

# THE BRILLIANT BABY TOOLKIT

(0–18 Months)

A guide to building a  
smart baby brain



TheBabyProtocol

## MODULE 1 — Wire the Basics (0–3 months)

Learn how to build calm, attention, and head control from day one. Understand how short tummy-time bursts, face-to-face talk, and simple sensory routines wire the foundations for focus, language, and motor control. Move from newborn reflexes to **calm, focused states** that build the base for a **bright mind**

### IN THIS MODULE

- Understand tummy time basics and how to spread minutes across the day.
- Implement face-to-face turns during diapers, feeds, and cuddles.
- Teach early focus with one high-contrast card each wake window.
- Train head and neck control with chest-to-chest and mat positions.
- Track tummy minutes, 5-second looks, and serve-and-return turns.

# DAILY RHYTHM



## WHAT YOU'LL NEED

- routine cards
- pen
- timer

## WHAT TO DO

- Hang up cards to show blocks of time
- Pick one simple focus for each block
- Write down feed times
- Use a timer to end when your baby looks tired



Wake	Feed	Play Focus	Nap	Next Wake
Morning				
Midday				
Evening				

Notes \_\_\_\_\_

**Caregiver Tip** It's fine if your baby stays up longer and plays less by evening.



# 3-Minute Circuit

## PARENT-FRIENDLY STEPS

### WHAT YOU'LL NEED

#### 1 Calm start (30-60s)

Place a hand on baby's chest and breathe together while checking for green cues.

#### 2 Tiny tummy (30-90s)

When calm, gently roll baby to tummy with a towel under their chest. Stop before fussing.

#### 3 Talk turns (60s)

Copy one of baby's sounds and then pause to listen. Aim for two to three turns max.

#### 4 One look (30s)

Hold one high-contrast card 8-12 inches away and wait for a 5-second look.

#### 5 Head work (30-60s)

Try chest-to-chest or incline on a towel under baby's arms. Let them lift and rest thirred.

GREEN ▼ YELLOW



Stop on red, shorten on yellow.

**Caregiver Tip** The secret to a good circuit is knowing when to end a segment!



# Feeding Cues Log

## WHAT YOU'LL NEED

- Pen
- This log page

## WHAT TO DO

- Feed at early hunger cues. Stop at fullness cues.
- Hold close and pace; pause often.
- Track each time you feed in the log.

## HUNGER CUES



Rooting  
Hand to mouth  
Alert

## FULLNESS CUES



Relax  
Turn away  
Asleep

Time	Hunger cues	Fullness cues	Position/Side

### Caregiver Tip



Fullness beats finishing the bottle.  
Follow baby's cues.



# Visual Tracking Log

## WHAT YOU'LL NEED

- High-contrast card or face
- 8-12 inches
- Soft light

## WHAT TO DO:

1. Hold 8-12 inches from your child's eyes.
2. Wait for a clean 5-second look.

## WHAT TO DO:

1. Hold 8-12 inches from your child's eyes.
2. Wait for a clean 5-second look.
3. Move slowly from left to right in a small arc.
4. Pause up and down and try a small circle.

- Green Keep Going
- Yellow Slow Down
- Red Stop / Reset

Date	Stimulus	Distance (in)	L→R	R→L	Up

## Caregiver Tip



Aim for smooth, not fast.  
One clean 5-second look is a win.





# Tummy Time Ladder

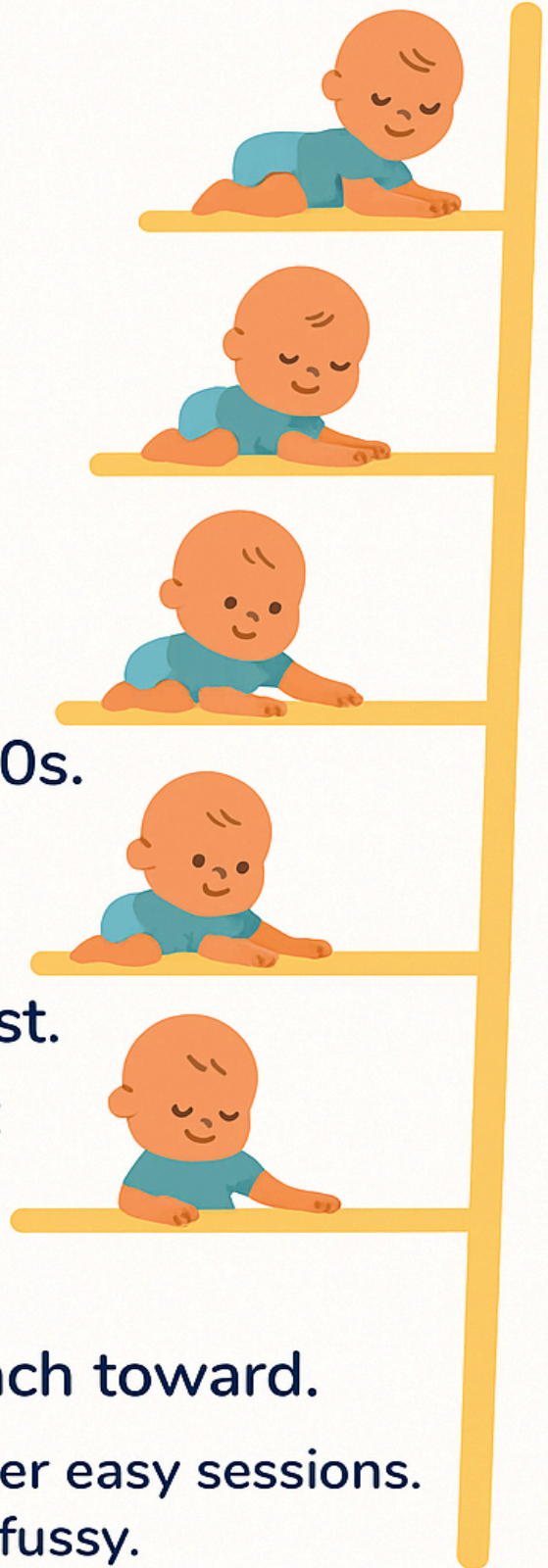
## WHAT YOU'LL NEED

- firm floor your chest
- chest-to-chest).
- mirror or toy

## WHAT TO DO:

- Start on your chest (chest-to-chest). 30 – 60s.
- Incline on you (semi-upright).
- Mat + towel under chest.
- Flat on mat, very short sets; end before fuss.
- Flat, little longer.
- Add a toy/mirror to reach toward.

**Move up/down:** Move up after easy sessions. Stay if unsure. Step down if fussy.






## Caregiver Tip

Many tiny sets beat one long set. End while calm.



