




# E is for EVERYDAY LEARNING OPPORTUNITIES

## So Many Ways to Learn: **Everyday Routines**

### Example Skills to Practice

	Infants (Less than 1 year old)	Toddlers (1 to 3 years old)	Preschoolers (3 to 5 years old)
 <b>Diapering/ Dressing</b>	<p><b>Younger (0 to 6 months):</b></p> <ul style="list-style-type: none"> <li>Looks at caregiver</li> <li>Smiles at caregiver</li> </ul> <p><b>Older (6 to 12 months):</b></p> <ul style="list-style-type: none"> <li>Sits up without support</li> <li>Supports weight with legs</li> <li>Repeats sounds (e.g., ba-ba, mmm)</li> </ul>	<p><b>Younger (1 to 2 years):</b></p> <ul style="list-style-type: none"> <li>Follows simple directions to put out arm or leg to help with dressing</li> <li>Gives items of clothing upon request</li> </ul> <p><b>Older (2 to 3 years):</b></p> <ul style="list-style-type: none"> <li>Follows 2-step directions</li> <li>Points to or names body parts or clothing</li> <li>Helps undress self</li> </ul>	<p><b>Younger (3 to 4 years):</b></p> <ul style="list-style-type: none"> <li>Takes off and puts on slip-on shoes</li> <li>Uses 3 or more words to describe clothes (e.g., red shirt, long pants)</li> <li>Dresses self</li> </ul> <p><b>Older (4 to 5 years):</b></p> <ul style="list-style-type: none"> <li>Fastens buttons/zippers</li> <li>Tells the next step in the dressing routine</li> </ul>
 <b>Meals/ Snacks</b>	<p><b>Younger (0 to 6 months):</b></p> <ul style="list-style-type: none"> <li>Looks at caregiver</li> </ul> <p><b>Older (6 to 12 months):</b></p> <ul style="list-style-type: none"> <li>Picks up food between fingers and thumbs</li> <li>Brings food to mouth</li> <li>Points to a desired object/food</li> </ul>	<p><b>Younger (1 to 2 years):</b></p> <ul style="list-style-type: none"> <li>Uses single words to ask for or label food or drinks</li> <li>Drinks from a cup</li> <li>Eats with a spoon</li> </ul> <p><b>Older (2 to 3 years):</b></p> <ul style="list-style-type: none"> <li>Uses 2 to 4 words to ask for or label food</li> <li>Follows 2-step directions</li> </ul>	<p><b>Younger (3 to 4 years):</b></p> <ul style="list-style-type: none"> <li>Gives an object to someone who asks for it</li> <li>Uses a serving spoon to put food on plate</li> </ul> <p><b>Older (4 to 5 years):</b></p> <ul style="list-style-type: none"> <li>Pours liquid from one container to another</li> <li>Unscrews and screws lids</li> </ul>
 <b>Bath Time</b>	<p><b>Younger (0 to 6 months):</b></p> <ul style="list-style-type: none"> <li>Looks at caregiver</li> <li>Smiles at caregiver</li> </ul> <p><b>Older (6 to 12 months):</b></p> <ul style="list-style-type: none"> <li>Sits up without support</li> <li>Repeats sounds</li> <li>Uses gestures or single words to ask for something</li> </ul>	<p><b>Younger (1 to 2 years):</b></p> <ul style="list-style-type: none"> <li>Sits up without help</li> <li>Points to or names objects or body parts</li> </ul> <p><b>Older (2 to 3 years):</b></p> <ul style="list-style-type: none"> <li>Helps undress self</li> <li>Follows 2-step directions</li> <li>Uses 2 to 4 words to label, describe, or ask for objects</li> </ul>	<p><b>Younger (3 to 4 years):</b></p> <ul style="list-style-type: none"> <li>Uses two hands to pump or squeeze soap bottle</li> </ul> <p><b>Older (4 to 5 years):</b></p> <ul style="list-style-type: none"> <li>Pours liquid from one container to another</li> <li>Tells simple stories about people or objects</li> <li>Walks to the bus or car</li> </ul>

EXAMPLES CONTINUED →



### Walking to or Riding in the Bus or Car

#### Infants (Less than 1 year old)

**Younger (0 to 6 months):**

- Looks at caregiver
- Smiles at caregiver

**Older (6 to 12 months):**

- Repeats sounds
- Looks at objects pointed to or named by caregiver

#### Toddlers (1 to 3 years old)

**Younger (1 to 2 years):**

- Follows simple directions
- Points to or names objects

**Older (2 to 3 years):**

- Follows 2-step directions
- Uses 2 to 4 words to label, describe, or ask for objects
- Walks up and down stairs

#### Preschoolers (3 to 5 years old)

**Younger (3 to 4 years):**

- Counts number of coins used or number of people on bus

**Older (4 to 5 years):**

- Talks about time of day using words like before, after, morning, nighttime



### Reading Stories

**Younger (0 to 6 months):**

- Responds to sounds by making sounds

**Older (6 to 12 months):**

- Repeats sounds
- Looks at pictures pointed to or named by caregiver
- Sits without support

**Younger (1 to 2 years):**

- Points to or names pictures
- Uses 1 to 2 words to label or describe pictures

**Older (2 to 3 years):**

- Completes sentences or rhymes
- Turns pages in the book

**Younger (3 to 4 years):**

- Tells stories about pictures

**Older (4 to 5 years):**

- Points to and tracks words with finger
- Names letters
- States whether something is real or pretend



### Inside Play

**Younger (0 to 6 months):**

- Looks at caregiver
- Smiles at caregiver
- Responds to sounds by making sounds
- Looks at objects pointed to or named by caregiver
- Holds up head

**Older (6 to 12 months):**

- Sits up without support
- Supports weight with legs
- Crawls
- Repeats sounds
- Uses gestures or single words to ask for something

**Younger (1 to 2 years):**

- Points to a desired object
- Uses single words to ask for or label objects
- Moves from sitting to standing
- Puts objects in a defined space

**Older (2 to 3 years):**

- Uses 2 to 4 words to ask for or label objects
- Follows 2-step directions
- Takes turns in games
- Sorts objects into 2 groups
- Counts up to 5 objects

**Younger (3 to 4 years):**

- Uses 3 or more words to ask peers for an object
- Understands “mine” and “yours”
- Pretends with actual objects (e.g., uses pretend money to “buy” things)

**Older (4 to 5 years):**

- Sorts objects that are the same and different
- Uses scissors
- Writes name and draws shapes or people



### Outside Play

**Younger (0 to 6 months):**

- Responds to sounds by making sounds
- Looks at objects pointed to or named by caregiver
- Reaches for objects

**Older (6 to 12 months):**

- Sits up without support
- Supports weight with legs
- Crawls
- Repeats sounds
- Uses gestures or single words to ask for something

**Younger (1 to 2 years):**

- Follows simple directions
- Shakes head ‘no’ or nods head ‘yes’ to communicate a choice
- Copies actions of other children and adults

**Older (2 to 3 years):**

- Pretends with actual objects (e.g., give the baby a bath)
- Takes turns
- Builds towers of 4 or more blocks

**Younger (3 to 4 years):**

- Pedals tricycle
- Puts on or takes off slip-on shoes
- Counts objects or actions

**Older (4 to 5 years):**

- Hops on one foot
- Catches a ball when bounced most of the time
- Makes up games with rules
- Pretends an object is something it is not (e.g., tricycle is a spaceship)