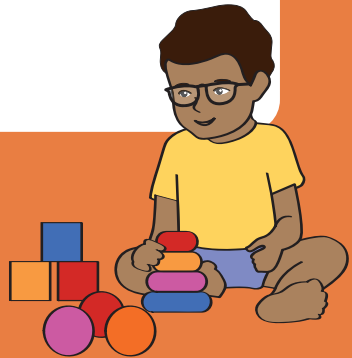




Playful Parenting Activity Booklet



0-3
months

Physical Development



Gentle rocking from side to side, dance with baby



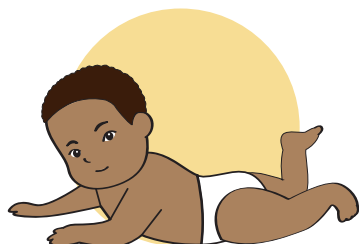
Let baby see your face



Breastfeed on demand
(making eye contact while
talking or singing)



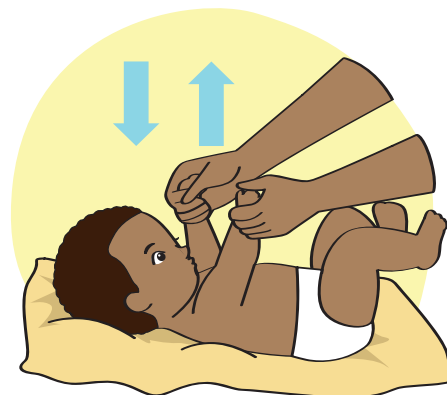
Slowly move colorful things to
see and reach for



Provide opportunities for
supervised tummy time

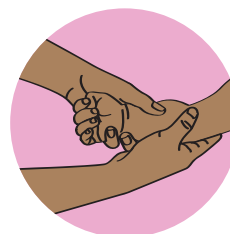
Physical Development

0-3
months

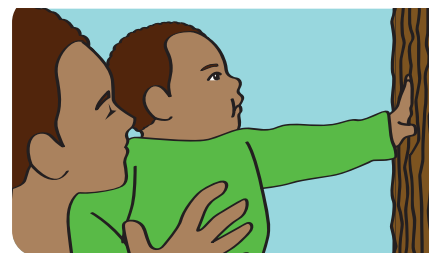


With baby on their back
slowly move arms up and
down, in and out

With baby seated on lap,
gently rock from side to side,
forwards and back



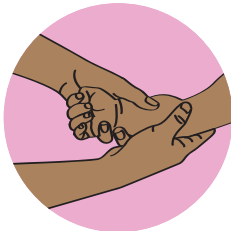
Gently soothe, stroke,
and hold baby (skin to
skin contact is good)



Let baby feel different textures and
explain textures and temperatures
eg. Soft cloth, rough wood, cold
pot, wet water



Breastfeed on demand
(making eye contact while
talking or singing)



Gently soothe, stroke,
and hold baby (skin to
skin contact is good),
sing or narrate what you
are doing

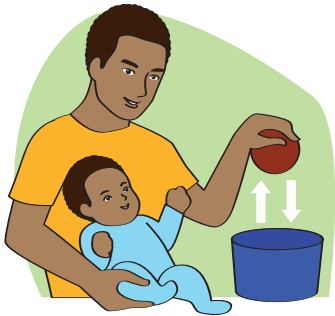
Slowly move
colorful things
to see and
reach for



Look into your baby's eyes,
talk to your baby



Smile at baby



Narrate what you are doing so
baby learns words

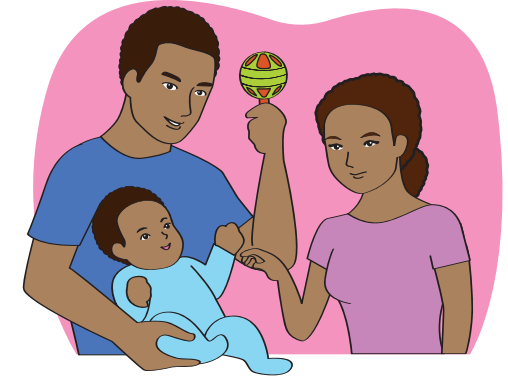
SAMPLE TOY:



