

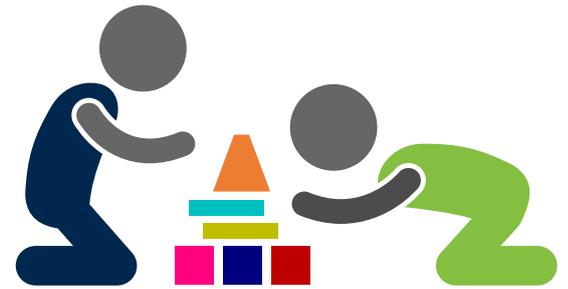
P2P RESOURCES

#prescription2play

This is a series of early stimulation tools and approaches for young children and their caregivers drawn from the P2P Project in Bhutan implemented by Save the Children with the support of The LEGO Foundation.

Concerned with your child's development?

Talk to your health assistant.



Activity | Knock It Down

How to play with young children using this activity

This activity is called 'Knock it down.' It can be played with babies from six months onwards.

1. You will need bowls, cups, or other household items that cannot break. Caregivers build a small tower using the items, stacking them on top of each other, one at a time. Encourage the baby to knock it down.
2. For small babies this will teach them cause and effect. Repeat this several times.
3. Parents of children with low vision could use items that will make a loud sound when they fall.

This activity helps young children develop fine motor skills, listening skills, language skills, sensory skills, early math skills, and social-emotional skills.

P2P Project Component: BCDT

The Bhutan Child Development Screening Tool (BCDST) is designed for the periodic screening of children from 2½ to 60 months by the Ministry of Health (MoH). The screening tool covers developmental domains, such as physical development, communication/language, problem solving/cognition, and personal social development.

The screening tool is part of the health assistant's (HA) normal immunization and growth monitoring visits. It indicates "Yes" and "No" responses from the parents/caregivers regarding whether or not the child exhibits certain skills or behaviors within four areas of developmental domain. The tool has also been paired with the C4CD Plus Play Plan, which has linked simple play activities with the milestones indicated in the BCDST to help develop a tailored plan for caregivers based on their child's screening, in addition to any additional support or referrals that may be necessary. The play activities are for all children, but the HA may emphasize particular play activities that will best support the child's development.

For example, if the screening indicates a delay in the physical development of a baby under six months, the HA might recommend caregiver's practice games like the activity provided above, in addition to making a referral to a specialist or making an appointment for further monitoring, depending on the specific needs of the child.