



How to Play BINGO:

- 1. Read the BINGO card and get excited for all the things your child will learn to do this year!**
- 2. Mark off any things your child is already doing using a small sticker, tick mark, highlighter, etc.**
- 3. Identify themes/characters/activities that already motivates your child to move his/her body. (i.e. transportation, dinosaurs, super heroes, etc.)**
- 4. As you play with your child, you will naturally notice the new things he/she is doing. Enjoy checking these boxes off on the BINGO card!**
- 5. Enjoy getting BINGO across, down, diagonal, 4-corners or full card BINGO as the year progresses.**

Remember, this is meant to be FUN for the whole family! Enjoy watching your children grow and reach different goals. Do NOT go out of your way to be the instructor.

BE A PARENT! LET YOUR KIDS BE KIDS! ENJOY THE RIDE!

If at any point you do have concerns, we are always here to help- just reach out! We have many FREE resources on our website and a variety of FREE parent talks throughout the year.

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GOOD BEGINNINGS BINGO © 2024

Baby Bingo! What will your baby learn from 6 to 9 months?

Gross Motor

Fine and
Visual
Motor

Social/
Regulation

Language/
Communication

Sit without support and play with toys

Use fingers to rake food towards themselves

Facial expressions like happy, sad, angry, and surprised

Make sounds like "mamama" and "bababa"

Get to a sitting position by themselves

Bang two things together

Look when their name is called

Lift arms to be picked up

Move from sitting to crawling position

Poke a finger in a hole in a toy or book

Shy around strangers

Recognize the names of some people and objects

Rock on hands and knees

Move things from one hand to the other

Smile or laugh during peek-a-boo

Understand "no"

Good Beginnings
A pediatric OT & PT
practice in Northern VA



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