



# Parent Manual

Activities for children up to age 3 years

Caribbean Institute for Health Research,  
The University of the West Indies, Kingston, Jamaica



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Caribbean Institute for Health Research,  
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Social Protection and Health Division  
Inter-American Development Bank

# Parent Manual

## Activities for children up to age 3 years



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# Purpose of the manual

This manual provides content that can be shared with parents to support playful interactions for children 0-36 months. The manual was developed in response to the Covid-19 pandemic and the suspension of many programs that involved home visiting or parent groups. It does not require parents to have previously participated in such programs, and could be used in other situations when traditional delivery of parenting programs is not possible.

The content comprises selected play and language activities from the *Reach Up programme* ([www.reachupandlearn.com](http://www.reachupandlearn.com)). We have chosen activities that require few materials and where materials are needed, they are simple to make and use items that parents often have in their homes. The content is provided in 3-month age groups. For each 3-month group we have chosen 6 play and 6 language activities. If a parent does not have the materials needed for one activity, they can choose another one. All of the play activities include talking about the actions and the language ones involve playful interaction. Many can be done as part of everyday routines such as eating, bathing and while doing household chores.

The manual is in 2 parts. The first part is for program managers and comprises this section ('Purpose of the manual') and tables with activities that can be used to provide content for delivery to parents by various media including radio, phone calls and social media formats.

The second part (**Activities we can do at home with baby**) provides the same activities in a format that can be used directly by parents. It can be printed and distributed to families (as a whole or using cards with content for different age groups). The content could also be delivered through SMS or WhatsApp or via radio and TV.

## The content for parents is in two sections:

The first section provides some guidelines for parents on how to use the manual and some general information on how to help children feel safe and happy.

The second section comprises the activities formatted for use by parents and instructions to make a few toys.

## Adaptation

Program managers may need to adapt the content and format for their situation, considering things like parent literacy and materials typically available in the children's homes. It is particularly important to adapt for parents reading ability. Although we have formatted the content as a manual this delivery format will not always be suitable, and other options such as radio or, cards with more pictures and few words could be used. The songs and examples given can be changed and additional examples given if appropriate for the cultural context.





While we have selected activities with few materials, we encourage the distribution of a few items if feasible, such as picture books, crayons, blocks and soft doll.







For a sample of related parenting videos that was successfully implemented in health centres in the Caribbean see link and password in Chang et al. (2015) available here: <https://publications.iadb.org/en/parenting-programme-health-centres-what-you-do-baby-really-matters-implementation-manual>

## Evaluation

The activities included are taken from the evidence-based Reach Up program. However they have not been delivered in this way before. It is important to have evaluation of the process (e.g. uptake by parents, how often they used it, what activities did they like and use often, were there activities that they did not use and why). Impact evaluation would also be very helpful where possible. We would be happy to participate in the planning or conduct of evaluations. Contact us at [info@reachupandlearn.com](mailto:info@reachupandlearn.com)


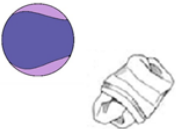
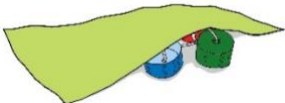

## Play and language activities for children 0-5 months


Ages 0-5months		
	Play Activities	Language Activities
1.	<p><b>Soothe baby</b></p> <ul style="list-style-type: none"> <li>• When baby cries think of what he needs - is he wet, hungry, tired or needs comfort?</li> <li>• Soothe baby by holding him closely. Say his name quietly while you move slowly. Touch him gently and rub his back</li> </ul>	 <p><b>Sing to baby</b></p> <ul style="list-style-type: none"> <li>• Sing a song to baby</li> <li>• Use a soft and soothing voice</li> <li>• She will enjoy hearing your voice!</li> </ul>
2.	<p><b>Let baby know mummy!</b></p> <ul style="list-style-type: none"> <li>• Face baby, and smile, see if he smiles back</li> <li>• Open and close your mouth making a soft sound. See if baby looks at your mouth.</li> <li>• Hold baby's hands and gently move them over your face. Let baby hold your nose.</li> </ul>	 <p><b>Chat with baby</b></p> <ul style="list-style-type: none"> <li>• Talk to baby all the time – during changing, feeding and bath time</li> <li>• Describe what you are doing</li> <li>• Talk about what baby is doing</li> <li>• Soon baby will know your voice!</li> </ul>
3.	<p><b>Loving and hugging baby</b></p> <ul style="list-style-type: none"> <li>• Hold, cuddle, hug and rock your baby in your arms</li> <li>• Give her little kisses</li> <li>• Tell her you love her</li> <li>• Cuddle her anytime, just because you love her.</li> <li>• This will make her feel good about herself!</li> </ul>	 <p><b>Imitate baby's sounds</b></p> <ul style="list-style-type: none"> <li>• Listen to the sounds baby makes</li> <li>• When baby makes a sound, say the same sound back to him</li> <li>• See if baby makes the sound again</li> <li>• Smile and show baby that you like the sound he makes - <i>'Baby can talk!'</i></li> </ul>
4.	<p><b>Play 'follow the bee' game</b></p> <ul style="list-style-type: none"> <li>• Place your index finger in front of baby's face and make a buzzing sound like a bee</li> <li>• Move your finger around and see if baby follows the 'bee'</li> <li>• Land the 'bee' on baby's nose</li> <li>• Laugh with baby and have fun!</li> </ul>	 <p><b>Have a conversation with baby</b></p> <ul style="list-style-type: none"> <li>• Face baby and make a new sound</li> <li>• Wait and see if baby repeats the sound or makes any sound</li> <li>• Answer her and again wait to see if she makes another sound</li> <li>• Soon you will be talking back and forth with her!</li> </ul>

<p><b>5. Encourage baby to hold</b></p> <ul style="list-style-type: none"> <li>• Put one of your fingers in the middle of baby's hand until he grasps it.</li> <li>• Gently pull your finger back and see if baby holds on.</li> <li>• Praise baby for holding on!</li> </ul>	 	<p><b>Walk and talk with baby</b></p> <ul style="list-style-type: none"> <li>• Take a walk around the house or outside the house with baby</li> <li>• Show her different things and people and name them</li> </ul>
<p><b>6. Play 'Where is baby' game</b></p> <ul style="list-style-type: none"> <li>• Play a game while dressing baby</li> <li>• When putting on shirt over baby's head say '<i>Where is baby?</i>'</li> <li>• Then pull shirt down and say '<i>Oo! There he is!</i>'</li> <li>• Smile and laugh with baby!</li> </ul>	 	<p><b>Play finger and toe games</b></p> <ul style="list-style-type: none"> <li>• Play with baby</li> <li>• Move each toe and finger separately while singing a rhyme</li> <li>• End with tickling baby</li> <li>• Get him to laugh and have fun!</li> </ul>
<p><b>7. Baby to reach out</b></p> <ul style="list-style-type: none"> <li>• Show baby a toy or object she likes</li> <li>• Dangle it in front of baby</li> <li>• Get baby to reach for the object</li> <li>• Praise baby when she touches it!</li> </ul>	 	<p><b>Look at a book with baby</b></p> <ul style="list-style-type: none"> <li>• Hold baby in your arms or lap and look at picture book together</li> <li>• Talk about the objects he is looking at</li> <li>• If you don't have a book, tell baby a story</li> <li>• Hearing your voice will make baby feel happy!</li> </ul>






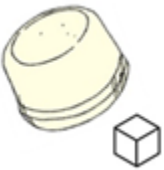
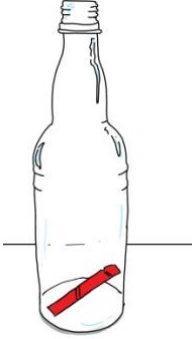
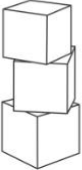
## Play and language activities for children 6-8 months

Ages 6-8months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Make a Shaker</b></p> <ul style="list-style-type: none"> <li>• Get a small clear plastic bottle and clean it</li> <li>• Cut up coloured plastic bottles into pieces and put them inside the clear bottle. Close tightly.</li> <li>• Let baby hold and play with bottle</li> <li>• Let baby hold bottle at the top and shake bottle when you say the word '<i>shake</i>'</li> </ul>		<p><b>Repeat sounds baby makes</b></p> <ul style="list-style-type: none"> <li>• Hold baby and look into his eyes</li> <li>• Listen to sounds baby makes and repeat one of the sounds to baby</li> <li>• See if baby makes the sound back to you</li> </ul>
2.	<p><b>Play with Ball</b></p> <ul style="list-style-type: none"> <li>• Get a soft ball or roll a pair of socks into a ball</li> <li>• Let baby hold ball and play with it</li> <li>• Use ball to touch and tickle baby</li> <li>• Have fun with baby</li> </ul>		<p><b>Talk with baby</b></p> <ul style="list-style-type: none"> <li>• Even though baby cannot talk yet, you should always talk with baby</li> <li>• Try to talk to baby all the time – describe what you are doing</li> <li>• Listen, if baby makes sounds and respond</li> </ul>
3	<p><b>Toy or object like a spoon and cloth</b></p> <ul style="list-style-type: none"> <li>• Give baby toy to play with</li> <li>• Then gently take from baby and hide under cloth.</li> <li>• Ask '<i>Where is it?</i>'</li> <li>• Let baby find toy!</li> </ul>		<p><b>Talk with baby at bath time</b></p> <ul style="list-style-type: none"> <li>• While bathing baby show him how to splash water</li> <li>• Have fun with baby!</li> <li>• Use a plastic container or cup and fill it with water and show baby how to empty it. Say '<i>full</i>' and '<i>empty</i>'</li> </ul>
4	<p><b>Toy or objects and plastic container or a plastic cup</b></p> <ul style="list-style-type: none"> <li>• Show baby how to put objects in and out the container while saying '<i>in</i>' and saying '<i>out</i>'</li> <li>• Help baby to put objects '<i>in</i>' and '<i>out</i>'</li> <li>• See if baby can do it</li> <li>• Praise baby when all objects are in or out!</li> </ul>		<p><b>Talk to baby while dressing baby</b></p> <ul style="list-style-type: none"> <li>• While dressing baby talk about baby's clothes '<i>Let's put on your shirt</i>'</li> <li>• Name the body parts '<i>Hold up your arm.</i>'</li> <li>• Play finger and toe games with baby like '<i>This little piggy</i>'</li> </ul>




<p><b>5</b> <b>Make Bottle to roll</b></p> <ul style="list-style-type: none"> <li>• Get a small, clear plastic bottle and clean it</li> <li>• Half fill with water</li> <li>• If you have some shiny paper, cut a few small, pieces and put inside. Close tightly</li> <li>• Roll bottle away from baby</li> <li>• Encourage baby to move forward and reach bottle</li> <li>• Praise baby when he gets to the bottle!</li> </ul>		<p><b>Talk to baby during feeding time</b></p> <ul style="list-style-type: none"> <li>• While feeding baby talk about the foods baby is eating</li> <li>• Smile at baby and respond to his signs like when he shows he wants more</li> <li>• Try and make meal time happy!</li> </ul>
<p><b>6</b> <b>Play Peek-a-boo with baby</b></p> <ul style="list-style-type: none"> <li>• While baby is looking at you cover your face with hands</li> <li>• Say '<i>Where is Mommy?</i>'</li> <li>• Open hands and say '<i>boo! Here I am!</i>'</li> <li>• Laugh with baby as she sees you!</li> </ul>		<p><b>Make new sounds for baby</b></p> <ul style="list-style-type: none"> <li>• Face baby, look into his eyes, smile and say a new sound that he doesn't say yet</li> <li>• Repeat slowly several times</li> <li>• Encourage baby to repeat that sound!</li> </ul>




## Play and language activities for children 9-11 months

Ages 9-11 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Make a drum</b></p> <ul style="list-style-type: none"> <li>• Get a plastic or metal container and an object to hit the container (shaker or wooden spoon)</li> <li>• Give baby the objects to play with</li> <li>• Help baby to hit the container and say '<i>bang</i>'</li> <li>• Praise baby when he hits '<i>Good boy you hit the drum!</i>'</li> </ul>		<p><b>Use action words</b></p> <ul style="list-style-type: none"> <li>• Help Baby learn to do the actions when you say the word</li> <li>• Say '<i>clap hands</i>' while clapping and singing a song</li> <li>• Say '<i>thanks</i>' when giving objects to baby or when receiving objects from baby</li> </ul>
2.	<p><b>Make object to dangle</b></p> <ul style="list-style-type: none"> <li>• Tie an object that baby likes to the end of a short piece of string</li> <li>• Let baby watch as you hold the end of string and dangle the object</li> <li>• Give baby the string and encourage him to dangle the object</li> <li>• Praise baby when he dangles it!</li> </ul>		<p><b>Talk about names of people</b></p> <ul style="list-style-type: none"> <li>• Say the names of people in the home like brothers and sisters</li> <li>• Use their names when talking to baby for example '<i>Give the spoon to Maria.</i>'</li> </ul>
3	<p><b>Toy or object and cloth</b></p> <ul style="list-style-type: none"> <li>• Give baby toy to play with</li> <li>• Place cloth in front of baby</li> <li>• Then gently take toy from baby and place it on the far end of cloth</li> <li>• Offer baby the edge of cloth closest to baby</li> <li>• Baby to pull cloth to retrieve toy</li> <li>• Praise baby when she tries!</li> </ul>		<p><b>Talk about Body parts - Face</b></p> <ul style="list-style-type: none"> <li>• Help baby learn parts of the face</li> <li>• Point to your eye and say '<i>eye</i>'</li> <li>• Point to the baby's eye, and say '<i>eye</i>'</li> <li>• See if baby will touch your eye or his when you say the name</li> <li>• Another time, try nose and mouth</li> <li>• Praise baby Say '<i>Good girl you showed me your eye</i>'</li> </ul>