# Paced Bottle Checklist

## WHAT YOU'LL NEED

-  Bottle
-  Burp cloth
-  Timer



 Angle 45-60°

 Lips flanged (good latch)

 Pause every 20-30 s

 Switch sides mid-feed

 Stop at fullness cues



## Caregiver Tip

Keep bottle more horizontal; let baby set the rhythm.



# Space Setup Checklist

**GOAL:** Reduce noise/light; set a safe, clear floor zone.

## WHAT YOU'LL NEED

- firm mat rail
- wipes/cloth

## SET THIS UP

- Light dim or soft
- Noise steady or quiet
- Floor mat clear + firm
- Tummy prop ready (small towel roll)
- One card or mirror
- Caregiver at eye level

## AVOID / FIX

- Bright overhead light
- TV, music, notifications
- Slippery or soft surfaces (bed, couch)
- Clutter or cords
- Strong scents, fans blowing
- High surfaces or elevated seats unsupervised

Sleep	Feed	Play

**Caregiver Tip** Less input = more focus,  
Dim lights, steady noise,  
clear floor.





# TALK-TURNS TALLY



## WHAT YOU'LL NEED

- calm moment
- caregiver voice
- 60-second timer



Get close at eye level.



Wait for any sound or look



Echo once, then pause

## WHAT TO DO:

1. Get close at eye level.
2. Copy one baby sound or face and pause.
3. Wait for any turn (look, sound, mouth move)
4. Echo once and pause again.
5. Stop on a win; try again later.

Date	Window
AM/MID/PM	
Adult turns (#)	
Baby turns (#)	
Example sounds/words	
Notes	

1	Show a face or card	Adult turns (#)
2	Wait for any sound or look	Baby turns (#) =
3	Echo once, then pause	Notes

**Caregiver Tip** Say it, then wait, Silence invites your baby's turn.

# Cues Roadmap (G/Y/R)

## HOW TO USE:

- ✓ Check color zone
- ✓ Do action
- ✓ Log if needed

### GREEN

- ✓ bright eyes
- ✓ relaxed hands
- ✓ steady breathing
- ✓ soft face/jaw
- ✓ rooting/engaged search
- ✓ eager sucking

#### Action:

Keep going  
Offer brief micro-pauses  
Swap sides

### YELLOW

- ✓ looks away
- ✓ finger splay
- ✓ hiccup/yawn
- ✓ slower suck
- ✓ fussy sounds
- ✓ arching start
- ✓ brow furrow
- ✓ hands to face stiff

#### Action:

Pause: bring close  
Slow flow, starter set.  
Burp: change side  
Dim light, reset posture

### RED

- ✓ hard cry
- ✓ stiff body/arching
- ✓ splayed fingers rigid
- ✓ color change red or pale
- ✓ gag/cough
- ✓ choking
- ✓ breath-holding

Stop & reset:  
soothe, soothe  
Upright hold, burp



Green



yellow



Red



stop

Micro-steps: Move from Green to Yellow to Red



# Weekly One-Line Tracker

## WHAT TO DO

Write a brief summary for each day.  
Tally your totals by the end of the week.

Day	Tummy minutes (total)	5-sec looks (#)	Talk- turns	Win of the
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

### Caregiver Tip

Track whatever is important to you.



# Red Flags Quick Check

Use corrected age for preterm babies; call if unsure.

## LOOKS ON TRACK

- Brief eye contact by 2 months
- Follows a nearby toy by end of month 3
- Brief head lift on tummy by 3 months
- Moves arms and legs smoothly and symmetrically
- Turns to your voice: coos by 2-3 months
- Settles with short calming routine

## Caregiver Tip

Use corrected age for preterm babies.  
Early check-ins help.

## CHECK IN WITH CLINICIAN

- Ongoing feeding trouble or poor weight gain
- Does not react to loud sounds
- Does not follow moving object by end of month 3
- Very stiff or very floppy body, very little movement
- No brief eye contact by 2 months (corrected)
- No head lift on tummy by 3 months
- Always looking one way, clear bald tilt missed warm spot

## **MODULE 2 — Core + Attention (3–6 months)**

Gain practical steps to build rolling, reach, grasp, and longer focus that support a **brighter, more engaged brain**. Learn floor setups and rhythm pauses that extend attention while you strengthen core control and joint engagement.

### **IN THIS MODULE**

- Discover how to support rolling and side-lying reach with graded help.
- Learn to name what baby looks at and echo simple vowel strings.
- Practice hand-to-hand passes and midline play to engage both hands.
- Build sustained attention with “book look five” (five labels per read).
- Monitor independent reaches, successful passes, and new syllables.

# Mini-Labs

## Talk Echo

### WHAT YOU'LL NEED:

- ✓ quiet room



TIME: 2-5 minutes

1. Sit across from your baby
2. Wait for baby to coo or vocalize
3. Echo the sound back to your baby

**Caregiver Tip.** *Terhalten*  
your baby's tone and volume.

## Music Stop-Go

### WHAT YOU'LL NEED:

- ✓ noise-making toy



TIME: 2-5 minutes

1. Shake a toy to make noise
2. Stop and wait for your baby's reaction
3. Repeat a few times as baby stays engaged

**Caregiver Tip.** Let baby lead the pace for each round.

## Pull-to-Sit (assist)

### WHAT YOU'LL NEED:

- ✓ floor or mat



TIME: 2-5 minutes

1. Lay baby on their back
2. Gently tug baby's arms forward
3. Lower baby back down slowly

**Caregiver Tip.** Go slow so baby's head follows their body.

## Kick the Crinkle

### WHAT YOU'LL NEED:

- ✓ crinkly material



TIME: 2-5 minutes

1. Lay baby on their back
2. Place the material near their feet
3. Encourage baby to kick forward

**Caregiver Tip.** Tapping feet may be easier than big swings.



# Roll & Pivot Ladder

## WHAT YOU'LL NEED

- firm mat
- small towel
- favorite toy/mirror

## HOW TO USE

- Do tiny sets
- Stop on success
- Use cues

**1** Start on back (supine).  
Hands to midline. Show toy t side.



**2** Hip help to side.  
Guide at hip/pelvis, let head follow.



**3** Side-lying.  
Hands together. Short look at toy.



**4** To tummy with towel under  
Elbows forward, chin up for 1-3 sec.



**5** Lower towel a bit.  
Reach toward toy, Pivot a little/right.



**6** Roll tummy → back and back → tummy  
with light hip help.



**Caregiver Tip** Many tiny sets beat one long set.  
End while calm.

# REACH-GRASP-TRANSFER Scorecard

Check what your baby can do now; circle 2 skills to build next

## WHAT YOU'LL NEED

- baby-safe ring/rattle
- crinkle cloth
- soft mat

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- baby-safe ring/rattle
- crinkle cloth
- soft mat

## CAREGIVER TIP

It's okay if your baby does one skill at a time.