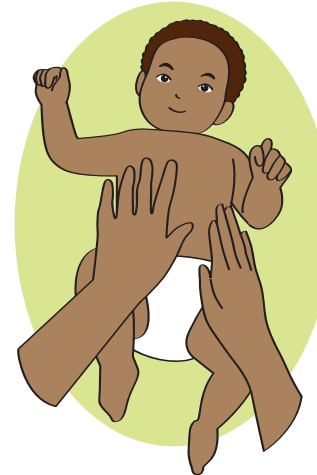
Body as toy



Read to baby



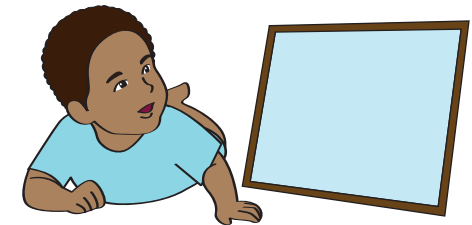
Involve baby in family life



Lay baby on back and
rub hands from head to
toes saying 'this is how
big you are' and chest to
arms 'this is how wide
you are.'



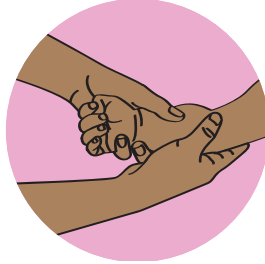
Explain to baby what you are doing
during everyday activities



During tummy time place
a mirror in front of baby



Breastfeed on demand
(making eye contact while
talking or singing)



Gently soothe, stroke, and hold
baby (skin to skin contact is good),
sing or narrate what you are doing



Narrate what you are doing so
baby learns words



Always respond promptly to
your baby's cries



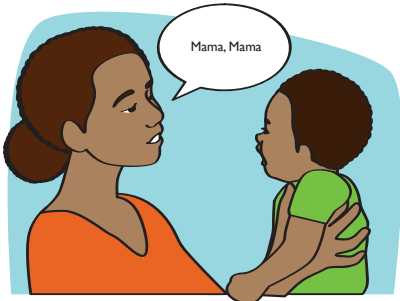
Hug and
cuddle often



Smile at baby



Look into your baby's eyes,
talk to your baby



Get a conversation going by copying
your child's sounds or gestures



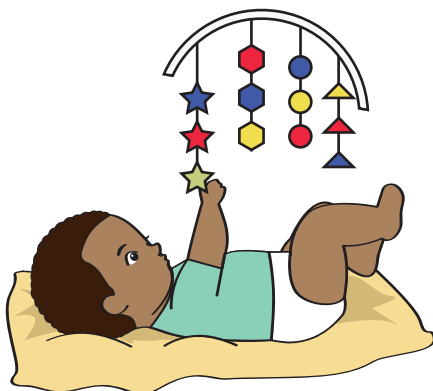
Tell baby you love them often



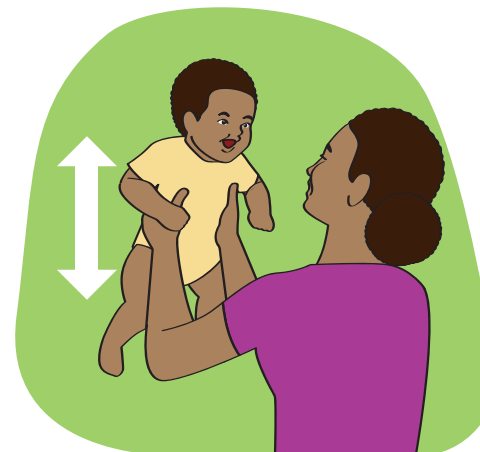
Help baby to understand
emotions by labelling them
'you are happy' 'you are sad'



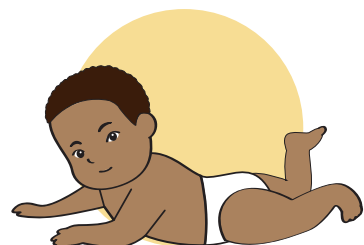
Breastfeed on demand (making eye contact while talking or singing)



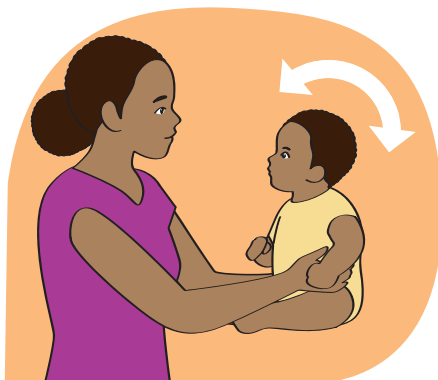
Hang objects just above baby so they can reach for objects



Holding baby around waist, slowly raise above your head and bring back down saying 'up up up up, down down down'