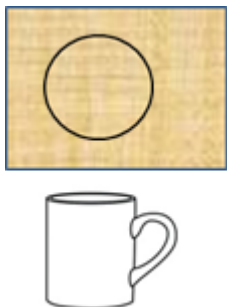
4	<p><b>Toy or object and plastic container or plastic cup</b></p> <ul style="list-style-type: none"> <li>• Show baby how to put toy under the container while saying '<i>I'm putting the toy under</i>'</li> <li>• Help baby to put object '<i>under</i>'.</li> <li>• See if she can do it by herself when you say '<i>Put the toy under</i>'</li> <li>• Praise baby when she does it!</li> </ul>		<p><b>Take a walk around the house with baby</b></p> <ul style="list-style-type: none"> <li>• Take a short walk around the house with baby. Show her things and people and talk about them</li> <li>• You can say things like, '<i>Look at the tree. Do you see the pretty bird?</i>'</li> <li>• See what things baby is interested in and try and talk about them</li> </ul>
5	<p><b>Clear plastic bottle and small objects (that cannot be swallowed) to go in</b></p> <ul style="list-style-type: none"> <li>• Give baby bottle to play with</li> <li>• Show baby how to put objects in</li> <li>• Help baby to put object into bottle while you say '<i>in</i>'</li> <li>• Help baby to shake it out while you say '<i>out</i>'</li> <li>• Praise baby when she puts it in!</li> </ul>		<p><b>Talk with baby while doing housework</b></p> <ul style="list-style-type: none"> <li>• Name objects you are using and talk to baby about what you are doing</li> <li>• '<i>This is a broom. I'm sweeping the floor because it is dirty. I'm making it clean.</i>'</li> </ul>
6	<p><b>3 objects to stack</b></p> <ul style="list-style-type: none"> <li>• Using 3 objects of similar sizes, show baby how to stack them on top of each other while saying '<i>on top of</i>'</li> <li>• Help baby to stack objects on top of each other</li> <li>• Praise baby and give him a big hug when he puts the last object on top!</li> <li>• Get baby to hit them down and have fun!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• While facing baby, do actions while singing</li> <li>• Get baby to do the actions too!</li> </ul> <p><i>Open, shut them, open, shut them</i> (Open and close both hands)  <i>Give a little clap, clap, clap</i> (Clap hands 3 times)  <i>Open, shut them, open, shut them</i> (Open and close both hands)  <i>Lay them in your lap, lap, lap</i> (Pat hands in lap, 3 times)</p>




## Play and language activities for children 12-14 months

Ages 12-14 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Toy or objects and plastic container or plastic cup</b></p> <ul style="list-style-type: none"> <li>• Turn the container over and show baby how to put toy on top of the container while saying '<i>I'm putting the toy on top</i>'</li> <li>• Help baby to put object '<i>on top</i>'.</li> <li>• See if she can do it by herself when you say '<i>Put the toy on top of the container</i>'</li> <li>• Praise baby when she does it!</li> </ul>		<p><b>Talk with baby during bath time</b></p> <ul style="list-style-type: none"> <li>• Name body parts. '<i>I'm going to use the soap to wash your arm, fingers, leg, stomach etc.</i>'</li> <li>• Use a plastic container or cup and fill it up with water and show baby how to 'empty' it. Say '<i>full</i>' and '<i>empty</i>'.</li> <li>• Have fun!</li> </ul>
2.	<p><b>3 objects to stack</b></p> <ul style="list-style-type: none"> <li>• While 3 objects are stacked, show baby how to take each object off while saying '<i>off</i>'</li> <li>• Help baby to take objects off one at a time</li> <li>• Praise baby and give him a big hug when he takes the last object <i>off</i>!</li> </ul>		<p><b>Talk to baby while dressing baby</b></p> <ul style="list-style-type: none"> <li>• While dressing baby talk about the clothes. '<i>Let's put on your blue t-shirt.</i>'</li> <li>• Name body parts. '<i>Put the sock on your foot.</i>'</li> </ul>
3	<p><b>Make a drum</b></p> <ul style="list-style-type: none"> <li>• Get a plastic or metal container and an object to hit the container (shaker or wooden spoon)</li> <li>• Allow baby to play with objects</li> <li>• Help baby to hit the container while you say '<i>bang</i>'</li> <li>• Sing a song while baby hits the drum</li> <li>• Praise baby '<i>You are a great drummer!</i>'</li> </ul>		<p><b>Talk about Body parts - Face</b></p> <ul style="list-style-type: none"> <li>• Help baby learn parts of the face</li> <li>• Point to your nose and baby's nose and say '<i>nose</i>'</li> <li>• See if baby will touch your/his nose and repeat the word '<i>nose</i>'</li> <li>• Later, try mouth, ears, hair, head - while combing his hair</li> <li>• Praise baby by clapping when he is correct!</li> </ul>

4	<p><b>Toy or object and plastic container or plastic cup</b></p> <ul style="list-style-type: none"> <li>• Let baby play with toy and container</li> <li>• While baby is watching, hide the toy under the container</li> <li>• Ask '<i>Where is it?</i>'</li> <li>• Baby to lift container and find the toy</li> </ul>		<p><b>Look at a book with baby</b></p> <ul style="list-style-type: none"> <li>• Use any book with pictures in it</li> <li>• Let baby sit on your lap and look at the book together</li> <li>• Point at the picture and say the names.</li> <li>• Help child to turn pages</li> </ul>
5	<p><b>Doll or soft toy</b></p> <ul style="list-style-type: none"> <li>• Hug and rock the doll</li> <li>• Give doll to baby and help her hug and rock the doll</li> <li>• Praise baby '<i>Nice girl you are loving the baby.</i>'</li> </ul>		<p><b>Use action words</b></p> <ul style="list-style-type: none"> <li>• Baby to learn to do the action when you say the word</li> <li>• Shake your head from side to side when saying '<i>no</i>'. See if child will do the same</li> <li>• When lifting baby say '<i>up</i>' and when putting baby down say '<i>down</i>'.</li> </ul>
6	<p><b>Play Peek-a-boo with baby</b></p> <ul style="list-style-type: none"> <li>• While baby is looking at you cover your face with a blanket.</li> <li>• Say '<i>Where is mommy?</i>'</li> <li>• Remove blanket and say '<i>Boo! Here I am!</i>'</li> <li>• Laugh with baby as she sees you</li> <li>• Give blanket to baby and get her to hide her face</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• While facing baby, do actions while singing</li> <li>• Get baby to do the actions</li> </ul> <p><i>Clap your tiny hands Clap your tiny hands Clap your tiny hands for joy</i></p>


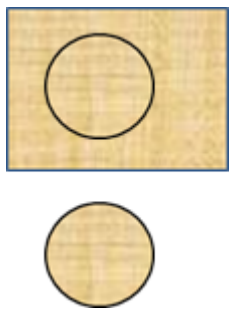

## Play and language activities for children 15-17 months

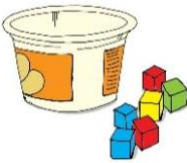


Ages 15-17 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Mirror game</b></p> <ul style="list-style-type: none"> <li>• Use any mirror in the home</li> <li>• Hold baby and look in the mirror and ask '<i>Where is baby?</i>'</li> <li>• Get baby to touch the image. '<i>Ahh! There's baby! What a handsome baby.</i>'</li> <li>• Have fun looking in mirror!</li> </ul>		<p><b>Talk with baby</b></p> <ul style="list-style-type: none"> <li>• It is important to talk with baby, this helps him learn to talk</li> <li>• Try to talk to baby all the time – describe what is happening. For example '<i>It is raining outside. Let's not get wet.</i>'</li> <li>• Listen, if baby says a word and respond to him</li> </ul>
2.	<p><b>Make a pull-a-long toy</b></p> <ul style="list-style-type: none"> <li>• Tie an object or objects to the end of a short piece of string</li> <li>• Hold the string and pull the toy while walking. Say '<i>This is my car I can pull it. Let's go for a drive. Vroom, Vroom!</i>'</li> <li>• Give string to child and encourage her to pull the toy while walking.</li> <li>• Praise child when he walks and pulls toy!</li> </ul>		<p><b>Talk to baby while doing housework</b></p> <ul style="list-style-type: none"> <li>• While washing the dishes, talk about what you are doing. '<i>The dishes are dirty. I am washing the dishes to make them clean.</i>'</li> <li>• Name the objects – knife, spoon, fork, plate, cup, pot</li> <li>• Praise child for repeating any words! Don't worry if it's not perfect!</li> </ul>
3.	<p><b>Make a puzzle – circle</b></p> <ul style="list-style-type: none"> <li>• Place a plastic cup on paper or cardboard and draw around the cup to make outline of a circle</li> <li>• Point to outline and say '<i>This is a circle</i>'</li> <li>• Show baby how the cup can be placed '<i>on top</i>' of the circle on the paper</li> <li>• Get baby to place cup '<i>Put the on top of the circle</i>'</li> <li>• Praise baby when she puts it on correctly!</li> </ul>		<p><b>Talk to baby during feeding time</b></p> <ul style="list-style-type: none"> <li>• Name the foods and talk about things like the colour, taste and where it came from</li> <li>• '<i>It is lunch time. Mommy cooked some chicken and yummy pumpkin.</i>'</li> <li>• Respond to child '<i>You like the chicken. Do you want some more?</i>'</li> </ul>

<p>4.</p>	<p><b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Use crayon and scribble on paper</li> <li>• Allow baby to hold the crayon in any way and in any hand</li> <li>• Praise baby for any type of marks he makes!</li> <li>• Have fun!</li> </ul>		<p><b>Talk about the names of people</b></p> <ul style="list-style-type: none"> <li>• Help baby learn the names of people like brothers, sisters, cousins, neighbours</li> <li>• Use their names when talking about them. <i>'Look, Maria is home from school.'</i></li> </ul>
<p>5.</p>	<p><b>Sorting 2 objects</b></p> <ul style="list-style-type: none"> <li>• 2 spoons and 2 cups</li> <li>• Say the names of the objects</li> <li>• Show baby that the 2 spoons are the <i>'same'</i> and the 2 cups are the <i>'same'</i></li> <li>• Give child all four objects and ask him to put the <i>'same'</i> objects together</li> <li>• Help him if needed. Praise child when he is correct!</li> </ul>		<p><b>Ask child to follow simple directions</b></p> <ul style="list-style-type: none"> <li>• Use baby's name and objects the child knows when giving directions</li> <li>• Ask <i>'Tommy, pick up the ball.'</i> <i>'Tommy bring me the comb.'</i></li> </ul>
<p>6.</p>	<p><b>4 objects and plastic container</b></p> <ul style="list-style-type: none"> <li>• Allow baby to play with objects</li> <li>• Show baby how to put objects in and out of the container while using words <i>'in'</i> and <i>'out'</i></li> <li>• See if baby can do this by herself when you say the words</li> <li>• Praise baby when she puts items <i>in</i> and <i>out!</i></li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• Sit baby facing you on your lap.</li> <li>• Hold baby's hands and rock forwards and backwards as you sing the song.</li> <li>• Have fun!</li> </ul> <p><i>Row, row, row your boat Gently down the stream Merrily, merrily, merrily, merrily Life is but a dream</i></p>