## LOOKS ON TRACK

- Reach to midline
- Hands open 50% when calm
- Grasps ring or rattle
- Holds 3-5 seconds
- Transfers hand-to-hand
- Releases to adult
- Tracks toy while reaching
- Symmetric use L/R

## BUILD NEXT

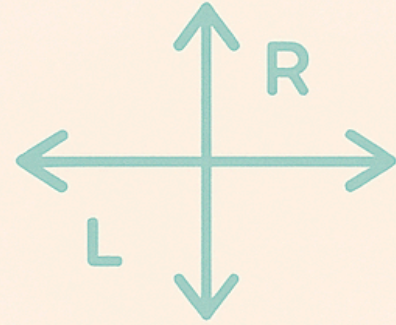
- Reach to midline
- Hands open >50% when calm
- Grasps ring or rattle
- Holds 3-5 seconds
- Brings to mouth
- Releases to adult
- Symmetric use L/R



# Vision Grid + Log

## WHAT YOU'LL NEED:

- high-contrast card
- 🔔 small rattle or bell
- 💡 soft light (dim room)



## WHAT TO DO:

1. Seat or place baby on floor, support head.
2. Hold target 8-12 in from flur's eyes  
Wait for a 1-5 sec.t look.
3. Move target slowly L-R in short arc,  
pause.
4. Move in small circle; stop at Yellow/Red cues.
5. Log distance and quality



Stop if your  
baby ever  
needs a break

Date	Stimulus	Distance (in)	L→R	R→L	Quality

**Caregiver Tip** Aim for smooth, not fast.  
One clean five-second look® is  
a win.



# Babble & Turn-Taking Log

## WHAT YOU'LL NEED

- quiet space
- your voice
- pencil or tick boxes
- 🕒 timer (60s)



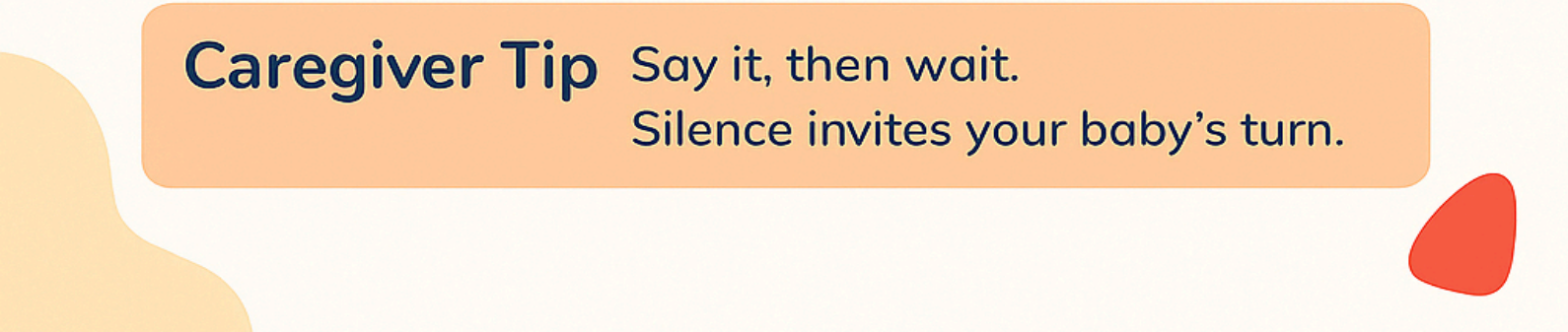
## WHAT TO DO:

1. Sit face-to-face with your baby (cuddle distance).
2. Copy one of your baby's sounds, pause, wait, and echo it back softly.
3. Run a 60-second set. Mark adult turns and baby turns.
4. End on a win, Close log when fun together.

## TALLY TABLE

Date	Window (AM/Mid/PM)	Adult turns #)	Baby turns (#)	Example sounds	Notes

**Caregiver Tip** Say it, then wait.  
Silence invites your baby's turn.

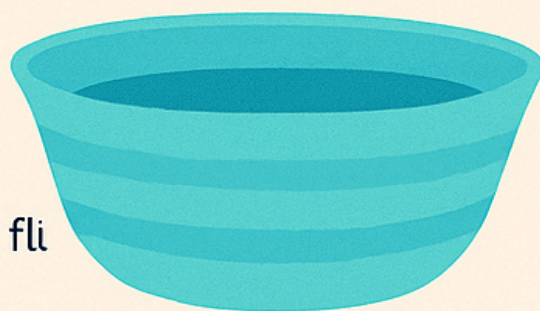


# Cause-and-Effect Trials

## Sink & Float

### WHAT YOU'LL NEED:

- Bowl or tub of water
- Waterproof toys safe for infants
- Household items to show sink vs. float
- Towel



### WHAT TO DO:

1. Gather a few toys (e.g. foam blocks, rubber duck, plastic cup) and similar items (e.g. stainless spoon, small rock).
2. Fill the bowl with water.
3. Guess which items will float or sink. (Avoid using small objects, coins, or anything baby could choke on. Avoid prediction out loud. Any prediction out loud.)
4. Test one at a time and log your results below. Empty water afterward.



An adult hand stays on baby. Always stay near water. Keep water out of reach, dump water afterward.

### OPTIONAL

Item	Prediction (Float/Sink)	Result	Notes



Talk through cause-and-effect:  
“If floats, it stays up.”  
Keep baby out of arm’s, water could flip.



# Toy Rotation Plan

## WHAT YOU'LL NEED:



Baskets



6-8 toys

## WHAT TO DO

- ✓ Keep out 2 toys.
- ✓ Put the rest in two baskets: NEXT & REST
- ✓ Swap one toy after each nap or daily
- ✓ End on a win; put away when/baby looks done.
- ✓ Clean/rotate weekly.

### Caregiver Tip

Fewer toys= more focus.  
Swap one toy at a time.



## WHY IT HELPS

Your baby gets a cleaner space and new interest in their toys.

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Your baby gets a cleaner space and new interest in their toys.

