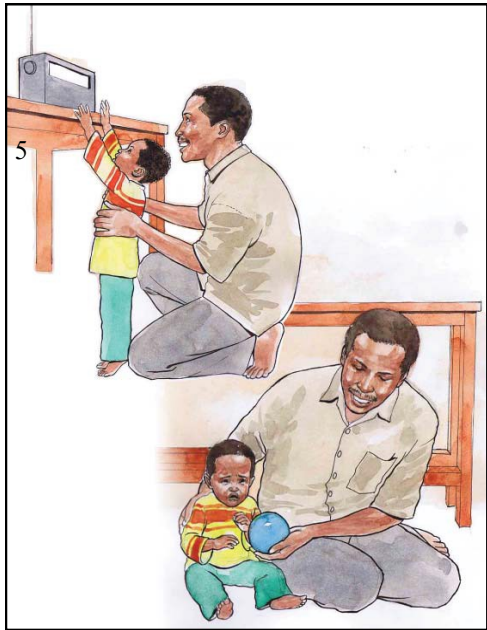
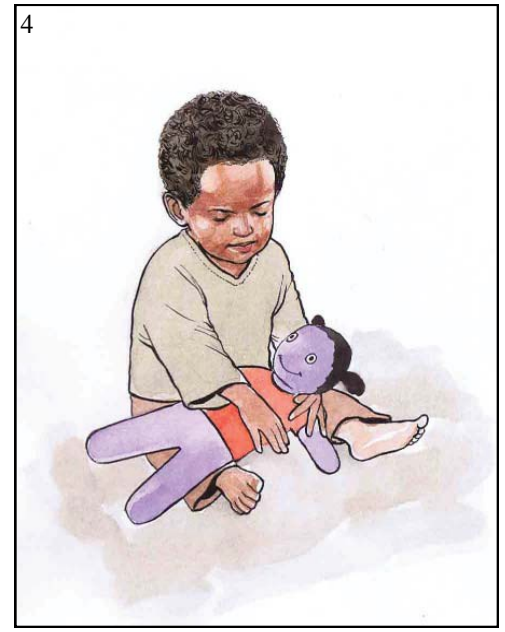
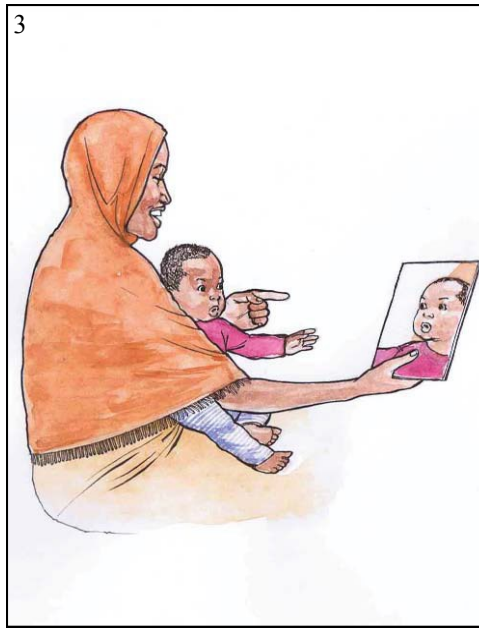
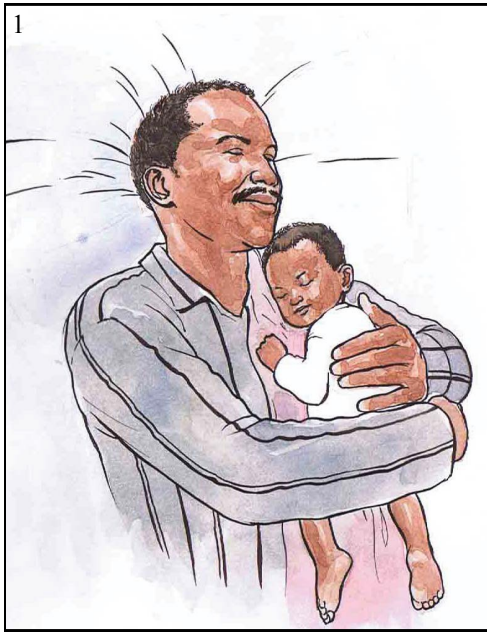
Children feel respected when they have things they can call their own.

- Give children special objects that are their own, so that they feel valued and respected

### 8. 30 TO 36 MONTHS:

At this age children have very strong emotions and they have still not learned how to control them.

- One minute they might want to walk on their own and the next moment they could decide that they want to be carried.



## **CARD 10: LEARNING RULES, LIMITS, AND VALUES**

**KEY MESSAGE: LEARN HOW TO TEACH CHILDREN RULES, LIMITS, AND VALUES SO THAT THEY CAN LIVE AND WORK HAPPILY WITH OTHERS**

Mothers can teach their children rules, limits, and values so that they can live and work happily with others. The way in which they teach this has a lifelong effect on the child.