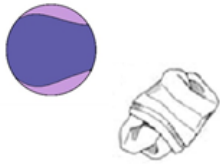

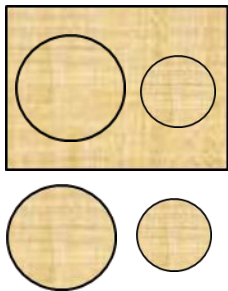





## Play and language activities for children 18-20 months

Ages 18-20 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Doll or soft toy, Cloth for blanket, Box for bed</b></p> <ul style="list-style-type: none"> <li>• Show child how to put doll to sleep on bed and cover with blanket.</li> <li>• Describe while you are doing it <i>'Baby is sleepy. Let's put her to bed. Put her head on the pillow and we cover her with the blanket.'</i></li> <li>• Encourage child to put the doll to bed by herself.</li> <li>• Praise child when she is finished!</li> </ul>		<p><b>Naming things</b></p> <ul style="list-style-type: none"> <li>• Choose 3 or 4 objects that baby know by name and place them in front of child</li> <li>• Ask child for each object by name <i>'Give me the spoon.'</i></li> <li>• Praise child when he is correct!</li> <li>• Ask him to repeat the name</li> </ul>
2.	<p><b>Make a puzzle – 1 circle</b></p> <ul style="list-style-type: none"> <li>• Place a plastic cup on paper or cardboard and draw around the cup to make outline of a circle</li> <li>• Draw the outline of the plastic cup again on another piece of paper or cardboard. Cut the circle out</li> <li>• Point to outline and say <i>'This is a circle'</i></li> <li>• Show baby how the cut out circle can be placed <i>'on top'</i> of the circle outline</li> <li>• Get baby to place circle <i>'Put the circle on top of this circle'</i></li> <li>• Praise baby when she puts it on correctly!</li> </ul>		<p><b>Use action words</b></p> <ul style="list-style-type: none"> <li>• Encourage child to do the actions you name</li> <li>• Walk a little away and ask child to wave <i>'bye-bye'</i></li> <li>• Give child an object and see if he says <i>'thank you'</i></li> <li>• Ask child to <i>'clap hands'</i></li> </ul>
3	<p><b>Sorting 2 objects</b></p> <ul style="list-style-type: none"> <li>• 4 cups and 4 spoons or 4 leaves and 4 sticks</li> <li>• Allow baby to play with objects</li> <li>• Show child how cups are the <i>'same'</i> and spoons are <i>'same'</i></li> <li>• Mix up objects and ask child to put all the <i>'same'</i> objects together</li> <li>• Praise child when finished!</li> </ul>		<p><b>Play touch and bring game</b></p> <ul style="list-style-type: none"> <li>• Think of 3 objects in the house that child can easily get like shoe, cup, ball</li> <li>• Play a game and ask child to bring each object to you.</li> <li>• Praise child when he correctly gets object!</li> <li>• Ask child to say the name</li> </ul>





<p><b>4</b></p>	<p><b>6 objects and container</b></p> <ul style="list-style-type: none"> <li>• Allow child to explore objects</li> <li>• Show child how to put objects on top and under the container while using words '<i>on top</i>' and '<i>under</i>'</li> <li>• See if child can do this by herself when you say the words '<i>on top</i>' and '<i>under</i>'</li> <li>• Praise child when she does it!</li> </ul>		<p><b>Talk to baby during feeding time</b></p> <ul style="list-style-type: none"> <li>• Name the foods and talk about things like the colour, taste, , where it came from</li> <li>• '<i>It is lunch time. Mommy cooked some chicken and yummy pumpkin.</i>'</li> <li>• Respond to child '<i>You like the chicken. Do you want some more?</i>'</li> <li>• Encourage child to feed himself</li> </ul>
<p><b>5</b></p>	<p><b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Use crayon and scribble on paper</li> <li>• Allow child to hold the crayon in any way and in any hand to mark paper</li> <li>• Praise baby for any type of marks he makes</li> <li>• Have fun!</li> </ul>		<p><b>Pretend to be animals</b></p> <ul style="list-style-type: none"> <li>• Talk about animals child knows, use your hands to show things like a bird flying, a cat's ears</li> <li>• Make the sounds for each animal</li> <li>• Go on the floor with child and pretend to be the animals</li> </ul>
<p><b>6</b></p>	<p><b>Make sock doll and car</b></p> <ul style="list-style-type: none"> <li>• Use an old sock to make doll</li> <li>• Make a car from a juice box or plastic bottle. Cut out top to place sock doll in. Tie a piece of string at one end to pull.</li> <li>• Show child how to put doll '<i>in</i>' and '<i>out</i>' of car.</li> <li>• Encourage child to walk forward and pull the car. Use words '<i>go</i>' and '<i>stop</i>'</li> <li>• Pretend to be driving and have fun!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• Hold child's hand and walk around in a circle while singing the song</li> <li>• Follow the actions</li> </ul> <p><i>Ring around the rosey A pocket full of posies Ashes, ashes we all fall down (stoop)</i></p>

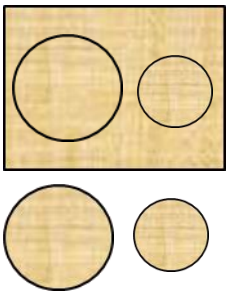

## Play and language activities for children 21-23 months

Ages 21-23 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Play with ball</b></p> <ul style="list-style-type: none"> <li>• Get a soft ball or roll a pair of socks into a ball</li> <li>• Give child ball to play with</li> <li>• Throw the ball to child using the word '<i>throw</i>'</li> <li>• Get child to throw ball back to you</li> <li>• Have fun throwing back and forth!</li> </ul>		<p><b>Respond to child</b></p> <ul style="list-style-type: none"> <li>• Listen for any vocalizations your child makes</li> <li>• Respond to them and encourage child to reply</li> <li>• Try and talk back and forth with your child and have a conversation</li> </ul>
2.	<p><b>Sorting and matching – big and little</b></p> <ul style="list-style-type: none"> <li>• Use 4 different adult size shoes (big) and 4 different child size shoes (little)</li> <li>• Mix shoes in a pile. Show child how to sort shoes that are '<i>big</i>' and '<i>little</i>'</li> <li>• Mix shoes again and ask child to sort them into '<i>big</i>' and '<i>little</i>' shoes</li> <li>• Praise child when he is correct!</li> </ul>		<p><b>Naming objects</b></p> <ul style="list-style-type: none"> <li>• Name things in the house – tv, pillow, fan chair and encourage child to repeat the names</li> <li>• Later play a game. Touch the objects and ask '<i>What is this?</i>'</li> <li>• Praise child when he is names them correctly!</li> </ul>
3.	<p><b>Make puzzle – 2 circles</b></p> <ul style="list-style-type: none"> <li>• Use cups to draw the outline of a big circle and a little circle on 2 pieces of paper or cardboard</li> <li>• Cut the circles out of 1 of the paper</li> <li>• Describe each circle using words '<i>big circle</i>' and '<i>little circle</i>'</li> <li>• Carefully show child how circles can be placed '<i>on top</i>' of the circles on paper</li> <li>• Ask child to place one circle at a time.</li> <li>• Praise child when she places them correctly!</li> </ul>		<p><b>Play touch and name objects</b></p> <ul style="list-style-type: none"> <li>• Think of 3 or 4 objects in the house that child can easily get to and name - door, bed, chair, table</li> <li>• Play a game and ask child to <b>touch</b> the objects you name and repeat name</li> <li>• Praise child when he correctly touches and names the object!</li> <li>• Child's turn to touch the objects and ask you to name it</li> <li>• Have fun!</li> </ul>


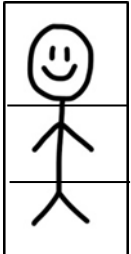
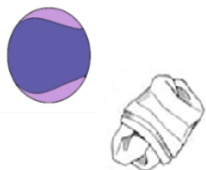
<p>4. <b>Doll or soft toy, Cloth for blanket, Box for bed, pillow</b></p> <ul style="list-style-type: none"> <li>• Show child how to put doll to sleep on bed and cover with blanket</li> <li>• Describe baby being '<i>cold</i>' and using the blanket to cover</li> <li>• Encourage child to put the doll to bed by herself</li> <li>• Sing a lullaby with child to help 'baby' go to sleep</li> <li>• Have fun!</li> </ul>		<p><b>Take a walk with baby outside</b></p> <ul style="list-style-type: none"> <li>• Point to things and name them</li> <li>• Ask child to point at things and tell her the name</li> <li>• Also try to describe the things you see for example their colours and sounds</li> </ul>
<p>5. <b>Make a pull-along</b></p> <ul style="list-style-type: none"> <li>• Tie an object or objects to the end of a short piece of string</li> <li>• Show child how to hold the sting and pull the toy while walking</li> <li>• Pretend it's a car or truck. Make the sounds – engine, horn</li> <li>• Give the string to child and encourage him to pull the toy</li> <li>• Show child how to drive car '<i>fast</i>' or '<i>slow</i>'</li> <li>• Praise child for pretending!</li> </ul>		<p><b>Help baby name clothes</b></p> <ul style="list-style-type: none"> <li>• Help child name the clothes he is wearing</li> <li>• Ask child to show you the clothes when you say the name</li> <li>• If he is able ask him to name it</li> <li>• Give child a high five when he is correct!</li> <li>• Point to your own clothes and see if he know the names</li> </ul>
<p>6. <b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Encourage child to use crayon and scribble all over the paper</li> <li>• Using another crayon show child how to make <b>circular scribble</b></li> <li>• Encourage child to do the same!</li> <li>• Praise child when she makes circular marks!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• Sing song with child and do the actions</li> <li>• Get child to do the actions. Have fun!</li> </ul> <p><i>Incy, wincy spider went up the water spout</i> (place hand on top of other hand)</p> <p><i>Down came the rain and washed the spider out</i> (drop hands while wiggling fingers)</p> <p><i>Out came the sun and dried up all the rain</i> (extend arms over head)</p> <p><i>And the incy wincy spider went up the spout again</i> (place hand on top of other hand)</p>


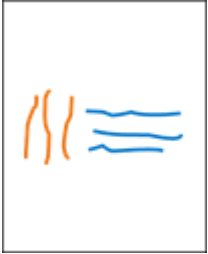

## Play and language activities for children 24-26 months

Ages 24-26 months			
	Play Activities	Materials needed	Language Activities
1.	<p><b>Using objects to build</b></p> <ul style="list-style-type: none"> <li>• Use plastic cups, bowls, small containers, blocks</li> <li>• Give child objects and encourage her to build with them</li> <li>• Ask child about what was made</li> <li>• Describe what child is doing - <i>'on top', 'under', 'in', 'out'</i></li> <li>• Praise child for making a great building!</li> </ul>		<p><b>Talk about the things child does during the day</b></p> <ul style="list-style-type: none"> <li>• Relate the activities to time of day</li> <li>• Start with <i>waking up</i> and <i>dressing in the morning</i></li> <li>• Go on to other things like <i>eating, playing</i> and ending with <i>going to bed</i> at night time</li> <li>• Act out the actions with child</li> </ul>
2.	<p><b>Doll or soft toy</b></p> <ul style="list-style-type: none"> <li>• Pretend play with child and doll</li> <li>• For example - doll is crying so child to comfort the doll by hugging and rocking the doll</li> <li>• Pretend feeding doll with spoon</li> <li>• Have fun!</li> </ul>		<p><b>Look at picture with baby</b></p> <ul style="list-style-type: none"> <li>• Use any picture</li> <li>• Let child sit on your lap and look at the picture together</li> <li>• Point and name objects in the picture and describe what is happening in the picture</li> <li>• Ask child to name objects or parts of picture</li> <li>• Praise child when correct!</li> </ul>
3.	<p><b>3 sizes</b></p> <ul style="list-style-type: none"> <li>• Find 3 different size leaves or sticks</li> <li>• Describe each leaf size using words <i>'big, medium</i> and <i>little'</i></li> <li>• Ask child to repeat the words</li> <li>• Ask child to point to the leaf as you call the sizes</li> <li>• Praise child when she is correct!</li> </ul>		<p><b>Talk about animals</b></p> <ul style="list-style-type: none"> <li>• Talk about an animal like a cat for example <i>'a cat has whiskers and a long tail'</i>. Use your hands to show the whiskers</li> <li>• Make the sounds <i>'meow'</i></li> <li>• Get on the floor with child and pretend to be the animal!</li> </ul>
4	<p><b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Make single strokes from the <i>top to the bottom</i> of the paper</li> <li>• Get child to make strokes by self</li> <li>• Then show child how to make strokes from <i>side to side</i> of paper</li> <li>• Get child to do the same</li> <li>• Praise child for making the marks!</li> </ul>		<p><b>Talk about objects and their uses</b></p> <ul style="list-style-type: none"> <li>• Think of 3 or 4 objects that the child knows</li> <li>• Point at each and ask child to name them</li> <li>• Then explain what each object is used for. <i>'Cup. We drink water from the cup'</i></li> </ul>

<p><b>5</b></p>	<p><b>Make a puzzle – 2 circles</b></p> <ul style="list-style-type: none"> <li>• Use cups to draw the outline of a big circle and a little circle on 2 pieces of paper or cardboard</li> <li>• Cut the circles out of 1 of the paper</li> <li>• Describe each circle using words ‘<i>big circle</i>’ and ‘<i>little circle</i>’</li> <li>• Carefully show child how circles can be placed ‘<i>on top</i>’ of the circles on paper</li> <li>• Ask child to place one circle at a time.</li> <li>• Praise child when she places them correctly!</li> </ul>		<p><b>Help child name colours</b></p> <ul style="list-style-type: none"> <li>• Find 2 objects that are the same colour - <i>leaf</i> and <i>door</i></li> <li>• Tell child the name of objects and colour –‘<i>green leaf</i>’</li> <li>• Then help child to find other objects that are the same colour-<i>sock</i> and <i>grass</i></li> <li>• Try to name only one colour at a time</li> <li>• Have fun searching!</li> </ul>
<p><b>6</b></p>	<p><b>Let’s dance</b></p> <ul style="list-style-type: none"> <li>• Play music from radio</li> <li>• Hold child’s hands and dance!</li> <li>• Get child to move head, leg, arms to the rhythm of music</li> <li>• Make up a routine!</li> <li>• Ask other members of the house to join in and have fun!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• Sing song and do the actions</li> <li>• Get child to do actions too!</li> </ul> <p><i>The wheels of the bus go round and round</i> (use both hand to make circular motions)  <i>Round and Round</i>  <i>Round and Round</i>  <i>The wheels of the bus go round and round</i>  <i>All through the town</i></p>