Day	Out Now	Notes
Mon		
Tus		
Wed		
Thu		
Fri		
Sat		
Sun		



# DAILY RHYTHM & NAPS

## WHAT YOU'LL NEED

- routine cards
- pen
- timer

## MINI-LABS IDEAS

- Talk Echo
- Music Step-Go
- Pull-Bto-Sit (*assist*)
- Kick the Crinkle-
- Reach-Grasp-Transfer

## WHY IT HELPS

1. Keep wake windows 75-120 min.
2. Offer a mini-lab; stop at Yellow.
3. Lay baby down drowsy, steady their gaze; dim, shush, pat
4. Log feed, play & cap the last nap's breakthroughs.

Morning	Feed	Play Focus	Nap Start	Notes
Morning				
Midday				
Afternoon				
Early Evening				

## Caregiver Tip

Short and often beats long. Two good naps beat a perfect schedule.

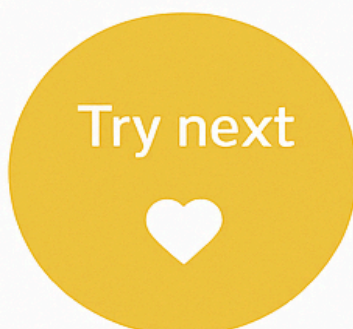
# Weekly Progress + Red Flags

## WHAT TO DO:

1. Once a week, write one line.
2. Circle 1 tiny step for next week.
3. Check red flags.
4. Use corrected age if preterm



- Calm playbooks
- Tummy time total  
\_\_ min
- Smooth tracks
- Hand-to-hand  
passing "transfer?"
- Goes back-and-forth  
\_\_ times



- Choose one:**
- Shorter sets
  - Add towel under  
chest
  - Move side to side  
slowly
  - Dim rocking  
mid-feed



- Does not turn  
toward sound
- No steady head  
at 4 months
- No attempt to bring  
hands to midline or  
grasp by 4 months
- Very stiff or very floppy  
Persistent one-sided  
posture or flat spot

## WEEKLY ROLL-UP

Day	Wins	Tummy-time (min)	Loks	Tries	Mini-notes
Mon					
Tue					
Wed					

**Caregiver Tip** Short and often wins. if two days are easy.

## **MODULE 3 — Babble + Cause-and-Effect (6–9 months)**

Discover how cause-and-effect play and action words ignite babbling and early memory. Move from random actions to cause-effect thinking and clear ba/ma/da chains. Learn to pace delays and use containers, covers, and beats that power a sharper, curious mind.

### **IN THIS MODULE**

- Learn how to set a cushion crawl path that builds planning and core.
- Practice peekaboo → two-cup swaps to build permanence.
- Teach cause→effect with tap-and-drop and lids on/off.
- Track finds in ≤3 tries, copied actions, and self-picked bites.
- Build safe self-feeding skills when ready; model sip and bite.



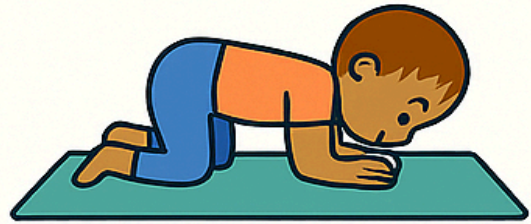
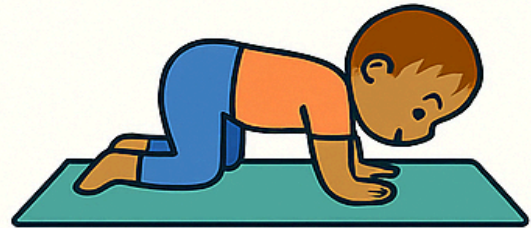
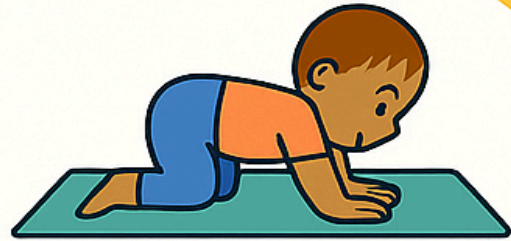
# Hands-and-Knees Ladder

## WHAT YOU'LL NEED:

- firm floor mat or blanket
- small towel roll
- favorite toy or mirror

## WHAT TO DO:

1. Start on tummy, Hands under shoulders. Help elbows under.
2. Add small towel roll under chest; bring knees under hips.
3. Rack gently forward and back 3-5 times; pause
4. Lower the towel (smaller roll); hands a bit farther forward.
5. Make a low "hill"; hands on thin cushion/book; knees on mat, reach for toy.
6. **Goal:** brief hands-and-knees hold with elbows straight and knees under hips.



**Green** – bright eyes, relaxed hands → continue.

**Yellow** – looks away, finger splay → shorten.

**Caregiver Tip** Two short tries beat one long one. End on a win.



# Mobility Map

## Sit → Kneel → Stand

### WHAT YOU'LL NEED:

- Firm floor mat
- Low stable surface
- Small cushion



### WHAT TO DO:

#### 1. Sit w supported

Place between legs, hands at midline



#### 2. Side-sit reach

Toy to side; reach return



#### 3. Half-kneel

One knee up, switch sides



#### 4. Squat to pick up

Lower with support



#### Sit w supported

Place between legs, hands at midline  
2-3 ≥30s



#### Side-sit reach

Toy to side; reach and return



#### Half-kneel

One knee up, switch sides



#### Kneel

On low surface hips under rock



#### Stand & cruise

Hands on furniture  
tiny side step each way

Date	Level	Minutes	Notes

Caregiver tip: Always supervise. Floor only.



# Object Permanence Mats

## Prompts

- Where did it go?
- Find the toy.
- Try the other cup.
- You did it!

### WHAT YOU'LL NEED:



small cloth



two opaque cups



small toy



Where did it go?

### HOW TO DO IT:

1. Show the toy.  
Cover with cloth.

Watch.  
switch!



2. Lift cloth; did baby look for it?

Which one?



3. Hide toy under one cup.

4. Switch the cups  
Let baby choose a cup. Reveal.

How found



6. Record results.

You found it!



## Results

Date	Found	Found
Cloth		
Cup		

### Caregiver tip

Always supervise.  
Floor only. Stop at 4.



# Babble-Back Sheet

## WHAT YOU'LL NEED:

- ☐ quiet spot
- 😊 your voice
- 🕒 timer

## TURN-TAKING STARTERS

- oo • ah • mmm
- blow a soft raspberry
- raise eyebrows + smile
- gentle click or kiss sound

## WHAT TO DO

1. Sit face to face at cuddle distance.
2. Copy one sound your baby makes (e.g. "oo")
3. Pause 1-2 seconds. Let baby answer.
4. Echo back once more. Keep it slow.
5. Stop when baby looks away, splay fingers, yawns, or fusses.