Mothers can teach discipline to the child by 1) talking to them, 2) by showing them the alternative (what to do instead e.g. use latrine instead of dirtying the clean compound) and by setting consequences for them (e.g. if you dirty the clean compound again, you will clean it)

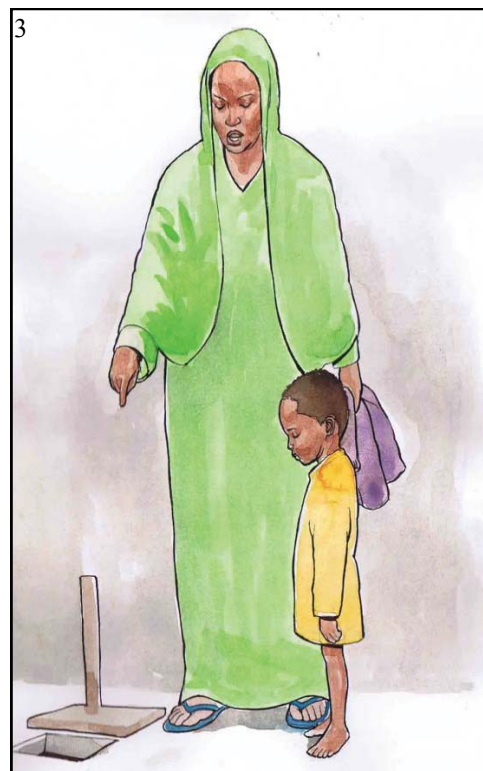
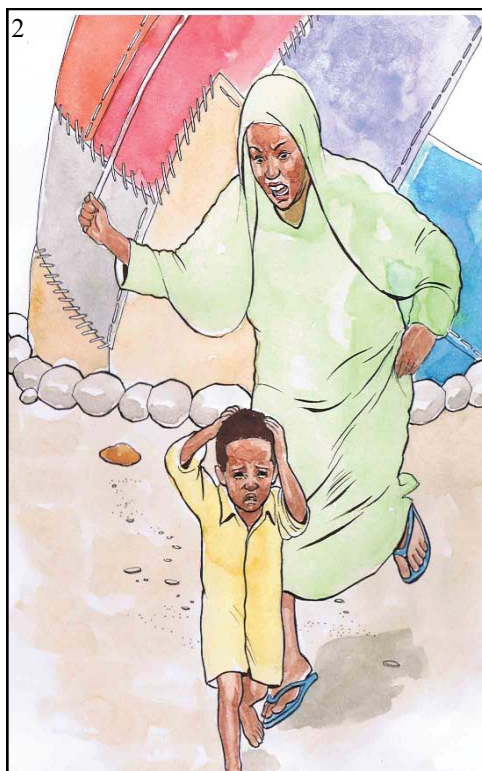
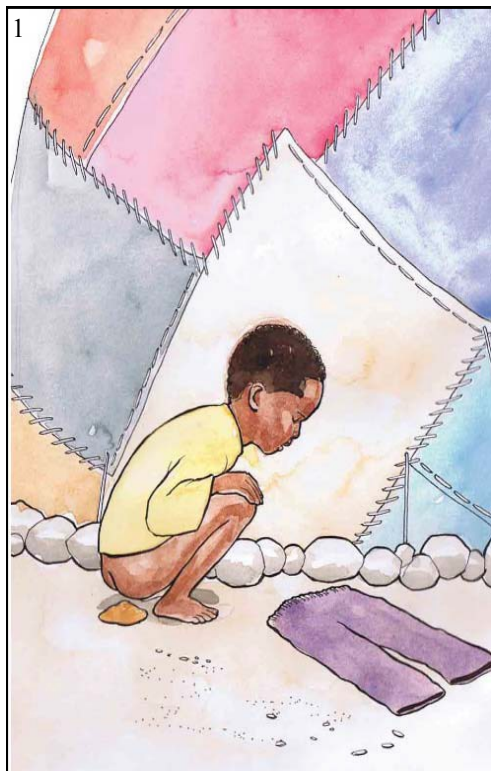
### **DISCIPLINE**

- Discipline encourages a child to act well
- Discipline does not frighten the child but helps it to think what to do and make wise choices
- Discipline teaches by example: adults model good behavior for children and show them what they want to happen
- Discipline teaches self-control
- Instead of emphasizing bad behavior, discipline emphasizes good behavior so children will feel proud of their successes

### **EXAMPLES OF CHILD ABUSE:**

- Beating a child
- Burning the child's hands or other body parts
- Sexual abuse of the child
- Leaving the child alone without a baby-sitter
- Denying the child food and drink
- Locking the child out of the home
- Cursing or shouting a lot at the child
- Teasing a child so much s/he feels stupid
- Demeaning a child by spitting on it





## **CARD 11: RECAP: PRINCIPLES OF GOOD MOTHER-CHILD INTERACTION**

**KEY MESSAGE: LOVE, PLAY AND COMMUNICATE WITH YOUR CHILDREN TO HELP THEIR BRAINS GROW AND HELP THEM DO WELL AT SCHOOL AND DEVELOP INTO HEALTHY HAPPY ADULTS**

- Show your child you love him/her
- Communicate with your child (with words and gestures) and respond to its needs
- Provide means to play and play every day
- Follow the child's lead
- Show appreciation for what the child does
- Make a safe stimulating environment to help your child develop his/her senses and to move
- Help your child focus attention and make sense of his/her physical world by sharing and describing it
- Help your child widen his/her experiences
- Help your child learn rules, limits and values

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