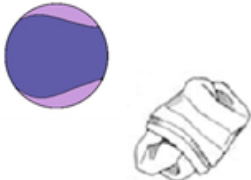


## Play and language activities for children 27-29 months


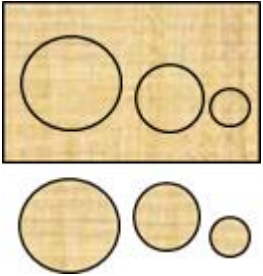
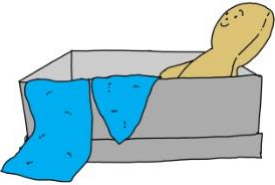
Ages 27-29 months			
	Play Materials	Materials Needed	Language Activities
1.	<p><b>Sorting and matching</b></p> <ul style="list-style-type: none"> <li>• 3 shorts, 3 socks, 3 t-shirts</li> <li>• Lay one of each in front of child and say the name</li> <li>• Let child place the other pieces that are the 'same' on top and say the names</li> <li>• Praise child when he is correct!</li> </ul>		<p><b>Pretend to be animals</b></p> <ul style="list-style-type: none"> <li>• Talk about an animal like - cow</li> <li>• Describe that it has 'horns and long tail' and the sound it makes is 'moo'</li> <li>• Go on the floor with child and pretend to be the animal</li> </ul>
2.	<p><b>Make a puzzle – man</b></p> <ul style="list-style-type: none"> <li>• Draw a stick man on a piece of paper or cardboard</li> <li>• Cut the paper into 3 pieces – top, middle and bottom</li> <li>• Put the 3 pieces together and explain that head is on <i>top</i>, body in <i>middle</i> and legs on <i>bottom</i></li> <li>• Pull pieces apart and ask child to put them back together to make the man</li> <li>• Praise child when she fits them correctly!</li> </ul>		<p><b>Look at a picture with baby</b></p> <ul style="list-style-type: none"> <li>• Use any picture</li> <li>• Let child sit on your lap and look at the picture together</li> <li>• Point and name objects in the picture and describe what is happening in the picture</li> <li>• Ask child to touch and name objects or parts of picture</li> <li>• Praise child when correct!</li> </ul>
3.	<p><b>Play with ball</b></p> <ul style="list-style-type: none"> <li>• Get a soft ball or roll a pair of socks into a ball</li> <li>• Give child ball to play with</li> <li>• Throw the ball to child using the word 'throw'</li> <li>• Get child to throw ball back to you</li> <li>• Get child to 'roll' the ball back and forth to you</li> <li>• Have fun playing with ball!</li> </ul>		<p><b>Talk to child about foods</b></p> <ul style="list-style-type: none"> <li>• Talk about foods in the house</li> <li>• Name and describe them, where they come from and how they taste</li> <li>• For example, 'You are drinking milk. Milk comes from cows. Does it taste yummy?'</li> </ul>

<p><b>4. Make sock doll and car</b></p> <ul style="list-style-type: none"> <li>• Use an old sock to make doll</li> <li>• Make car from a juice box or plastic bottle. Cut out top to place sock doll in. Tie a piece of string at one end to pull.</li> <li>• Show child how to put doll 'in' and 'out' of car.</li> <li>• Encourage child to walk forward and pull the car. Pretend to be driving. Use words 'go', 'stop', 'fast', 'slow'</li> <li>• Have fun driving around town!</li> </ul>		<p><b>Use action words</b></p> <ul style="list-style-type: none"> <li>• Do different <b>actions</b> and name them - jumping, hopping, eating, sleeping, standing</li> <li>• Get child to copy them while you are doing it</li> <li>• Praise child when he copies you!</li> <li>• Then play a game. Say the action word only and see if child can do it</li> <li>• Praise child when he is correct!</li> </ul>
<p><b>5. Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Encourage child to use crayon and scribble all over the paper</li> <li>• Then make single strokes from the top to the bottom of the paper</li> <li>• Get child to try and make strokes</li> <li>• Then show child how to make strokes from side to side of paper</li> <li>• Get child to do the same</li> <li>• Praise child for making the marks!</li> </ul>		<p><b>Helping child name colours</b></p> <ul style="list-style-type: none"> <li>• Find 2-3 objects that are the same colour and tell child the name of objects and colour – <b>yellow banana</b> and <b>yellow sun</b></li> <li>• Then help child to find other objects that are the same colour – <b>yellow t-shirt</b></li> <li>• Try to name only one colour at a time</li> <li>• Have fun searching!</li> </ul>
<p><b>6. Dancing with a band</b></p> <ul style="list-style-type: none"> <li>• Play music from radio</li> <li>• Hold child's hands and dance!</li> <li>• Ask other members of the house to join in and pretend to be in a band. Use items like pot and spoon to make a drum or bottle with sand in it to be a shaker.</li> <li>• Have fun!</li> </ul>		<p><b>Play touch and bring</b></p> <ul style="list-style-type: none"> <li>• Think of 3 or 4 objects in the house that child can easily get to and maybe is just learning the name e.g. handbag, comb, book</li> <li>• Play a game and ask child to <b>bring each object to you</b></li> <li>• Praise child when he is correct!</li> <li>• Help child if he needs it</li> </ul>



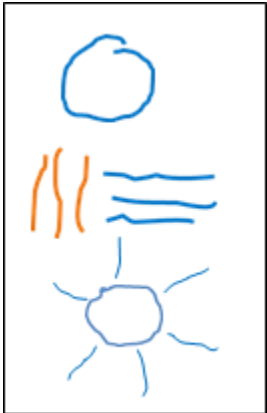



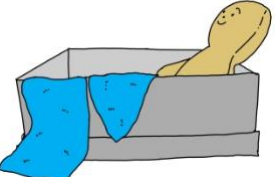

## Play and language activities for children 30-32 months



Ages 30-32 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Play with soft ball</b></p> <ul style="list-style-type: none"> <li>• Get a soft ball or roll a pair of socks into a ball</li> <li>• Give child ball to play with</li> <li>• Show child how to throw the ball up in the air - '<i>high</i>' and '<i>low</i>'</li> <li>• Ask child to throw the ball as you say the words</li> <li>• Praise child for trying and have fun!</li> </ul>		<p><b>Pretend to be mom</b></p> <ul style="list-style-type: none"> <li>• Talk with child about things that moms do</li> <li>• Let child dress up like mom - put on mom's shoes and clothing then do the actions</li> <li>• '<i>Mom cooks dinner</i>'- Using a container pretend to cook, stir spoon in pot, taste</li> <li>• Have fun pretending!</li> </ul>
2.	<p><b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Encourage child to use crayon and scribble all over the paper</li> <li>• Then draw a '<i>circle</i>' on paper</li> <li>• Get child to try and draw a circle</li> <li>• Talk about things that look like a '<i>circle</i>' – ball, coin, sun</li> <li>• Praise child for trying and for making a circle!</li> </ul>		<p><b>Help child learn name and age</b></p> <ul style="list-style-type: none"> <li>• Talk to child about his name</li> <li>• Ask child his <i>first name</i></li> <li>• Tell him his first name and his last name</li> <li>• When calling child use his <i>first</i> and <i>last names</i></li> <li>• Tell child his <i>age</i> and show him the number of fingers to hold up</li> <li>• Praise child when he does it!</li> </ul>
3.	<p><b>Sorting and matching – big and little</b></p> <ul style="list-style-type: none"> <li>• Find objects that are '<i>big</i>' and '<i>little</i>'- Leaves, sticks, spoons</li> <li>• Describe sizes using words '<i>big</i>', and '<i>little</i>'</li> <li>• Ask child to repeat the words</li> <li>• Mix up the other objects and ask child to sort them into '<i>big</i>' and '<i>little</i>' piles</li> <li>• Praise child when she is correct!</li> </ul>		<p><b>Talk about brushing teeth</b></p> <ul style="list-style-type: none"> <li>• While brushing child's teeth – name the items '<i>water, toothbrush, toothpaste, teeth, etc.</i>'</li> <li>• Describe what you do – '<i>cleaning teeth, make them white, brush up and down, etc.</i>'</li> <li>• Allow child to try and brush teeth by self</li> </ul>

<p>4</p>	<p><b>Sorting and matching - colour</b></p> <ul style="list-style-type: none"> <li>• Find several plastic bottle caps - 3 different colours</li> <li>• Show child the caps and name the colours</li> <li>• Get child to sort the bottle tops by colour</li> <li>• Have fun together!</li> </ul>		<p><b>Play game 'whose is it?'</b></p> <ul style="list-style-type: none"> <li>• Find items that child knows belongs to members of the house like <i>dad's slipper</i></li> <li>• Play a game and ask child who the object belongs to - try to give child two options '<i>Is this dad's slipper or uncle's slipper?</i></li> <li>• Praise child when he is correct!</li> </ul>
<p>5</p>	<p><b>Make a puzzle – 3 sizes</b></p> <ul style="list-style-type: none"> <li>• Use cups to draw the outline of 3 circles – <b>big, medium</b> and <b>little</b> on 2 pieces of paper or cardboard</li> <li>• Cut the circles out of 1 of the paper</li> <li>• Describe each circle using words '<i>big, medium</i> and <i>little</i>'</li> <li>• Carefully show child how circles of the same size can be placed '<i>on top</i>' of the circles on paper</li> <li>• First ask child to place one circle at a time. Then go on to give him all 3 circles</li> <li>• Praise child when he places them correctly!</li> </ul>		<p><b>Look at picture with baby</b></p> <ul style="list-style-type: none"> <li>• Use any picture or picture book</li> <li>• Let child <i>sit on your lap</i> and look at the picture together</li> <li>• Point and name objects in the picture. Get child to touch objects you name</li> <li>• Talk about what is happening in the picture. Ask child to name objects or parts of picture</li> <li>• Praise child when correct!</li> </ul>
<p>6</p>	<p><b>Doll or soft toy, box/container for bath, cloth for towel, smaller cloth for wash rag, small object for soap</b></p> <ul style="list-style-type: none"> <li>• Show child how to put doll in bath and pretend to bathe doll with soap and wash rag</li> <li>• Describe doll - '<i>dirty</i>' or '<i>clean</i>', '<i>wet</i>' or '<i>dry</i>', the water – '<i>cold</i>' or '<i>warm</i>'</li> <li>• Talk with child and have fun pretending!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• Sing song and do the actions</li> <li>• Get child to do actions too!</li> </ul> <p><i>I am a little teapot Short and Stout Here's my handle and here's my spout</i> (put one hand on hip and hold other out) <i>When you put the tea in, I will shout</i> <i>Tip me over and pour me out.</i> (bend to side of spout)</p>

## Play and language activities for children 33-36 months

Ages 33-36 months			
	Play Activities	Materials Needed	Language Activities
1.	<p><b>Make puzzle – 4 pieces</b></p> <ul style="list-style-type: none"> <li>• Cut out the front or face of any food/juice package box</li> <li>• Cut front of box into 4 pieces</li> <li>• Put the pieces together and show child the full picture</li> <li>• Talk about the picture</li> <li>• Pull apart and ask child to put pieces back together to make picture</li> <li>• Praise child when she fits them correctly!</li> </ul>		<p><b>Play animal guessing game</b></p> <ul style="list-style-type: none"> <li>• Go on the floor and pretend to be an animal, do the actions and make the sounds</li> <li>• Ask child to guess what animal you are pretending to be</li> <li>• Praise child when he guesses correctly!</li> <li>• Have fun!</li> </ul>
2.	<p><b>Play hide and Seek</b></p> <ul style="list-style-type: none"> <li>• Ask child to go and hide</li> <li>• After counting out loud to 10, begin to look for child</li> <li>• Keep talking as you look for child e.g. '<i>where is ...?</i>'</li> <li>• When you find child describe where he was using words – '<i>under, behind, beside</i>'</li> <li>• Then you hide and let child find you</li> <li>• Have fun!</li> </ul>		<p><b>Look at a book with child</b></p> <ul style="list-style-type: none"> <li>• Use any book with pictures in it</li> <li>• Let child sit on your lap and look at the pictures together</li> <li>• Point at the objects in the picture and say the names</li> <li>• Talk about what is happening</li> <li>• Help child to turn pages</li> <li>• Ask child simple questions about the pictures</li> <li>• Enjoy looking at books together!</li> </ul>
3.	<p><b>Crayon/pencil and paper</b></p> <ul style="list-style-type: none"> <li>• Encourage child scribble on the paper</li> <li>• Show child how to draw strokes and circles</li> <li>• Get child to do the same</li> <li>• Praise child for making the marks</li> <li>• Put the circles and strokes together and show child how to draw a picture e.g. man, flower, sun, etc.</li> <li>• Praise child's drawings!</li> </ul>		<p><b>Pretend to be a truck driver</b></p> <ul style="list-style-type: none"> <li>• Pretend to hold steering wheel, toot horn and making engine sounds</li> <li>• Let child follow behind you</li> <li>• Talk about where you are going – to the market, shop</li> <li>• Drive '<i>fast/slow</i>', turn '<i>left/right</i>', going for a '<i>long/short</i>' drive, pick up vegetables</li> <li>• Then let child be the driver and you follow behind</li> <li>• Get child to describe where she is going and what doing</li> <li>• Have fun!</li> </ul>