## TURN-TAKING STARTERS

- oh • mmm
- blow a soft raspberry
- eee
- raise eyebrows + smile
- click or kiss



**Caregiver Tip** Say it, then wait.

Two or three turns are enough.

# Gesture checklist

## -What Can I Control?

### What you control



#### Position

- seated support
- prone time
- high chair foot rest



#### Environment

- quiet space
- face-to-face
- low visual noise



#### Timing

- after nap
- after feed
- baby alert








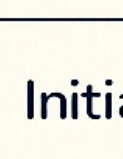
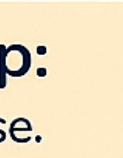
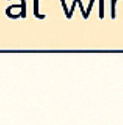
#### Prompts

- model gesture
- label action
- wait 3-5 seconds
- hand-under-hand assist

### How to use (quick plan)

- 1) Choose 3 target gestures
- 2) Set up the controls
- 3) Practice 2-3 minutes, 3 times per day

### Gesture checklist

Gesture	Not yet	Emerging	Yes
Eye contact			
Social smile			
Reach for object			
Show or give			
Wave			
Shake head "no"			
Clap			
Point (emerging)			
Clap			
Point (emerging)			
Imitate sound/gest			

Date \_\_\_\_\_ Initials \_\_\_\_\_

#### Caregiver tip:

Always supervise.  
Floor only. Stop at win.



# Pincer & Self-Feed Plan



high chair with footrest



soft bite-sized foods



suction bowl

## HOW TO DO IT

1. Seat upright, feet supported, tray at belly.
2. Place 2-3 pea-sized pieces in a line
3. Show pincer grasp (thumb + index). Hand-under-handsist once
4. Pause 3-5s, let baby try. Switch sides
5. Offer open cup sips 1-2 sips
6. End when baby looks away, arches, closes mouth, or wins

## Prompts

- Pinch pinch
- Try this one
- Use two fingers
- You did it!

## Tally

Date	L pincer	R pincer	Self-fed 5 bites	Cup sip



**Sink & Float plan**

-  shallow tray
-  water
-  4 small objects (with no-food)

Water play no tasting

## Caregiver tip

Always supervise. High chair only. Stop at win.



# Safe explorer Audit



WHAT TO CHECK	Fix NEXT	
<b>Living area</b>	<b>Action plan</b>	Fix / Done
<input type="checkbox"/> TV anchored <input type="checkbox"/> Furniture anchored <input type="checkbox"/> Cords secured/ <input type="checkbox"/> Outlets covered <input type="checkbox"/> Floor clear <input type="checkbox"/> Small objects >1.25 in not accessible <input type="checkbox"/> Plants safe	<input type="checkbox"/> Fix by _____	_____ _____
	Action plan _____	_____ _____
<b>Bedroom/Nursery</b>	<b>Action plane</b>	
<input type="checkbox"/> Crib empty (no blankets, pillows, bumpers) <input type="checkbox"/> Sleep sack <input type="checkbox"/> Cords & monitor wires out of reach <input type="checkbox"/> Dresser anchored <input type="checkbox"/> Window locks and bins out of reach	<input type="checkbox"/> Fix by _____	_____ _____
	Hall/Entry _____	_____ _____

**Caregiver Tip** Move the baby, not the hazard.  
If you can't fix it now, play in different space.

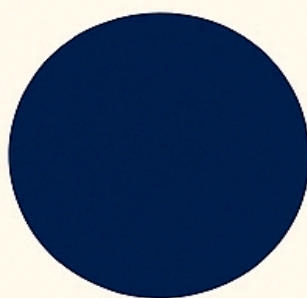
# Weekly Rotation Planner – Colour & Chat

Date \_\_\_\_\_

## HOW TO USE (QUICK PLAN)

1. Pick this week's colour.
2. Place 3 objects in baby's view.
3. Chat 3 times a day—  
30–60 seconds

## THIS WEEK'S COLOUR



### PROMPTS

- Look, a [color] ball!
- Touch it—soft or hard?
- Find another [color].
- I see [color] on your shirt.
- Where is it? There!

### SIGN & WORDS

- more     all done
- drink     eat
- mama     dada

### ♥ Caregiver Tip

Always supervise. Floor only. Stop at win.

Day	Focus colour	Object hunt	Read a book
Mon	✓✓✓	✓	✓
Tue		✓	✓
Wed			✓
Thu			✓
Fri			✓
Sat			

### ROTATION

- 3 chats
- 2 points
- 1 sign

### PROGRESS TALLY

- 3 chats
- 2 point
- 1 sign

Rel  Yellow  Green

Purple  Orange  Black & white  Brown



# Red Flags – What Can Control Matrix

## HOW TO USE THE MATRIX

1. Circle the red flag you saw.
2. Try controls in this order:  
Position → Environment  
Timing → Prom pts
3. Check what you tried.
4. Mark "Helped?" yes or no
5. If the same red flag shows up on 9 different days, call your pediatrician/therapist

### WHAT THE COLUMNS MEAN


- P** Position: how baby is set,  
Examples: tummy, side-lying with rolled towel, supported sit, kneel at low box
- E** Environment: around baby  
Examples: quiet room, soft floor, 1 toy at a time, light behind you
- T** Timing: when/how long  
Examples: after nap, before feed, short 3–5–5 min stop before fussing

## COMMON RED FLAGS DURING PLAY

-  little eye contact 
-  no reach/hold toy
-  consistently uses one hand
-  stiff legs/arches 
-  very floppy/slumps
-  frequent gagging with soft lumps
-  little sound/turn-taking
-  looks away or fusses
-  quickly (<30s) 
-  avoids weight on feet
-  strong head tilt to one side

## MATRIX —USE A NEW TABLE EACH DAY

Date	Red flag	Environment	Timing
	✓	✓	✓
	✓	✓	Yes

 **Caregiver tip** Always supervise. Floor only. Stop at win.

## **MODULE 4 — Problem Solve + Imitate (9–12 months)**

Understand how to grow object permanence, gestures, and imitation with just-hard-enough problems. Progress from simple search to planned problem-solving and meaningful gestures. Build joint attention and imitation for a more connected, thinking mind.

### **IN THIS MODULE**

- Practice gesture circle and choice-and-point to grow joint attention.
- Teach container rules with in/out transfers and simple lids.
- Note points per day, gestures used, clean transfers, and taps to target.
- Discover how to set stand-and-reach targets; side-steps at two heights.
- Build cruising and side steps with supported furniture play.



