

1-2-3 Just Play With Me: Developmental Play Ideas for Kids from Birth to Three

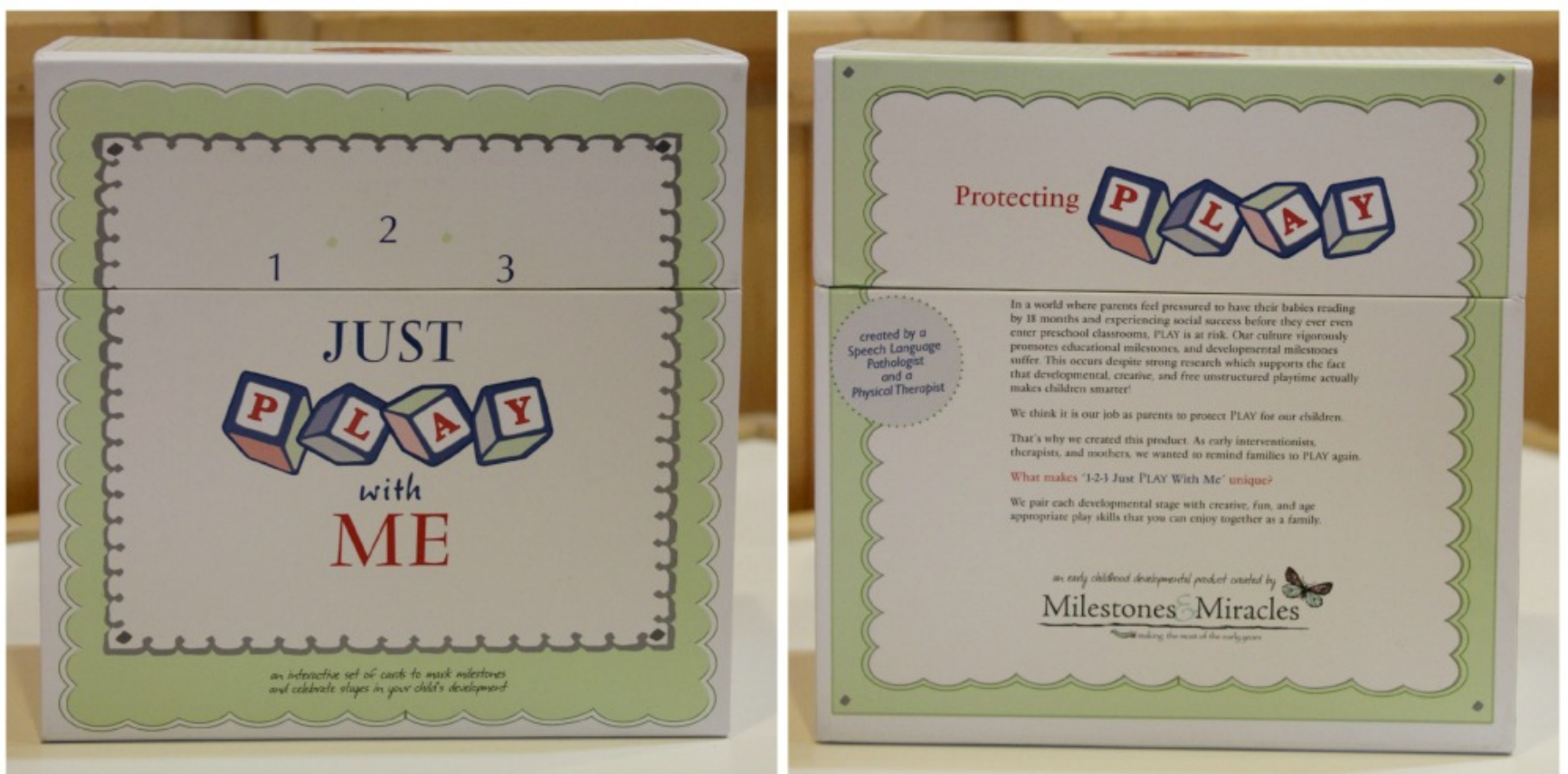
April 28, 2015 by [christiekiley](#) [1 Comment](#)

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Here at MamaOT.com I love to share tips, ideas, and resources that will help encourage kids' overall development. That's why I'm excited to share a resource with you I recently learned about that is geared toward supporting the development of children from birth to three years of age!