<p>4.</p>	<p><b>Sorting and matching – short and long</b></p> <ul style="list-style-type: none"> <li>• 4 short and 4 long sticks</li> <li>• Place one '<i>short</i>' and one '<i>long</i>' stick in front of child</li> <li>• Describe the length of the sticks</li> <li>• Get child to sort the other sticks in the '<i>short</i>' pile or the '<i>long</i>' pile</li> <li>• Praise child when he is correct!</li> </ul>		<p><b>Help child know parents' names</b></p> <ul style="list-style-type: none"> <li>• Ask child '<i>what is mommy's name?</i>' and '<i>what is daddy's name?</i>'</li> <li>• Praise his answers</li> <li>• Tell child the names of both first and last names of parents</li> <li>• Ask child to repeat the names</li> <li>• Praise child when he repeats names!</li> </ul>
<p>5.</p>	<p><b>Doll or soft toy, box/container for bath, cloth for towel, smaller cloth for wash rag, small object for soap</b></p> <ul style="list-style-type: none"> <li>• Help child to put doll in bath and pretend bathing with soap and wash rag and drying with towel</li> <li>• Describe doll - '<i>dirty</i>' or '<i>clean</i>', '<i>wet</i>' or '<i>dry</i>' the bath water – '<i>cold</i>' and '<i>warm</i>'</li> <li>• Ask child to tell you what doll is doing</li> <li>• Talk with child and have fun pretending!</li> </ul>		<p><b>Help child name body parts</b></p> <ul style="list-style-type: none"> <li>• Point at body parts that child already knows and ask child to name them</li> <li>• Praise child when he is correct</li> <li>• Then name different or new parts like – thumb, shoulder, wrist, ankle etc.</li> <li>• Praise child when he repeats the name!</li> </ul>
<p>6.</p>	<p><b>Place bottle caps in colour line</b></p> <ul style="list-style-type: none"> <li>• Find several bottle caps - 3 different colours</li> <li>• Show caps to child and name the colours</li> <li>• Ask child to repeat names</li> <li>• Place caps in a line by colour sequence using 3 colours – yellow, red, white</li> <li>• Get child to continue the sequence</li> <li>• Praise him for getting it correct!</li> <li>• Try other colour sequences</li> <li>• Have fun together!</li> </ul>		<p><b>Help child count from 1 to 10</b></p> <ul style="list-style-type: none"> <li>• As often as you can count from 1 up to 10 with child - walking up and down stairs; objects, throws, fingers, people in room, plates on table</li> <li>• Get child to repeat</li> <li>• Don't worry if child cannot repeat very well, praise him for trying!</li> </ul>

<p>7.</p>	<p><b>Play action game with ball</b></p> <ul style="list-style-type: none"> <li>• Ball/cloth ball/sock ball</li> <li>• Give child ball to play with</li> <li>• Ask others to join in and all stand in a circle</li> <li>• Throw, bounce or roll the ball to someone in the circle</li> <li>• The person who receives the ball must do an action and others must copy the action - jump</li> <li>• Then that person passes the ball to someone else</li> <li>• Have fun playing together!</li> </ul>		<p><b>Take a short walk with child</b></p> <ul style="list-style-type: none"> <li>• Talk about the people you see and what is happening</li> <li>• Ask child simple questions about what he sees</li> <li>• Enjoy the time together and the conversation!</li> </ul>
<p>8.</p>	<p><b>Dancing and band</b></p> <ul style="list-style-type: none"> <li>• Play music from radio</li> <li>• Hold child's hands and dance!</li> <li>• Get child to move head, leg, arms to the rhythm of music</li> <li>• Ask other members of the house to join in and pretend to be in a band. Use items like pot and spoon to make a drum or bottle with sand in it to be a shaker</li> <li>• Have fun!</li> </ul>		<p><b>Play and sing an action song</b></p> <ul style="list-style-type: none"> <li>• As you sing song, touch the parts of the body named</li> <li>• Get child to do actions too!</li> </ul> <p><i>Head, shoulders, knees and toes knees and toes, Head, shoulders, knees and toes Knees and toes Eyes and ears And mouth And nose Head, shoulders, knees and toes</i></p>



# Activities we can do at home with baby



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## How to use these activities

- Playtime is very important, play is how young children learn.
- The activities are things you can do at home with your child.
- First we talk about things that you can do every day to help your children feel safe and happy.
- Then play activities are shown by age group, for example 6 to 8 months. Pick the ones for how old your child is.
- Try doing one activity playing with objects every day and another one with talking or singing.
- You may need to use one or two objects in your home. If you do not have them, see if you can think of something else to use, or just choose another activity.
- Let your child play with the objects first. Then show him the activity. If he does not want to do it, that's okay. Let him play how he wants and try the activity again later.
- For a sample of parenting videos that you could use as a guide see link and password in publication available here:  
<https://publications.iadb.org/en/parenting-programme-health-centres-what-you-do-baby-really-matters-implementation-manual>
- Make time for play every day. Have fun!



# Helping children feel safe and happy

## Children need someone who

- shows them love
- they can trust to care for them
- listens to them and understands them
- responds to what they are interested in
- talks with them
- plays with them



Here are some important things you can do to help your child feel loved, safe and happy.

### **Show Love**

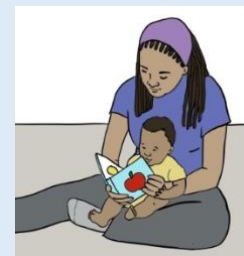
Showing them love makes babies and children feel happy and secure.



- pick them up and comfort them when they cry or are sad,
- stroke or rock them,
- kiss and hug them.
- tell them you love them.

### **Have Routines**

- Routines help children feel safe.
- Have a routine for bedtime. For example, bath, cuddle and look at a book together or sing a song.
- Try to also have a routine for the day, such as resting and eating meals at around the same time each day, it doesn't matter if you cannot always do this.



### **Talk with your children and listen to what they say**

- Pick baby up, look into his eyes, smile and talk softly and coo to baby.
- Listen for sounds he makes and make the same sound back or a new sound.
- Talk with your baby or child often.
- Talk about what you or baby are doing. Talk about things and people in the home.
- See what she is interested in and tell her about it.
- Listen to what they say. Answer him every time he talks.



### **Praise your child**

Children love to be praised it makes them feel good and behave well.

- Praise your child often
- Praise him when he behaves well and when he tries to do something.
- Say what she did that was good. It will make her want to do it again. For example '*Good girl you showed me the spoon*' OR '*What a smart girl, you waved bye bye.*'



### **Sing with child**

Singing with children is a great way to show love and lets them hear new sounds and words.

- Pick baby up and look in their eyes or rock them while you sing.
- After bathing, wrap baby in towel and cuddle and sing a song.
- Sing songs you know that can show actions like clapping hands, or playing with fingers and toes.
- For older children try counting songs, or nursery rhymes.
- Have fun and sing everyday with baby



## Looking after yourself

It is important to take care of yourself. Being kind and patient with yourself will help you stay calm and be kind and patient with others.

Here are some things you can try:

- Keep in touch with family and friends, with a phone call if you can't visit.
- Try and rest when your child is resting, and try to get enough sleep at night.
- If you feel stressed or angry take some long deep breaths.
- Take short breaks. Get a glass of water or cup of tea and sit somewhere to drink it. Find things that help you relax and smile, maybe a funny TV show.
- Limit how much you listen to the news if it is upsetting.
- Tell family members or friends how you are feeling. Don't be afraid to ask them for help so that you can have some time for yourself.
- Before you go to sleep try and remember something your child did today that made you smile or feel good. Think of things that went well or people who were kind to you.



# **Play and Language Activities**

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 0-5 MONTHS

**Give baby lots of attention!**

### **Soothe baby**

- When baby cries think of what he needs - is he wet, hungry, tired or needs comfort?
- Soothe baby by holding him closely. Say his name quietly while you move slowly. Touch him gently and rub his back



### **Sing to baby**

- Sing a song to baby
- Use a soft and soothing voice
- She will enjoy hearing your voice!

### **Let baby know mummy**

- Face baby, and smile, see if he smiles back
- Open and close your mouth making a soft sound. See if baby looks at your mouth.
- Hold baby's hands and gently move them over your face. Let baby hold your nose.



### **Chat with baby**

- Talk to baby all the time – during changing, feeding and bath time
- Describe what you are doing
- Talk about what baby is doing
- Soon baby will know your voice!

### **Loving and hugging baby**

- Hold, cuddle, hug and rock your baby in your arms
- Give her little kisses
- Tell her you love her
- Cuddle her anytime, just because you love her!
- This will make her feel good about herself!



### **Imitate baby's sounds**

- Listen to the sounds baby makes
- When baby makes a sound, say the same sound back to him
- See if baby makes the sound again
- Smile and show baby that you like the sound he makes - '*Baby can talk!*'

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 0-5 MONTHS

**Show baby that you love her!**

### Play 'follow the bee' game

- Place your index finger in front of baby's face and make a buzzing sound like a bee
- Move your finger around and see if baby follows the 'bee'
- Land the 'bee' on baby's nose
- Laugh with baby and have fun!



### Have a conversation with baby

- Face baby and make a new sound
- Wait and see if baby repeats the sound or makes any sound
- Answer her and again wait to see if she makes another sound
- Soon you will be talking back and forth with her!

### Encourage baby to hold

- Put one of your fingers in the middle of baby's hand until he grasps it
- Gently pull your finger back and see if baby holds on.
- Praise baby for holding on!



### Walk and talk with baby

- Take a walk around the house or outside the house with baby
- Show her different things and people and name them



### Play 'Where is baby' game

- Play a game while dressing baby
- When putting on shirt over baby's head say '*Where is baby?*'
- Then pull shirt down and say '*Oo! There he is!*'
- Smile and laugh with baby!



### Play finger and toe games

- Play with baby
- Move each toe and finger separately while singing a rhyme
- End with tickling baby
- Get him to laugh and have fun!



## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 0-5 MONTHS

*Speak softly to baby!*

### **Baby to reach out**

- Show baby a toy or object she likes
- Dangle it in front of baby
- Get baby to reach for the object
- Praise baby when she touches it!



### **Look at a book with baby**

- Hold baby in your arms or lap and look at picture book together
- Talk about the objects he is looking at
- If you don't have a book, tell baby a story
- Hearing your voice will make baby feel happy!



## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 6-8 MONTHS

***Use bath time to play and learn!***

### **Make a Shaker**

- Get a small clear plastic bottle and clean it
- Cut up coloured plastic bottles into pieces and put them inside the clear bottle. Close tightly.
- Let baby hold and play with bottle
- Let baby hold bottle at the top and shake bottle when you say the word '*shake*'

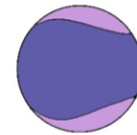


### **Repeat sounds baby makes**

- Hold baby and look into his eyes
- Listen to the sounds baby makes and repeat one of the sounds to baby
- See if baby makes the sound back to you

### **Play with Ball**

- Get a soft ball or roll a pair of socks into a ball
- Let baby hold ball and play with it
- Use ball to touch and tickle baby
- Have fun with baby

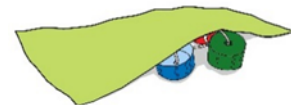


### **Talk with baby**

- Even though baby cannot talk yet, you should always talk with baby.
- Try to talk to baby all the time – describe what you are doing
- Listen, if baby makes sounds and respond

### **Toy or object like a spoon and cloth**

- Give baby toy to play with
- Then gently take toy from baby and hide under cloth
- Ask '*Where is it?*'
- Let baby find toy!



### **Talk with baby at bath time**

- While bathing baby show him how to splash water.
- Have fun with baby!
- Use a plastic container or cup and fill it with water and show baby how to empty it. Say '*full*' and '*empty*'



## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 6-8 MONTHS

***The more you talk with baby the better baby will learn!***

### **Toy or objects and plastic container or plastic cup**

- Show baby how to put objects in and out the container while saying '*in*' and saying '*out*'
- Help baby to put objects '*in*' and '*out*'
- See if baby can do it
- Praise baby when all objects are in or out!

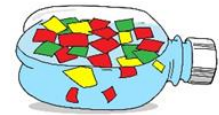


### **Talk with baby while dressing baby**

- While dressing baby talk about baby's clothes '*Let's put on your shirt*'
- Name the body parts '*Hold up your arm.*'
- Play finger and toe games with baby e.g. 'This little piggy'

### **Make Bottle to roll**

- Get a small, clear plastic bottle and clean it
- Half fill with water
- If you have some shiny paper, cut a few small pieces and put inside. Close tightly
- Roll bottle away from baby
- Encourage baby to move forward and reach bottle
- Praise baby when he gets to the bottle!