# Stand → Cruise Log



## WHAT YOU'LL NEED:

- firm mat
- low furniture
- small toy



### Prompts

- Stand tall
- Step to toy
- Other hand
- Try the corner
- Pick it up



## LOG

Date	Stand	minute

## STEPS



**Supported stand**  
At low surface 2-3x  
30s



**Weight shift** 10 rs  
Rock left-right



**Side-step (cruise)**  
Tiny steps along  
furniture



**Turn corner**  
Cruise around L-shape



**Gap step** between two  
surfaces 2-3 in (5-8 cm)



**Squat to pick up**  
Lower with support  
stand back up

**Let-go moment**  
Hands off for 1-2 s  
(optional)

**Caregiver tip** Always supervise. Furniture anchored. Stop at win.

# Point-and-Name + One-Step Tracker

## WHAT YOU'LL NEED:

- favorite picture book
- toys
- mirror



## Prompts

- Point + name
- Where is \_\_\_\_?
- Find \_\_\_\_
- Give to \_\_\_\_
- Wave
- Put in
- Take out

## Tracker

### Point & Name log

- Items tried (3 lines)
- Points shown (L/R)
- Baby pointed?
- Fre

### Caregiver tip

Always supervise.  
Floor only, Stop at v

## HOW TO DO

Say it

Show it

Help-it

## Point-and-Name steps

- 1 Show Give to
  - 2 Point + name mom/dad
  - 3 Wait 3-5s Put in basket
  - 4 Praise/expand Take out
  - 5 Switch sides Wave bye
- Model once
  - Wait 3-5s
  - Hand-under-hand assist once

Tracker				
Point & Name log			One-Step check	
Date	Items tried (3)	Points	Date	<input type="checkbox"/> <input type="checkbox"/>
			Give	<input type="checkbox"/> <input type="checkbox"/>
			Put in	<input type="checkbox"/> <input type="checkbox"/>
			Take out	<input type="checkbox"/> <input type="checkbox"/>
			Wave	<input type="checkbox"/> <input type="checkbox"/>
			Clap	<input type="checkbox"/> <input type="checkbox"/>
Totals this week			Total	<input type="checkbox"/> <input type="checkbox"/>

# Fill-Dump-Post Mats – Sink & Float

## WHAT YOU'LL NEED:

- Slag bin
- Shallow tray



## HOW TO DO IT

1. Fill bin



2. Dump out



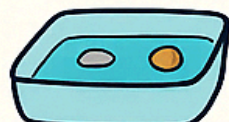
3. Post into container?

## PROMPTS

- Where did it go?
- Where should this go?

## WATER PLAY VERSION

Place tray;  
test objects



## PROMPTS

Where did it go?  
Where should this go?

## RESULTS GRID

Item	Fill	Dump



**Caregiver tip** Always supervise.  
Floor only. Stop at win. For water  
play: High chair only. Water play only—no tasting

For water play: High chair only. Water play only—no tasting



# Calm Limits Scripts

## SAY IT

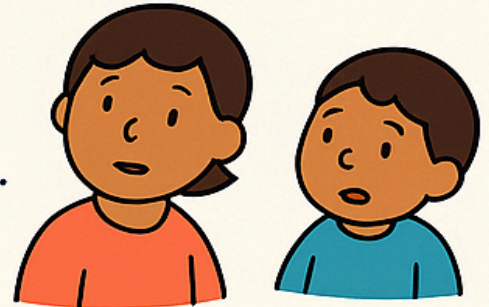
1. Describe the problem calmly

*You are throwing the toy.*



2. State a clear limit

*You can throw the ball outside.*



3. Offer a choice

*Do you want to try again, or take a break?*

4. Follow through with the limit

*I will put the toy away now.*



## FOLLOW THROUGH



Explain and offer comfort if needed.

## Notes

---

---

---

---

---



# First Words Bank



## HOW TO USE (COLOUR & CHAT)

1. Pick this week's colour:
2. Place 3 coloured objects in baby's view
3. Chat 3 times a day, 30-60s

### PROMPTS

- Point + name
- Where is \_ ?

## WORD BANK

### People

mum  
dad  
gran

### Body

eye  
ear  
hand

### Actions

go, more  
stop  
up

### Object/Play

ball  
car  
block

### Food

drink  
milk  
apple

### Sounds

woof  
vroom  
beep clap

Signs & Words hi, all done, more

### Signs & Words

hi, all done more

## WEEKLY ADDS

Week of ...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## CHAT TRACKER

Focus colour	Object hunt	Read a book
//		✓



**Caregiver tip** Always supervise.  
Floor only. Stop at win.



Favourite ytcne



toys



mirror

# Home Safety Anchor Checklist

## WHAT YOU CONTROL

- Anchor heavy furniture (dressers, bookshelves)
- Anchor TVs (wall mount or anti-tip strap)
- Secure top-heavy items (mirrors, microwaves on carts)
- Lock cabinets/drawers (cleaning, meds)
- Hide cords & cables
- Block climb hazards (open drawers, handles)
- Use non-slip pads under furniture

## TOOLS

- Stud finder, drill, 2.5-3 in wood screws, L-brackets anti-tip strap, wall anchoring (for masonry), zip ties
- Strap or bracket to stud; tighten snug
- Tug-test (15 -20 sec)
- Repeat for each item

## CHECKLIST BY ROOM



Stud finder

drill, 2.5 >- wood screws



wall anchors

outlet covers corner

guards

## Test & Track

Date	Item	Fix done	Next check
Living room			
Bedroom			
Nursery			
Kitchen			
Dining			
Bathroom			
Hallway /Entry			




**Caregiver tip** Always supervise. Furniture anchored. Test monthly. Stop at win.




# Sort & Switch Mats

## WHAT YOU'LL NEED:

- 2 wo mats/dishes
  - mixed small objects (eg., shallow water)
  - (optional) towel
  - tongs or spoon
- 

## PROMPTS:

- 1 Find red.
  - 2 Match same.
  - 3 Now switch.
  - 4 Sink or float?  
Your turn. Yur snct hg
- 

## RESULTS:

### Sorting log

Date	Theme	

### Results

Date	Items tested?	

## 1 Sort:

Place mix d objects: Put all RED here. BLUE here.



Examples:  
big/small, soft/hard, red/blue

## 2 Switch:

Switch mats.



## 3 Water test counts

After sorting, pick 4 items predict, drop in water

### Water test counts

Date	Items tested	Sank

Check a box when baby does it; write numbers they sink/float.



### Caregiver tip

Always supervise.