“**1-2-3 Just Play with Me**” is an interactive set of cards to help adults learn about and [promote developmental milestones](#) during baby's first three years!



These cards were created by Speech Language Pathologist Lacy Morise, MS, CCC-SLP, and Physical Therapist Nicole Sergent, MPT. Lacy and Nicole both work as Early Intervention Therapists and also serve as co-owners of the company [Milestones and Miracles](#). Through their work as both therapists and moms, these ladies are committed to helping families bond through engaging, fun, and meaningful experiences.

So what exactly is included in this box of interactive cards?

Tips.

Information.

Ideas.

Lots and lots of ideas!

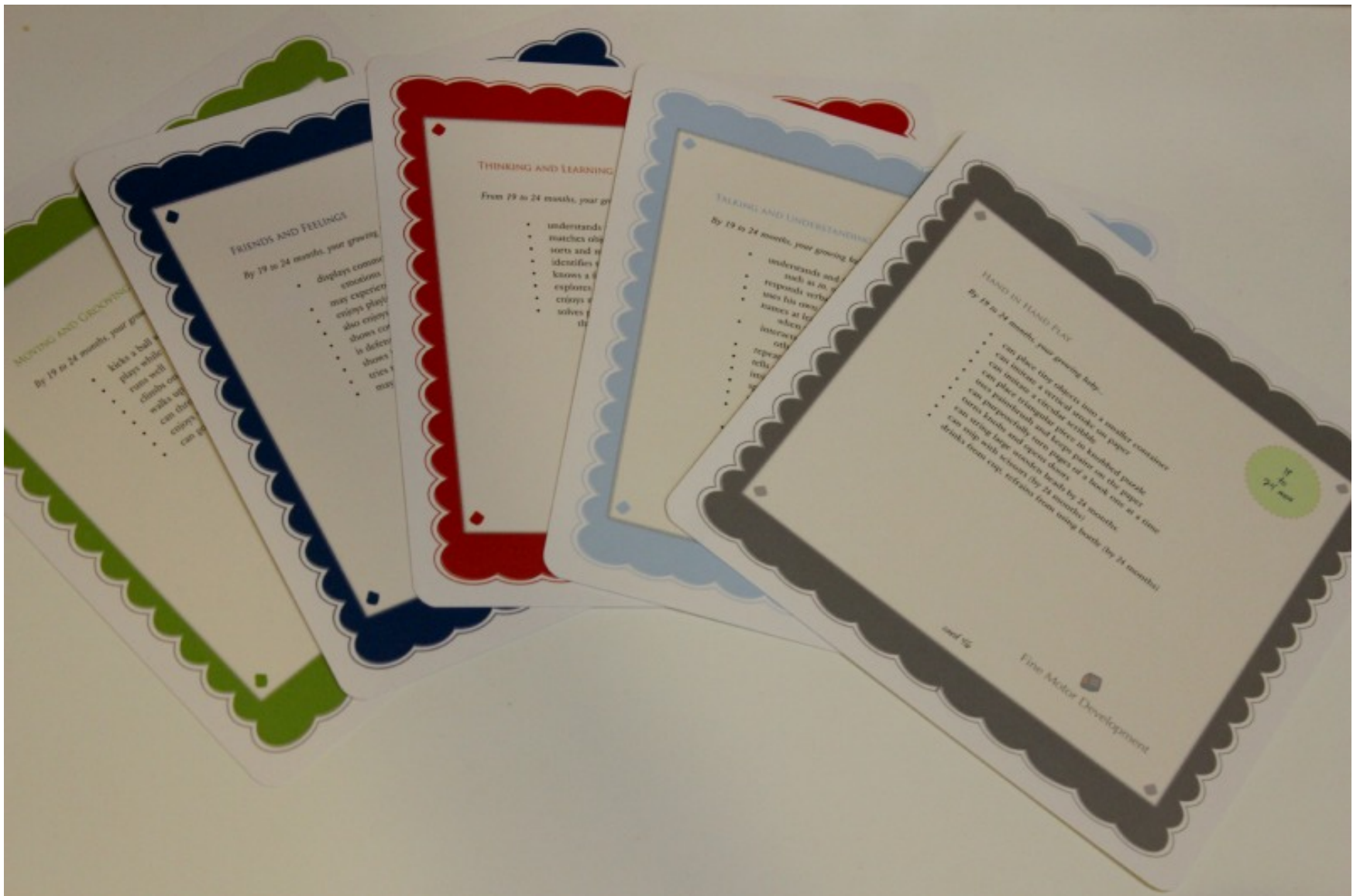
Cards are broken down into the following age groups:

