GOOD BEGINNINGS BINGO ©

Baby Bingo! What will your baby learn this year?

Movement/ Physical	Cognitive	Social/ Emotional	Language/ Communication
Push onto elbows and hold up head when on tummy	Watch what an adult is doing	Calm down when spoken to or picked up	Turn towards your voice
Independent rolling and sitting	Explore their environment with mouth and hands	Smile and laugh	Recognize the names of some people and objects
Rocking on hands and knees and crawling	Open and close mouth when hungry or full	Play peek-a-boo	Point, wave, and nod yes or no
Take first steps	Look for objects that are dropped or hidden	Facial expressions like happy, sad, angry, and surprised	Say "mama", "dada", and a few other words

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.
www.gbtherapy.org