# Two-Step Get → Do Sheets

## Turn-Taking Plan bands

### WHAT YOU'LL NEED:

- quiet spot
- 3-4 familiar objects:  
ball, cup, book, block
- box/bin or basket
- small shelf or table

### HOW TO DO IT:

1. Say the 2-step:  
“Get the ball → put in box.”
2. Wait 3-5 s. Let baby try.
3. If needed: Show it once.  
Then try again,
4. If still hard: Help-it  
(hand-under-hand) once,  
then fade help.
5. Switch sides; try a  
different pair.
6. Stop at win,

### PROMPTS:

- “Get the \_\_.”
- Your turn.

### Turn-Taking Plan bands

Task	Say it	Show it	Did? ✓
Get ball → put in box	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get cup → give to mom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get book → put on table	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get spoon → put in bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get block → stack 1 on tower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Weekly log

Date	Task tried	Notes

### Caregiver tip

Always supervise. Keep steps short. Praise efforts.

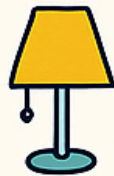


# Wind-Down Routine



## WHAT TO DO:

- quiet spot
- dim lamp
- favorite board book
- soft lovey



## WEEKLY CHECKS

Week of \_\_\_\_\_

Lights low



Point & name 3

Read 1 book

Goodnight phrase



## WHAT YOU'LL NEED:

1. Lights low. Put phone away.
2. Cuddle + slow sway 30–60 s.
3. Point & name 3 objects  

4. Read one short book; turn pages together
5. Goodnight phrase + sign “all don.” 
6. Into crib drowsy but awake.
7. If fussy, pause and try again tomorrow.

Week	Tu	We	Th	Fr	Sa	Su
Lights low						
Point & name						
Read 1 book						



### Caregiver tip

Keep lights low. Stop at win.

## **MODULE 5 — Words, Plans + Flexibility (12–18 months)**

Learn to turn daily routines into language and thinking practice. Move from first sounds to meaningful words, noun+verb labels, two-step plans, and pretend play to grow vocabulary, working memory, and early self-control. Grow vocabulary and control that signal a bright, ready-to-learn mind.

### **IN THIS MODULE**

- Discover how to run two-step helper jobs that build planning.
- Learn to expand words with +1 phrases during play and books.
- Practice pretend scenes that link words to ideas and feelings (scoop → feed → wipe) and swap roles.
- Build self-control with short Stop–Go games and tiny waits before snacks.
- Track two-step follows, new words, ring-stack order, and Stop–Go success.



# Words Inventory

## WHAT YOU'LL NEED:

- checklist
- sticky notes
- small toys

## HOW TO USE:

1. Circle words baby says.
2. List new words here.
3. Read word bank for ideas
4. Aim for 5–10 new words each week

## WORD BANK:

- people: mom, papa
- body: eye, nose
- animals: dog, bird
- food: water, banana
- actions: go, up
- toys: ball, doll
- other: hi, all done

## PROMPTS:

- Label people, actions, and pictures
- Play ‘Where’s your belly?’, etc.
- Praise baby’s best try

## WEEKLY ADDS:

Week of \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## RUNNING TOTAL

Week	New words




### Caregiver tip

Always supervise.  
Floor only. Stop at win.




# Sort & Switch Mats

## WHAT YOU'LL NEED:

- 2 wo mats/dishes
  - mixed small objects (eg., shallow water)
  - (optional) towel
  - tongs or spoon
- 

## PROMPTS:

- 1 Find red.
  - 2 Match same.
  - 3 Now switch.
  - 4 Sink or float?
- Your turn.      Yur snct hg
- 

## RESULTS:

### Sorting log

Date	Theme	

### Results

Date	Items tested?	

## 1 Sort:

Place mix d objects: Put all RED here. BLUE here.

Examples:  
big/small, soft/hard, red/blue



## 2 Switch:

Switch mats.



## 3 Water test counts

After sorting, pick 4 items predict, drop in water

### Water test counts

Date	Items tested	Sank

Check a box when baby does it; write numbers they sink/float.



### Caregiver tip

Always supervise.

# Two-Step Get → Do Sheets

## Turn-Taking Plan bands

### WHAT YOU'LL NEED:

- quiet spot
- 3-4 familiar objects:  
ball, cup, book, block
- box/bin or basket
- small shelf or table

### HOW TO DO IT:

1. Say the 2-step:  
“Get the ball → put in box.”
2. Wait 3-5 s. Let baby try.
3. If needed: Show it once.  
Then try again,
4. If still hard: Help-it  
(hand-under-hand) once,  
then fade help.
5. Switch sides; try a  
different pair.
6. Stop at win,

### PROMPTS:

- “Get the \_\_.”
- Your turn.

### Turn-Taking Plan bands

Task	Say it	Show it	Did? ✓
Get ball → put in box	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get cup → give to mom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get book → put on table	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get spoon → put in bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get block → stack 1 on tower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Weekly log

Date	Task tried	Notes

### Caregiver tip

Always supervise. Keep steps short. Praise efforts.

# Pretend Play Cards

## Tree

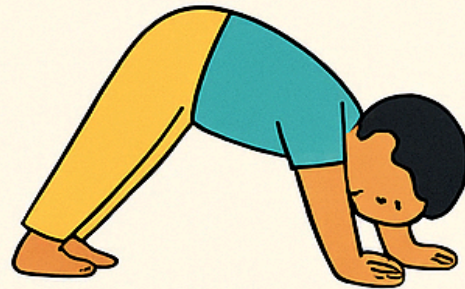


**Say it:** "Be a tall tree,"

**Show it:** Keep knee out;  
foot below knee

**Help it:** Support their hand  
to knee; hold their  
waist for balance

## Puppy (Down Dog)



**Say it:** "Hands down,  
bottoms up."

**Show it:** Bend knee; hands  
on floor, hips up

**Help it:** Lift hips, bend knees  
if needed for safety

## Bridge (Car Tunnel)



**Say it:** "Hands down,  
knees down"

**Show it:** Lift hips; shoulders  
on floor

**Help it:** Support their lower  
back as they lift hips

## Happy Baby

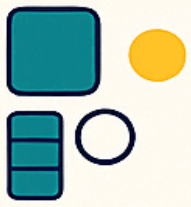


**Say it:** "Grab your feet."

**Show it:** Lie on back,  
grab feet, roll gently

**Help it:** Guide their hands  
to feet if needed

**Caregiver tip** Always supervise. Floor only. Stop at w



# Walk → Squat → Carry Course

## WHAT YOU'LL NEED

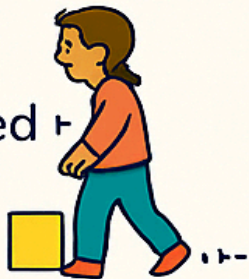
- 3-4 lightweight objects
- low bin/box
- floor markers tape spofs
- small step or sturdy low surface
- timer ⌚

## HOW TO SET IT UP


Put two lines 2-3 m apart; place objects at one end, bin at other, show p

## PROMPTS

- ✓ Walk to the red +
- ✓ block”
- ✓ Bend knees
- ✓ Your turn



## PROGRESSION

- Heavier object ----->
- Longer path ----->
- Two objects 

## HOW TO SET IT UP:

Put two lines 2-3 m apart; place objects at one end, bin at other, show path

## STEPS

- 1 Walk tall to the object  
→ heels down, kneus out



- 2 Pick up and stand



- 3 Carry close to body to bin



- 4 Repeat in in clap

## COURSE LOG

Date	Laps	Squats	Objects carfted



### Caregiver tip

Always supervise.  
Floor only.