### **Talk with baby during feeding time**

- While feeding baby talk about the foods baby is eating
- Smile at baby and respond to his signs like when he shows he wants more
- Try and make meal time happy!

### **Play Peek-a-boo with baby**

- While baby is looking at you cover your face with hands
- Say '*Where is Mommy?*'
- Open hands and say '*boo! Here I am!*'
- Laugh with baby as baby sees you!



### **Make new sounds for baby**

- Face baby, look into his eyes, smile and say a new sound that he doesn't say yet
- Repeat slowly several times
- Encourage baby to repeat that sound!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 9-11 MONTHS

***When you praise your baby she will feel good!***

### **Make a drum**

- Get a plastic or metal container and an object to hit the container (shaker or wooden spoon)
- Give baby the objects to play with
- Help baby to hit the container and say '*bang*'
- Praise baby when he hits '*Good boy you hit the drum!*'



### **Use action words**

- Help Baby learn to do the actions when you say the word
- Say '*clap hands*' while clapping and singing a song
- Say '*thanks*' when giving objects to baby or when receiving objects from baby

### **Make object to dangle**

- Tie an object that baby likes to the end of a short piece of string
- Let baby watch as you hold the end of string and dangle the object
- Give baby the string and encourage him to dangle the object
- Praise baby when he dangles it!



### **Talk about names of people**

- Say the names of people in the home like brothers and sisters
- Use their names when talking to baby for example '*Give the spoon to Maria.*'

### **Toy or object and cloth**

- Give baby toy or objects to play with
- Place cloth in front of baby
- Then gently take toy from baby and place it on the far end of cloth
- Offer baby the edge of cloth closest to baby
- Baby to pull cloth to retrieve toy
- Praise baby when she tries!



### **Talk about Body parts - Face**

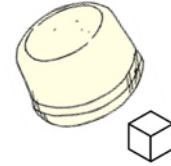
- Help baby learn parts of the face
- Point to your eye and say '*eye*'. Point to the baby's eye, and say '*eye*'
- See if baby will touch your eye or his when you say the name
- Another time, try nose and mouth
- Praise baby '*Good girl you showed me your eye*'

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 9-11 MONTHS

***Showing your baby new things will help him learn!***

### **Toy or object and plastic container or plastic cup**

- Show baby how to put toy under the container while saying '*I'm putting the toy under*'
- Help baby to put object '*under*'.
- See if she can do it by herself when you say '*Put the toy under*'
- Praise baby when she does it!

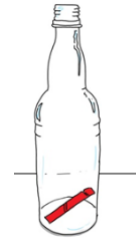


### **Take a walk around the house with baby**

- Take a short walk outside with baby.
- Show her things and people and talk about them
- You can say things like, '*Look at the tree. Do you see the pretty bird?*'
- See what things baby is interested in and try and talk about them

### **Clear plastic bottle and small objects (that cannot be swallowed) to go in**

- Give baby bottle to play with
- Show baby how to put objects in
- Help baby to put object into bottle while you say '*in*'
- Help baby to shake it out while you say '*out*'
- Praise baby when she puts it in!



### **Talk with baby while doing housework**

- Name objects you are using and talk to baby about what you are doing
- '*This is a broom. I'm sweeping the floor because it is dirty. I'm making it clean.*'

### **3 objects to stack**

- Using 3 objects of similar sizes, show baby how to stack them on top of each other while saying '*on top of*'
- Help baby to stack objects on top of each other
- Praise baby and give him a big hug when he puts the last object on top!
- Get baby to hit them down and have fun!



### **Play and sing an action song**

- While facing baby, do actions while singing
- Get baby to do the actions too!

*Open, shut them, open, shut them* (Open and close both hands)

*Give a little clap, clap, clap* (Clap hands 3 times)

*Open, shut them, open, shut them* (Open and close both hands)

*Lay them in your lap, lap, lap* (Pat hands in lap, 3 times)

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 12-14 MONTHS

***Naming body parts will help baby learn them!***

### **Toy or objects and plastic container or plastic cup**

- Turn the container over and show baby how to put toy on top of the container while saying *'I'm putting the toy on top'*
- Help baby to put object *'on top'*.
- See if she can do it by herself when you say *'Put the toy on top of the container'*
- Praise baby when she does it!



### **Talk with baby during bath time**

- Name body parts. *'I'm going to use the soap to wash your arm, fingers, leg, stomach etc.'*
- Use a plastic container or cup and fill it up with water and show baby how to 'empty' it. Say *'full'* and *'empty'*.
- Have fun!

### **3 objects to stack**

- While 3 objects are stacked, show baby how to take each object off while saying *'off'*
- Help baby to take objects off one at a time
- Praise baby and give him a big hug when he takes the last object *off!*



### **Talk to baby while dressing baby**

- While dressing baby talk about the clothes. *'Let's put on your blue t-shirt.'*
- Name body parts. *'Put the sock on your foot.'*

### **Make a drum**

- Get a plastic or metal container and an object to hit the container (shaker or wooden spoon)
- Allow baby to play with objects
- Help baby to hit the container while you say *'bang'*
- Sing a song while baby hits the drum
- Praise baby *'You are a great drummer!'*



### **Talk about Body parts - Face**

- Help baby learn parts of the face
- Point to your nose and baby's nose and say *'nose'*
- See if baby will touch your/his nose and repeat the word *'nose'*
- Later, try - mouth, ears, hair, head - while combing his hair
- Praise baby by clapping when he is correct!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 12-14 MONTHS

***Baby will love to look at pictures and learn!***

### **Toy or object and plastic container or plastic cup**

- Let baby play with toy and container
- While baby is watching, hide the toy under the container
- Ask '*Where is it?*'
- Baby to lift container and find the toy



### **Look at a book with baby**

- Use any book with pictures in it
- Let baby sit on your lap and look at the book together
- Point at the pictures and say the names
- Help child to turn the pages

### **Doll/soft toy**

- Hug and rock the doll
- Give doll to baby and help her hug and rock the doll
- Praise baby '*Nice girl you are loving the baby.*'



### **Use action words**

- Baby to learn to do the action when you say the word
- Shake your head from side to side when saying '*no*'. See if child will do the same
- When lifting baby say '*up*' and when putting baby down say '*down*'.

### **Play Peek-a-boo with baby**

- While baby is looking at you cover your face with a blanket
- Say '*Where is mommy?*'
- Remove blanket and say '*Boo! Here I am!*'
- Laugh with baby as she sees you
- Give blanket to baby and get her to hide her face



### **Play and sing an action song**

- While facing baby, do actions while singing
- Get baby to do actions

*Clap your tiny hands*

*Clap your tiny hands*

*Clap your tiny hands for joy*

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 15-17 MONTHS

*Playing with puzzles will make your baby smart!*

### Mirror game

- Use any mirror in the home
- Hold baby and look in the mirror and ask '*Where is baby?*'
- Get baby to touch the image. '*Ahh! There's baby! What a handsome baby.*'
- Have fun looking in mirror!



### Talk with baby

- It is important to talk with baby, this helps him learn to talk
- Try to talk to baby all the time – describe what is happening. For example '*It is raining outside. Let's not get wet.*'
- Listen, if baby says a word and respond to him

### Make a pull-a-long toy

- Tie an object or objects to the end of a short piece of string
- Hold the string and pull the toy while walking. Say '*This is my car I can pull it. Let's go for a drive. Vroom, Vroom!*'
- Give string to child and encourage her to pull the toy while walking.
- Praise child when she walks and pulls toy!

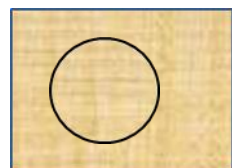


### Talk to baby while doing housework

- While washing the dishes, talk about what you are doing. '*The dishes are dirty. I am washing the dishes to make them clean.*'
- Name the objects – knife, spoon, fork, plate, cup, pot
- Praise child for repeating any words! Don't worry if it's not perfect!

### Make a puzzle – circle

- Place a plastic cup on paper or cardboard and draw around the cup to make outline of a circle
- Point to outline and say '*This is a circle*'
- Show baby how the cup can be placed '*on top*' of the circle on the paper
- Get baby to place cup '*Put the on top of the circle*'
- Praise baby when she puts it on correctly!



### Talk to baby during feeding time

- Name the foods and talk about things like the colour, taste and where it came from
- '*It is lunch time. Mommy cooked some chicken and yummy pumpkin.*'
- Respond to child '*You like the chicken. Do you want some more?*'

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 15-17 MONTHS

***Baby will begin to understand the meaning of words!***

### **Crayon/pencil and paper**

- Use crayon and scribble on paper
- Allow baby to hold the crayon in any way and in any hand
- Praise baby for any type of marks he makes!
- Have fun!

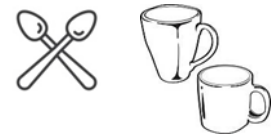


### **Talk about the names of people**

- Help baby learn the names of people like brothers, sisters, cousins, neighbours
- Use their names when talking about them. *'Look, Maria is home from school.'*

### **Sorting 2 objects**

- 2 spoons and 2 cups
- Say the names of the objects
- Show baby that the 2 spoons are the *'same'* and the 2 cups are the *'same'*
- Give child all four objects and ask him to put the *'same'* objects together
- Help him if needed. Praise child when he is correct!



### **Ask child to follow simple directions**

- Use baby's name and objects the child knows when giving directions
- Ask *'Tommy, pick up the ball.'* *'Tommy bring me the comb.'*

### **4 objects and plastic container**

- Allow baby to play with objects
- Show baby how to put objects in and out of the container while using words *'in'* and *'out'*
- See if baby can do this by herself when you say the words
- Praise baby when she puts items *in* and *out*!



### **Play and sing an action song**

- Sit baby facing you on your lap.
- Hold baby's hands and rock forwards and backwards as you sing the song.
- Have fun!

*Row, row, row your boat  
Gently down the stream  
Merrily, merrily, merrily, merrily  
Life is but a dream*

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 18-20 MONTHS

***Baby will begin to understand when objects are the same!***

### **Doll or soft toy, Cloth for blanket, Box for bed**

- Show child how to put doll to sleep on bed and cover with blanket.
- Describe while you are doing it '*Baby is sleepy. Let's put her to bed. Put her head on the pillow and we cover her with the blanket.*'
- Encourage child to put the doll to bed by herself.
- Praise child when she is finished!

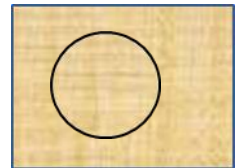


### **Naming things**

- Choose 3 or 4 objects that baby knows by name and place them in front of child
- Ask child for each object by name '*Give me the spoon.*'
- Praise child when he is correct!
- Ask child to repeat the name

### **Make a puzzle – 1 circle**

- Place a plastic cup on paper or cardboard and draw around the cup to make outline of a circle
- Draw the outline of the plastic cup again on another piece of paper or cardboard. Cut the circle out.
- Point to outline and say '*This is a circle*'
- Show baby how the cut out circle can be placed '*on top*' of outline
- Get baby to place circle '*Put the circle on top of this circle*'
- Praise baby when she puts it on correctly!

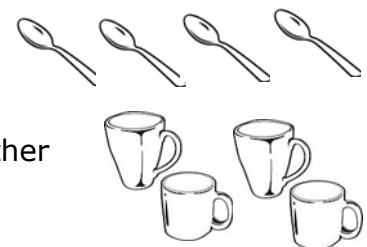


### **Use action words**

- Encourage child to do the actions you name
- Walk a little away and ask child to wave '*bye-bye*'
- Give child an object and see if he says '*thank you*', Ask child to '*clap hands*'

### **Sorting 2 objects**

- 4 cups and 4 spoons **or** 4 leaves and 4 sticks
- Allow baby to play with objects
- Show child how cups are the same and the spoons are '*same*'
- Mix up objects and ask child to put all the '*same*' objects together
- Praise child when finished!



### **Play touch and bring game**

- Think of 3 objects in the house that child can easily get like shoe, cup, ball
- Play a game and ask child to bring each object to you
- Praise child when he correctly gets the object!
- Ask child to say the name



## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 18-20 MONTHS

***The more you talk with baby the better they will learn!***

### **6 objects and container**

- Allow child to explore objects
- Show child how to put objects on top and under the container while using words '*on top*' and '*under*'
- See if child can do this by herself when you say the words '*on top*' and '*under*'
- Praise child when she does it!



### **Talk to baby during feeding time**

- Name the food and talk about things like the colour, taste, and where it came from '*It is lunch time. Mommy cooked some chicken and yummy pumpkin.*'
- Respond to child '*You like the chicken. Do you want some more?*'
- Encourage child to feed himself

### **Crayon/pencil and paper**

- Use crayon and scribble on paper
- Allow child to hold the crayon in any way and in any hand to mark paper
- Praise baby for any type of marks he makes
- Have fun!



### **Pretend to be animals**

- Talk about animals child knows, use your hands to show things like a bird flying, cat's ears
- Make the sounds for each animal
- Go on the floor with child and pretend to be the animals

### **Make sock doll and car**

- Use an old sock to make doll
- Make a car from a juice box or plastic bottle. Cut out top to place so a piece of string at one end to pull.
- Show child how to put doll '*in*' and '*out*' of car.
- Encourage child to walk forward and pull the car. Use words '*go*' and
- Pretend to be driving, making sounds of car and have fun!