- Birth to 3 months
- 4 to 6 months
- 7 to 9 months

- 10 to 12 months
- 12 to 18 months
- 19 to 24 months
- 25 to 30 months
- 31 to 36 months

And five developmental categories are covered within each age group, including:

- Thinking and Learning (cognitive development)
- Talking and Understanding (speech and language development)
- Hand in Hand Play (fine motor development)
- Moving and Grooving (gross motor development)
- Friends and Feeling (social and emotional development)





Each age group sometimes includes more than one card within a given developmental category. So, for example, there are three cards related to gross motor development and three related to fine motor development just for the “Birth to 3 Months” category because development in these areas occurs so rapidly during [the first three months!](#)

As you can see in the photos above, the front of each card displays common developmental milestones to look for during the indicated time frame, and then the back of each card describes tips, strategies, and play-based ways to promote your child’s development toward those milestones.

How practical is that?

In addition to the milestone cards, Lacy and Nicole have also included BONUS cards filled with tips to support challenging issues that tend to come with the territory of raising babies and toddlers.

Bonus cards touch on the following topics:

- Protecting play in a world where parents feel pressured to have their babies reading before their second birthday
- Helping you and your baby get some quality sleep
- Introducing purees and soft table foods
- Keeping your curious, mobile baby safe
- Introducing basic sign language
- Introducing a second language
- Choosing baby's first pair of shoes
- Potty training
- Transitioning toddlers from a crib to a bed
- Helping your older child welcome a new baby
- Safe, healthy TV-watching for kids
- Discipline (they do not recommend a specific disciplinary style, but rather provide general tips for supporting children in relation to tantrums, modeling positive behavior, and being consistent)
- Stuttering
- Recommended children's books
- Recommend children's music
- Recommended websites to support parents as well as kids
- Recommended [toys to promote development](#) (divided into toys that serve six different purposes)

Lacy and Nicole have also included the early intervention website for EVERY state in the U.S. (plus the Bureau of Indian Education, District of Columbia, Department of Defense, and Puerto Rico). This means that, if you are at all concerned about your child's development, you can hop on the appropriate website to learn more about the next steps you may need to take in order to get your child an Early Intervention evaluation and, possibly, treatment. Amazing!

[Learn 10 tips to help you prepare for your child's in-home developmental evaluation.](#)

Who would I recommend these cards for?

- Parents
- Other home-based caregivers (grandparents, babysitters, nannies, etc.)
- Play groups
- Childcare centers
- Early Intervention therapists
- Other developmental specialists who work with the birth to three population

Want to know something else cool about these cards?

You can also buy them as an e-book, and you can choose to purchase only specific age ranges if you want!

These ladies really have worked hard to make it as easy as possible to help parents play and bond with their kiddos. See the Amazon affiliate links below (full disclosure [here](#)).

[1-2-3 Just Play With Me full e-book \(Kindle edition\)](#)

[1-2-3 Just Play With Me Birth to 1 year \(Kindle edition\)](#)

[1-2-3 Just Play With Me 1 to 2 years \(Kindle edition\)](#)

[1-2-3 Just Play With Me 2 to 3 years \(Kindle edition\)](#)

Electronic versions of this product are also available through [Barnes and Noble website](#) and iTunes.

Would you rather have physical cards you can hold in your hands and share with others? Find them here:

[1-2-3 Just Play With Me Box of Cards](#)

Thank you to Milestones & Miracles for providing me a free box of 1-2-3 Just

Play With Me cards for the purpose of this review!