# First-Then & Choices Board

## WHAT YOU CONTROL:

- words
- voice
- help
- timing

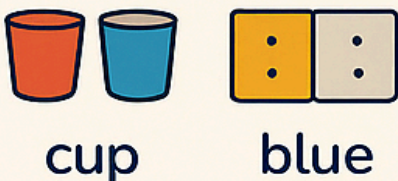
## PROMPTS

Say it. Show it. <sup>1</sup> <sub>2</sub>  
Help it. Wait 3-5 sec

## PROMPTS

- ✓ Say it. Show it.
- ✓ Help it.
- ✓ Wait 3-5 sec

## CHOICES



bath  
now  
or 2min)

## FIRST:

Put on shoes → Go outside  
Clean up toys → Bubbles  
Touch toothbrush → Song  
Sit in seat → Snack



## Choose 1



red cup



book



banana  
or crackers



bath now  
or bath (timer)

## Caregiver tip

Keep calm. Offer two choices only. Start simple.

# Independent Play Timer

## WHAT YOU'LL NEED

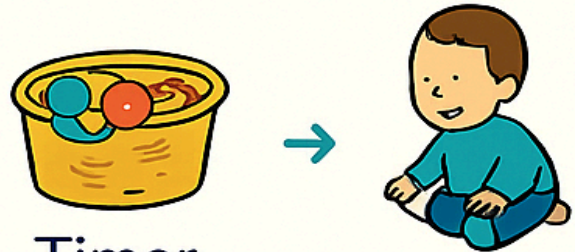
- Timer
- Basket of safe toys
- Play mat (optional)

## HOW IT WORKS

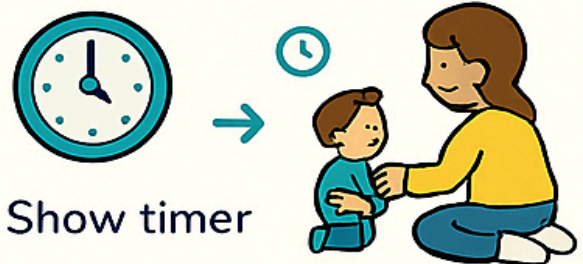
- 1 Set start time 2-3 minutes
- 2 Show timer and say “Your play time; I’ll be nearby.”
- 3 Sit nearby; check in at 1 minute with “I see you playing.”
- 4 When timer rings, high-five; and play

## PROMPTS

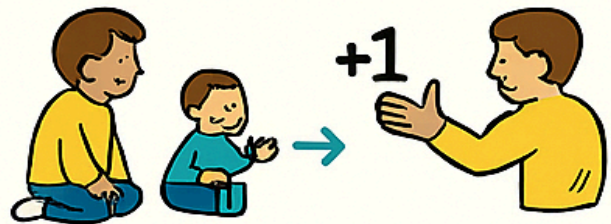
- ✓ Point to a toy
- ✓ Touch the toy
- ✓ Try a new spot
- ✓ Bend knees/side
- ✓ Comment on play



Timer



Show timer



Sit nearby  
check in

+1  
Next day  
add +1min

## COLOR & CHAT

Date	Target min	Done min	Pauses	



**Caregiver tip**  
Always supervise,  
Floor only. Stop at

# Plate Rule Menu Builder

## WHAT YOU CONTROL

- choices
- portions
- color
- texture
- size
- plates

## BUILD A MENU

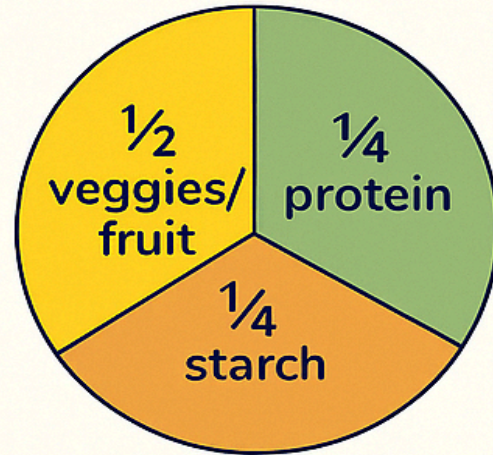
- 1 Pick one veggie or fruit
- 2 Pick one protein
- 3 Pick one starch
- 4 Offer it on the plate

## MENU BUILDER

Menu	Breakfast
1/2 Fruit & Veg	<input type="checkbox"/>
1/4 Protein	<input type="checkbox"/>
1/4 Starch	<input type="checkbox"/>

## PROMPTS

- ✓ Say it
- ✓ Show it
- ✓ Short phrases



## MENU BUILDER

	1/2 Fruit & Veg	1/4 Protein
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>
Lunch	<input type="checkbox"/>	<input type="checkbox"/>
Dinner	<input type="checkbox"/>	<input type="checkbox"/>

## MATRIX— TRY CONTROLS FIRST

Day	Breakfast	Lunch	Dinner
Mon			
Tue			
Wed			
Thurs			
Fri			
Sat			



### Caregiver tip

Always supervise.  
Floor only. Stop at win.

# Red Flags 12-18m

## What Can I Control?

**HOW TO USE:** Circle one column per concern.

Concern	 I Control	 I Can Support	Call Your Clinician
No response to name	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No single words by 16 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No pointing or showing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loss of skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not walking by 18 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Little eye contact or interest in play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Very stiff/floppy tone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persistent one-sided posture/hand use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Caregiver tip** If worried, call your clinician. Use this to track what you control vs support.

## **To every mom**

Your daily care wires your baby's brain.

Short sets beat long sessions. End on a win.

Watch your baby. Name what you see. Wait for a turn.

Hold close. Talk, sing, and read in tiny bursts.

Choose floor time first. Keep it simple and safe.

You don't need special gear.

Your face, voice, and hands do the work.

Progress comes in small steps. Celebrate today's step.