### **Play and sing an action song**

- Hold child's hand and walk around in a circle while singing the song
- Follow the actions

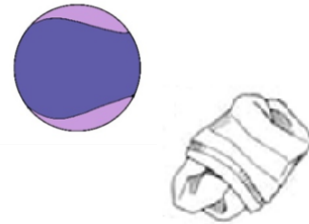
*Ring around the rosey  
A pocket full of posies  
Ashes, ashes we all fall down (stoop)*

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 21-23 MONTHS

### *Baby is learning about sizes!*

#### **Play with soft ball**

- Get a soft ball or roll a pair of socks into a ball
- Give child ball to play with
- Throw the ball to child using the word '*throw*'
- Get child to throw ball back to you
- Have fun throwing back and forth!



#### **Respond to child**

- Listen for any vocalizations your child makes
- Respond to them and encourage child to reply
- Try and talk back and forth with your child and have a conversation

#### **Sorting and matching—big and little**

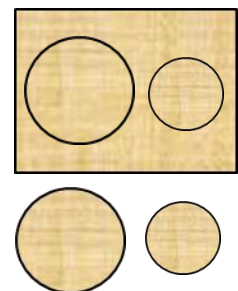
- Use 4 different adult size shoes (big) and 4 different child size shoes (little)
- Mix shoes in a pile. Show child how to sort shoes that are '*big*' and '*little*'
- Mix shoes again and ask child to sort them into '*big*' and '*little*' shoes
- Praise child when he is correct!

#### **Naming objects**

- Name objects in the house— tv, pillow, chair and encourage child to repeat names.
- Later play a game. Touch the objects and ask '*What is this?*'
- Praise child when he names them correctly!

#### **Make puzzle – 2 circles**

- Use cups to draw the outline of a big circle and a little circle on 2 pieces of paper or cardboard
- Cut the circles out of 1 of the paper
- Describe each circle using words '*big circle*' and '*little circle*'
- Carefully show child how circles can be placed '*on top*' of the circles on paper
- Ask child to place one circle at a time.
- Praise child when she places them correctly



#### **Play touch and name objects**

- Think of 3 or 4 objects in house that child can easily get to and name-door, bed, chair
- Play a game and ask child to **touch** the objects you name and repeat name
- Praise child when he is correctly touches and names the objects!
- Child's turn to touch the objects and ask you to name it. Have fun!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 21-23 MONTHS

***Give baby things to play with it develops their imagination!***

### **Doll or soft toy, Cloth for blanket, Box for bed, pillow**

- Show child how to put doll to sleep on bed and cover with blanket
- Describe baby being '*cold*' and using the blanket to cover
- Encourage child to put the doll to bed by herself
- Sing a lullaby with child to help 'baby' go to sleep
- Have fun!



### **Take a walk with baby outside**

- Point to things and name them
- Ask child to point at things and tell her the name
- Also try to describe the things you see for example their colours and sounds

### **Make a pull-along**

- Tie an object or objects to the end of a short piece of string
- Show child how to hold the sting and pull the toy while walking
- Pretend it's a car or truck. Make the sounds – engine, horn
- Give the string to child and encourage him to pull the toy
- Show child how to drive car '*fast*' or '*slow*'
- Praise child for pretending!

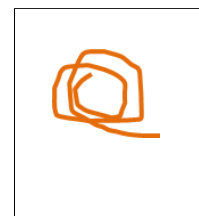


### **Help baby name clothes**

- Help child name the clothes he is wearing
- Ask child to show you the clothes when you say the name
- If he is able ask him to name it
- Give child a high five when he is correct!
- Point to your own clothes and see if he know the names

### **Crayon/pencil and paper**

- Encourage child to use crayon and scribble all over the paper
- Using another crayon show child how to make **circular scribble**
- Encourage child to do the same!
- Praise child when she makes circular marks!



### **Play and sing an action song**

- Sing song with child and do the actions. Get child to do the actions. Have fun!

*Incy, wincy spider went up the water spout* (place hand on top of other hand)

*Down came the rain and washed the spider out* (drop hands while wiggling fingers)

*Out came the sun and dried up all the rain* (extend arms over head)

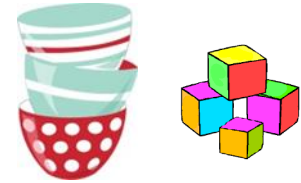
*And the incy wincy spider went up the spout again* (place hand on top of other hand)

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 24-26 MONTHS

***Playing with dolls or soft toys will help your child show his feelings!***

### Using objects to build

- Use plastic cups, bowls, small containers, blocks
- Give child objects and encourage her to build with them
- Ask child about what was made
- Describe what child is doing - '*on top*', '*under*', '*in*', '*out*'
- Praise child for making a great building!



### Talk about the things child does during the day

- Relate the activities to time of day
- Start with *waking up* and *dressing in the morning*
- Go on to other things like *eating*, *playing* and ending with *going to bed* at night time
- Act out the actions with child

### Doll or soft toy

- Pretend play with child and doll
- For example - doll is crying so child to comfort the doll by hugging and rocking the doll
- Pretend feeding doll with spoon
- Have fun!



### Look at picture with baby

- Use any picture
- Let child sit on your lap and look at the picture together
- Point and name objects in the picture and describe what is happening in the picture
- Ask child to name objects or parts of picture
- Praise child when correct!

### 3 sizes

- Find 3 different size leaves or sticks
- Describe each leaf size using words '*big*', '*medium*' and '*little*'
- Ask child to repeat the words
- Ask child to point to the leaf as you call the sizes
- Praise child when she is correct!



### Talk about animals

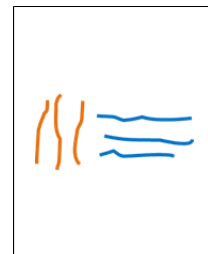
- Talk about an animal like a cat for example '*a cat has whiskers and a long tail*'. Use your hands to show the whiskers
- Make the sounds '*meow*'
- Get on the floor with child and pretend to be the animal!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 24-26 MONTHS

***Singing with baby will make him happy!***

### **Crayon/pencil and paper**

- Make single strokes from the **top to the bottom** of the paper
- Get child to make strokes by self
- Then show child how to make strokes from **side to side** of paper
- Get child to do the same
- Praise child for making the marks!

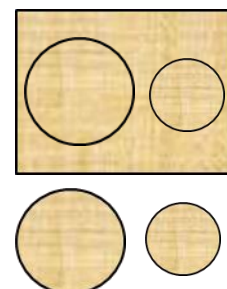


### **Talk about objects and their uses**

- Think of 3 or 4 objects that the child knows
- Point at each and ask child to name them
- Then explain what each object is used for. *'Cup. We drink water from the cup'*

### **Make a puzzle – 2 circles**

- Use cups to draw the outline of a big circle and a little circle on 2 pieces of paper or cardboard
- Cut the circles out of 1 of the paper
- Describe each circle using words *'big circle'* and *'little circle'*
- Carefully show child how circles can be placed *'on top'* of the circles on paper
- Ask child to place one circle at a time.
- Praise child when she places them correctly!



### **Help child name colours**

- Find 2 objects that are the same colour—*leaf* and *door*
- Tell child the name of objects and colour –*'green leaf'*
- Then help child to find other objects that are the same colour—*sock* and *grass*
- Try to name only one colour at a time
- Have fun searching!

### **Let's dance**

- Play music from radio
- Hold child's hands and dance! Show child how to move head, legs and arms to the rhythm of music. Make up a routine!
- Ask other members of the house to join in and have fun!



### **Play and sing an action song**

- Sing song and do the actions. Get child to do actions too!

*The wheels of the bus go round and round* (use both hand to make circular motions)

*Round and Round, Round and Round*

*The wheels of the bus go round and round, all through the town*

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 27-29 MONTHS

**Puzzles are fun and help children learn!**

### Sorting and matching

- 3 shorts, 3 socks, 3 t-shirts
- Lay one of each in front of child and say the name
- Let child place the other pieces that are the '*same*' on top and say the names
- Praise child when he is correct!

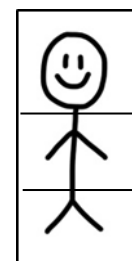


### Pretend to be animals

- Talk about an animal like - *cow*
- Describe that it has '*horns and long tail*' and the sound it makes is '*moo*'
- Go on the floor with child and pretend to be the animal

### Make a puzzle – man

- Draw a stick man on a piece of paper or cardboard
- Cut the paper into 3 pieces – top, middle and bottom
- Put the 3 pieces together and explain that head is on *top*, body in *middle* and legs on *bottom*
- Pull pieces apart and ask child to put them back together to make the man
- Praise child when she fits them correctly!

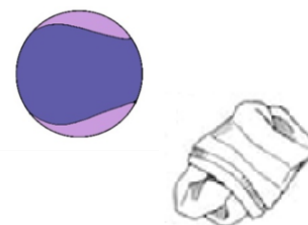


### Look at picture with baby

- Use any picture
- Let child sit on your lap and look at the picture together
- Point and name objects in the picture and describe what is happening in the picture
- Ask child to touch and name objects or parts of picture
- Praise child when correct!

### Play with ball

- Get a soft ball or roll a pair of socks into a ball
- Give child ball to play with
- Throw the ball to child using the word '*throw*'
- Get child to throw ball back to you
- Get child to '*roll*' the ball back and forth to you
- Have fun playing with ball!



### Talk to child about foods

- Talk about foods in the house
- Name and describe them, where they come from and how they taste
- For example, '*You are drinking milk. Milk comes from cows. Does it taste yummy?*'

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 27-29 MONTHS

### *Pretend play builds her imagination!*

#### **Make sock doll and car**

- Use an old sock to make doll
- Make car from a juice box or plastic bottle. Cut out top to place sock doll in. Tie a piece of string at one end to pull.
- Show child how to put doll 'in' and 'out' of car.
- Encourage child to walk forward and pull the car. Pretend to be driving. Use words 'go', 'stop', 'fast', 'slow'
- Have fun driving around town!

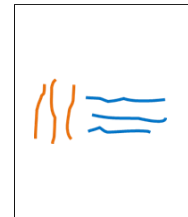


#### **Use action words**

- Do different actions and name them - jumping, hopping, eating, sleeping, standing
- Get child to copy them while you are doing it
- Praise child when he copies you!
- Then play a game. Say the action word only and see if child can do it.
- Praise child when he is correct!

#### **Crayon/pencil and paper**

- Encourage child to use crayon and scribble all over the paper
- Then make single strokes from the top to the bottom of the paper
- Get child to try and make strokes
- Then show child how to make strokes from side to side of paper
- Get child to do the same. Praise child for making the marks!



#### **Helping child name colours**

- Find 2-3 objects that are the same colour and tell child the name of objects and colour— *yellow banana* and *yellow sun*
- Then help child to find other objects that are the same colour—*yellow t-shirt*
- Try to name only one colour at a time. • Have fun searching!

#### **Dancing with a band**

- Play music from radio. Hold child's hands and dance!
- Ask other members of the house to join in and pretend to be in a band. Use items like pot and spoon to make a drum or bottle with sand in it to be a shaker. Have fun!



#### **Play touch and bring**

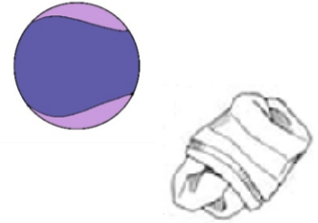
- Think of 3 or 4 objects in the house that child can easily get to and is just learning the names - handbag, comb, book
- Play a game and ask child to bring each object to you
- Praise child when he is correct! And help child if he needs it

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 30-32 MONTHS

*Play and have fun with baby everyday!*

### Play with soft ball

- Get a soft ball or roll a pair of socks into a ball
- Give child ball to play with
- Show child how to throw the ball up in the air - '*high*' and '*low*'
- Ask child to throw the ball as you say the words
- Praise child for trying and have fun!

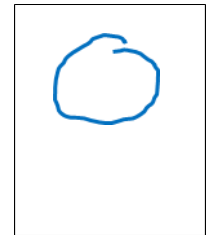


### Pretend to be moms

- Talk with child about things that moms do
- Let child dress up like mom - put on mom's shoes and clothing then do the actions
- '*Mom cooks dinner*'- Using a container pretend to cook, stir spoon in pot, taste
- Have fun pretending!

### Crayon/pencil and paper

- Encourage child to use crayon and scribble all over the paper
- Then draw a '*circle*' on paper
- Get child to try and draw a circle
- Talk about things that look like a '*circle*' - ball, coin, sun
- Praise child for trying and for making a circle!



### Help child learn name and age

- Ask child his *first name*
- Tell him his first name and his last name
- When calling child use his *first* and *last names*
- Tell child his *age* and show him the number of fingers to hold up
- Praise child when he does it!

