

## Play with Me!

Parents play an important role in helping their child develop. Parents know their children best and are often their first teachers. Play is one of the best ways that parents can help children learn through everyday moments. Below are some play activities for parents of preschool-aged children with different skills and abilities.

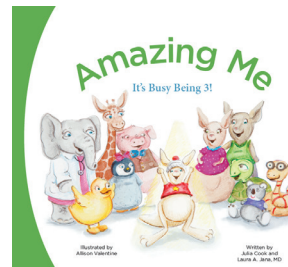
- Sing songs with your child, especially songs with hand motions, like “Itsy Bitsy Spider” or “Wheels on the Bus.” Encourage your child to copy your hand motions. At first, you may need to provide assistance with the hand motions, if your child allows; gradually reduce assistance to see if your child will do the hand motions independently.
- Play turn-taking and interactive games, such as peek-a-boo; hide-and-seek; and rolling, throwing, or kicking a ball back-and-forth to one another. Ask other family members to play or join in these games as well.
- Read to your child daily. Have her or him identify familiar pictures in the story, like animals, shapes, and toys. Ask your child to read simple stories to you if he or she has developed this skill.
- Give your child toys that encourage pretend play, such as toy telephones and dolls. Actively engage your child in imaginary play by using objects to represent something else, like using string as spaghetti, and taking on roles such as teacher and student.
- Play simple memory games with your child. One fun memory game is cards with matching pairs. Lay the cards face down on a table and take turns flipping two cards at a time until you find all the pairs. Start with a few pairs and add more as your child’s skill increases.
- Play games that nurture development of the body’s large muscles, such as kickball for kicking and running, or jump rope for jumping.

For more information on activities that foster child development, visit the U.S. Department of Education at <https://www2.ed.gov/parents/earlychild/ready/preschool/index.html> and the National Association for the Education of Young Children at <https://www.naeyc.org/our-work/for-families>. You can also visit CDC’s website for more positive parenting tips for children and teens of all ages: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>.

## CDC’s Amazing Books for Children

Talking, reading, and playing with your child daily are important ways to help your child grow and develop. CDC’s amazing books can help! CDC has developed three children’s books that are fun for children and show you what to look for as your child grows.

Learn more about each of the books below:



## Amazing Me — It’s Busy Being 3!

Meet Joey, an amazing kangaroo who is very excited about all he can do now that he is 3 years old. Joey doesn’t know it, but these amazing things are called developmental milestones, and they’re a very important part of each child’s growth.

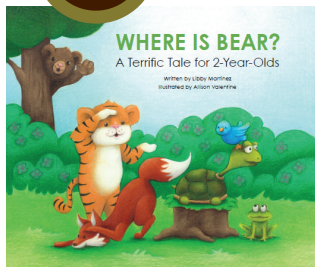
Parents, this book for children ages 2–3 will show you what to look for as your child grows and develops. Whether you read this story to your child online or have a hard copy of the book, ask your child to find the koala bears. Each page with a koala bear also has a star and milestone at the bottom just for you. See if your 3-year-old is able to do some of the same things as Joey.

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## Where is Bear? — A Terrific Tale for 2-Year-Olds

“Where is Bear?” is a terrific tale for 2-year-olds and their parents! This interactive book encourages children to help Tiger and his forest friends in their search to find Bear. Parents,

with each turn of the page, your child will get closer to finding him and you will learn about many important milestones to look for in your child. Look for the leaf at the bottom of each page and your own 2-year-old’s milestone moments!

## Baby’s Busy Day

Being One is So Much Fun!



## Baby’s Busy Day — Being One is So Much Fun!

Meet Baby, a 1-year-old puppy who is having a very busy day! Follow along as Mom, Dad, and Sis engage Baby throughout his day while encouraging his development along the way. As you read this fun story

with your little one, keep an eye out for the paw prints to learn what 1-year-old milestones to look for in your baby’s development, and the hearts for tips on how you can help!

Visit [www.cdc.gov/AmazingBooks](http://www.cdc.gov/AmazingBooks) to download each of these books as a PDF in English or Spanish.



## Results Corner

An article highlighting SEED findings was featured on HealthDay.com earlier this year. The article describes a paper, led by Dr. Ann Reynolds of Colorado SEED, which discusses sleep problems in children with and without autism spectrum disorder. Findings from the study showed that children with autism spectrum disorder (ASD) and children with other developmental disabilities (DDs) who have some ASD symptoms have more sleep problems than children with DDs without ASD symptoms and children in the general population. To read the article, visit <https://consumer.healthday.com/cognitive-health-information-26/autism-news-51/poor-sleep-plagues-many-kids-with-autism-742567.html>.

To read about other published papers using SEED data, visit the “Research Findings” section of CDC’s SEED website. <https://www.cdc.gov/ncbddd/autism/seed-research.html>.

## Highlights of SEED Progress

### SEED 3 is growing!

The families joining SEED 3 are adding to the knowledge gathered in SEED 1 and SEED 2! More than 5,100 families finished the first two phases of the Study to Explore Early Development. The data from new families who finish SEED 3 will help us get a better idea of what puts children at risk of developing autism spectrum disorder.

1 leaf = 100 families who finished



Watch for future newsletters to see how SEED grows and visit [www.cdc.gov/seed](http://www.cdc.gov/seed) to see all the editions of the SEED newsletter.