Provide opportunities for tummy time



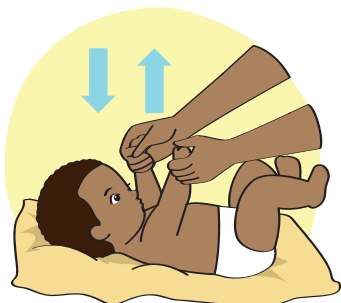
Hold baby around waist in a half standing position and rock back and forth



Provide baby with an opportunity to see your face



Massage baby



Slowly move arms up and down, in and out (baby on their back)

Provide toys that baby can shake



SAMPLE TOYS:



Body as toy



Contrasting colors



Colorful mobile



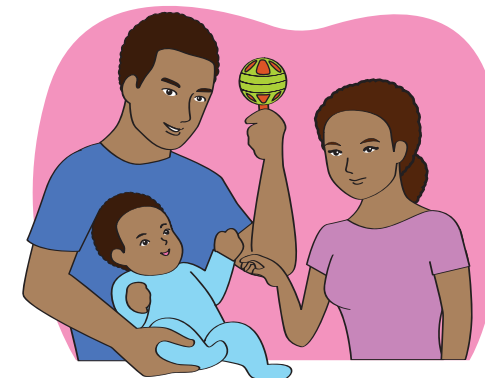
Breastfeed on demand (making eye contact while talking or singing)



Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing



Read to baby



Involve baby in family life



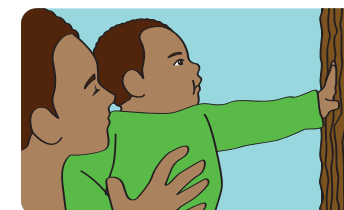
Get a 'conversation' going by copying your child's sounds or gestures



Provide ways for baby to see, hear and move arms and legs freely, and touch you (e.g baby led play)



Lay baby on back and float a light cloth up and down like a parachute over them



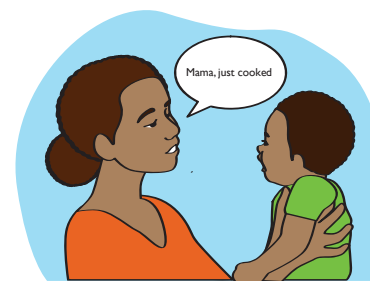
Let baby feel different textures and explain textures eg. Soft cloth, rough wood



Look into baby's eyes and talk to baby



Encourage reaching for and grasping objects with both hands



Explain to baby what you are doing during everyday activities

SAMPLE TOYS:



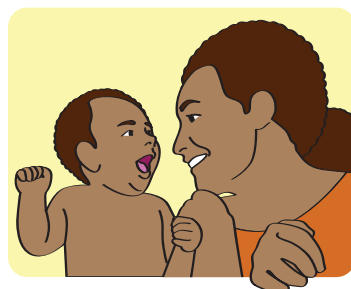
Bodies as toys, finger/hand games



Contrasting colors



Breastfeed on demand (making eye contact while talking or singing)



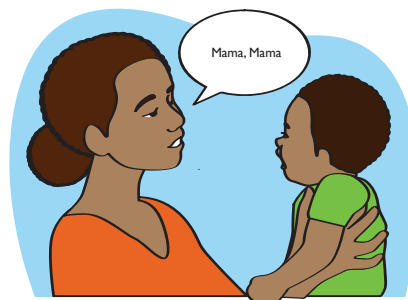
Smile at baby



Engage in baby-led play



Always respond promptly to your baby's cries



Get a conversation going by coping your child's sounds or gestures



Look into baby's eyes and talk to baby



Help baby to understand emotions by labelling them and explaining reason for emotions 'you are sad because you couldn't see mummy when she left the room'



Narrate what you are doing so baby can hear



Hug and cuddle often



Tell baby you love them often

SAMPLE TOYS:



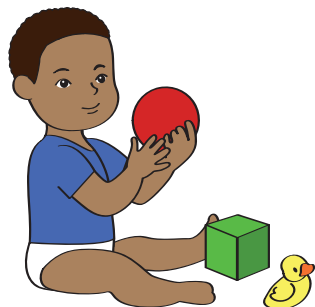
Bodies as toys, finger/hand games



Contrasting colors



Play hand games, like clapping



Give your child clean, safe household things to handle, bang, and drop.