### Sorting and matching - big and little

- Find objects that are '*big*' and '*little*' - Leaves, sticks, spoons
- Describe sizes using words '*big*', and '*little*'
- Ask child to repeat the words
- Mix up the other objects and ask child to sort them into '*big*' and '*little*' piles
- Praise child when she is correct!



### Talk about brushing teeth

- While brushing child's teeth - name the items '*water, toothbrush, toothpaste, teeth*'
- Describe what you do - '*cleaning teeth, make them white, brush up and down, etc.*'
- Allow child to try and brush teeth by self

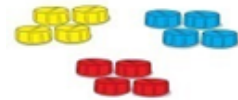


## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 30-32 MONTHS

**Soon she will love to read books!**

### Sorting and matching - colour

- Find several plastic bottle caps - 3 different colours
- Show child the caps and name the colours
- Get child to sort the bottle tops by colour
- Have fun together!

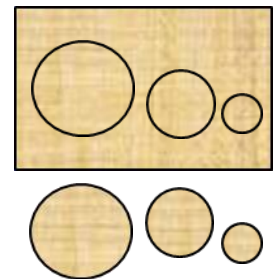


### Play a game of 'whose is it?'

- Find items that child knows belongs to members of the house like *dad's slipper*
- Play a game and ask child who the object belongs to - try to give child two options  
*'Is this dad's slipper or uncle's slipper?'*
- Praise child when he is correct!

### Make a puzzle – 3 sizes

- Use cups to draw the outline of 3 circles – **big, medium** and **little** on 2 pieces of paper or cardboard
- Cut the circles out of 1 of the paper
- Describe each circle using words '**big, medium** and **little**'
- Carefully show child how circles of the same size can be placed '**on top**' of the circles on paper
- First ask child to place one circle at a time. Then go on to give him all 3 circles
- Praise child when he places them correctly!

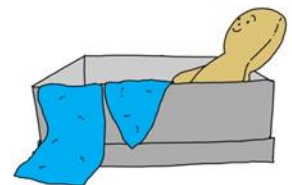


### Look at picture with baby

- Use any picture or picture book
- Let child **sit on your lap** and look at the picture together
- Point and name objects in the picture. Get child to touch objects you name
- Talk about what is happening in the picture. Ask child to name objects
- Praise child when correct!

### Doll or soft toy, box/container for bath, cloth for towel, smaller cloth for wash rag, small object for soap

- Show child how to put doll in bath and pretend bathe doll with soap and wash rag
- Describe doll *dirty* or *clean*, *wet* or *dry*, the water *cold* or *warm*
- Talk with child and have fun pretending!



### Play and sing an action song

- Sing song and do the actions. Get child to do actions too!

*I am a little teapot, Short and Stout,*

*Here's my handle and here's my spout* (put one hand on hip and hold other out)

*When I get all steamed up, I will shout.*

*Tip me over and pour me out.* (bend to side of spout)

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 33-36 MONTHS

**Soon he will learn to draw and write well!**

### Make a puzzle – 4 pieces

- Cut out the front or face of any food/juice package box
- Cut front of box into 4 pieces
- Put the pieces together and show child the full picture
- Talk about the picture
- Pull apart and ask child to put pieces back together to make picture
- Praise child when she fits them correctly!



### Play animal guessing game

- Go on the floor and pretend to be an animal, do the actions and make the sounds
- Ask child to guess what animal you are pretending to be
- Praise child when he guesses correctly!
- Have fun!

### Play hide and Seek

- Ask child to go and hide
- After counting out loud to 10, begin to look for child
- Keep talking as you look for child '*where is ...?*'
- When you find child describe where he was using words – '*under, behind, beside*'
- Then you hide and let child find you. Have fun!



### Look at a book with child

- Use any book with pictures in it
- Let child sit on your lap and look at the pictures together
- Point at the objects in the picture and say the names. Talk about what is happening
- Help child to turn pages. Ask child simple questions about the pictures
- Enjoy looking at books together!

### Crayon/pencil and paper

- Encourage child scribble on the paper
- Show child how to draw strokes and circles. Get child to do the same
- Put the circles and strokes together and show child how to draw a picture e.g. man, flower, sun. Praise child's drawings!



### Pretend to be a truck driver

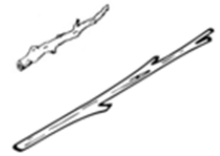
- Pretend to hold steering wheel, toot horn and making engine sounds
- Let child follow behind you
- Talk about where you are going – to the market, shop
- Drive '*fast/slow*', turn '*left/right*', going for a '*long/short*' drive, pick up vegetables
- Then let child be the driver and you follow behind
- Get child to describe where she is going and what doing. Have fun!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 33-36 MONTHS

***Be patient and praise him for trying!***

### **Sorting and matching –short and long**

- 4 short and 4 long sticks
- Place one '*short*' and one '*long*' stick in front of child
- Describe the length of the sticks
- Get child to sort the other sticks in the '*short*' pile or the '*long*' pile
- Praise child when he is correct!

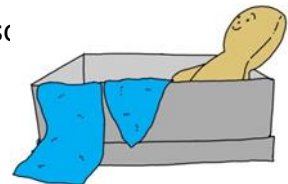


### **Help child know parents' names**

- Ask child '*what is mommy's name?*' and '*what is daddy's name?*'
- Praise his answers
- Tell child both first and last names of his parents
- Ask child to repeat the names
- Praise child when he repeats names!

### **Doll or soft toy, box/container for bath, cloth for towel, smaller cloth for wash rag, small object for soap**

- Show child how to put doll in bath and pretend bathe doll with soap
- Describe doll *dirty* or *clean*, *wet* or *dry*, the water *cold* or *warm*
- Talk with child and have fun pretending!



### **Help child name body parts**

- Point at body parts that child already knows and ask child to name them
- Praise child when he is correct
- Then name different or new parts – thumb, shoulder, wrist, ankle
- Praise child when he repeats the name!

### **Place bottle caps in colour line**

- Find several bottle caps - 3 different colours
- Show caps to child and name the colours. Ask child to repeat names
- Place caps in a line by colour using 3 colours – yellow, red, white
- Get child to continue the sequence
- Praise him for getting it correct!
- Try other colour sequences. Have fun together!



### **Help child count from 1 to 10**

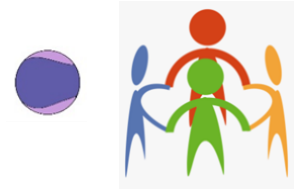
- As often as you can count from 1 up to 10 with child - walking up and down stairs; objects, throws, fingers, people in room, plates on table
- Get child to repeat and count with you
- Don't worry if child cannot repeat very well, praise him for trying!

## PLAY AND LANGUAGE ACTIVITIES FOR CHILDREN AGES 33-36 MONTHS

***Playing together will help her get along with others!***

### **Play action game with ball**

- Use a ball/cloth ball/sock ball
- Give child ball to play with
- Ask others to join in and all stand in a circle
- Throw, bounce or roll the ball to someone in the circle
- The person who receives the ball must do an action and others must copy the action - jump, hop, pat head
- Then that person passes the ball to someone else
- Have fun playing together!



### **Take a short walk with child**

- Talk about the people you see and what is happening
- Ask child simple questions about what he sees
- Enjoy the time together and the conversation!

### **Dancing and band**

- Play music from radio
- Hold child's hands and dance!
- Get child to move head, leg, arms to the rhythm of music
- Ask other members of the house to join in and pretend to be in a band. Use items like pot and spoon to make a drum or bottle with sand in it to be a shaker
- Have fun!



### **Play and sing an action song**

- As you sing song, touch the parts of the body named
- Get child to do actions too!

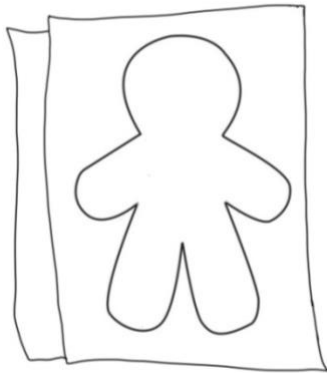
*Head, shoulders, knees and toes, knees and toes*

*Head, shoulders, knees and toes, Knees and toes*

*Eyes and ears, And mouth, And nose*

*Head, shoulders, knees and toes*

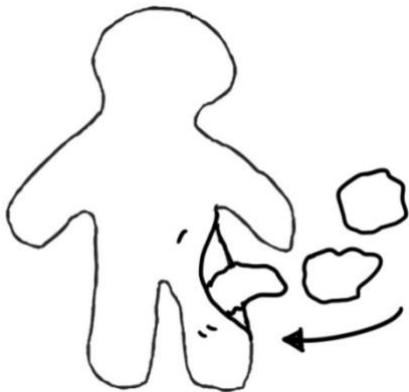
## DOLL



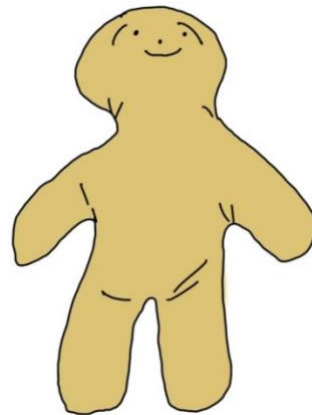
1. Get two pieces of cloth (about 22x35 cm) and draw doll shape each piece. Cut out both shapes.



2. Sew pieces together leaving space as shown.



3. Turn the stitched doll inside out and stuff with wadding, cotton, soft cloth, sponge or other stuffing material, then stitch the space

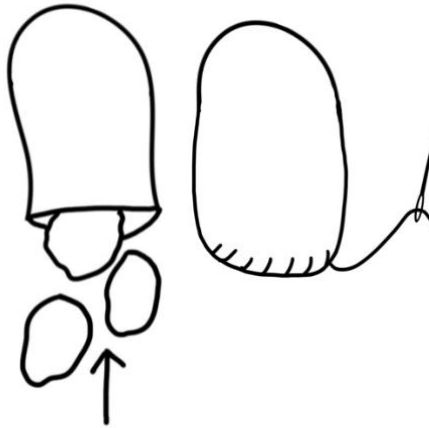


4. Use a marker, pen or pencil to draw a face on the doll (eyes, eye brows, nose and mouth).

## SOCK DOLL WITH HAT



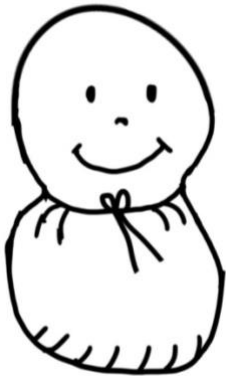
1. Cut sock as shown into 3 pieces.



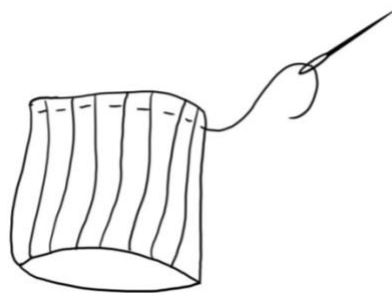
2. Use lower part of sock (toe end) and stuff with wadding, cotton, soft cloth, sponge or other stuffing material then stitch the opening closed.



3. Use a marker, pen or pencil to draw on the face.



4. Tie a cord or string just below the face and knot.



5. Use top of sock and stitch one end closed.



6. Turn inside out. Fold end over to make hat.

7. Place hat on sock doll's head.



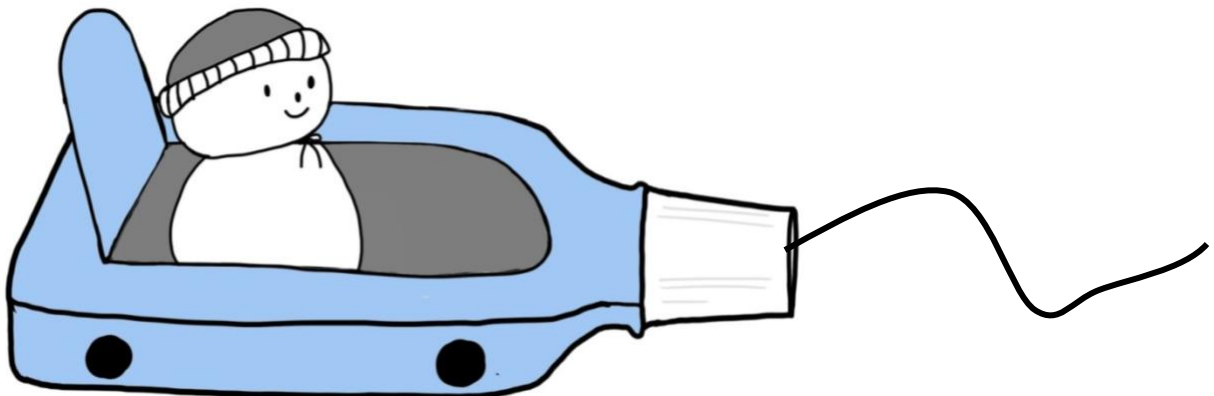
## CAR



1. Get an oval or square plastic bottle or box. Wash with clean water and detergent, then allow to air dry. Cut a U-shape on flat side as shown.



2. Bend the flap up.



3. Draw on wheels with marker, pen or pencil. Tie string on end long enough for child to pull. Place sock doll inside.

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