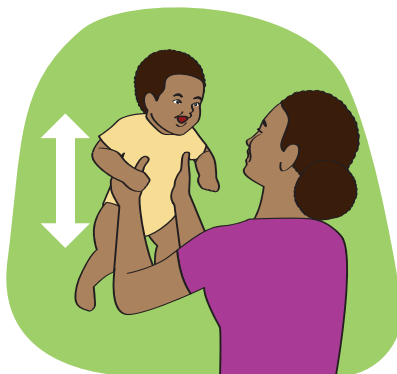
Ensure area is safe & clean for baby to explore freely



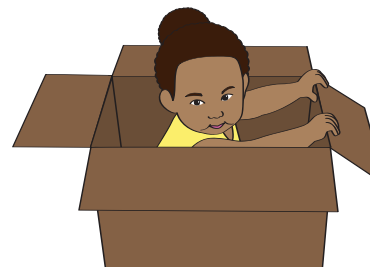
Provide baby opportunity to pull up and cruise around safe furniture



Hide a child's toy under a box or cloth and see if the child can find it.



Holding infant around waist, slowly raise above your head and bring back down saying 'up up up up, down down down'



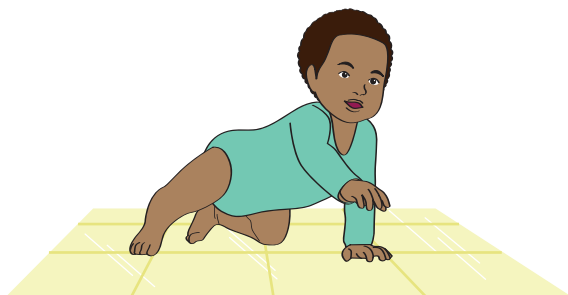
Provide baby opportunity to climb in and out of boxes



Bring the outdoors inside- give opportunity to touch & smell flowers, leaves, grass, rocks



Allow infant to safely feed themselves and peel food

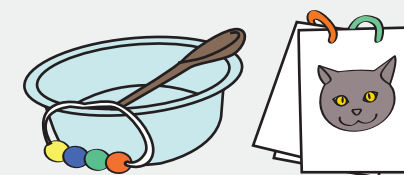


Provide baby opportunity to crawl on clean floors



Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds

SAMPLE TOYS:



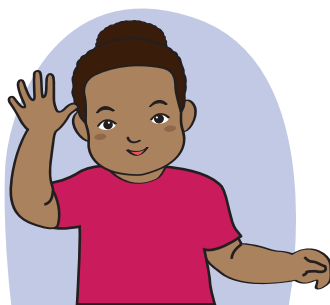
Use safe objects at home to make toys.



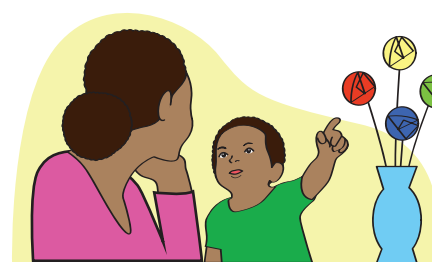
Place baby in front of mirror



Hide a child's favorite toy under a cloth of box. See if the child can find it.



Teach gestures such as waving "bye-bye"

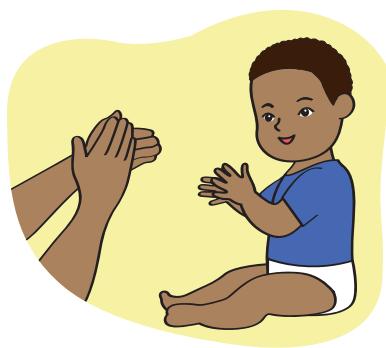


Count simple household items (1 rock, 2 rocks, 3 rocks)



Explain to baby what you are doing during everyday activities such as cooking

Play Peek-a-boo



Play hand games, like clapping



Read to baby



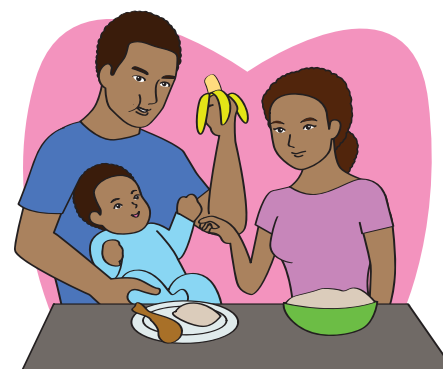
Establish predictable routines with baby such as bedtime eg. Dinner, bath, story, cuddles, bed time



Play interactive games and make music together with your bodies



Name people and things (even before baby can talk)

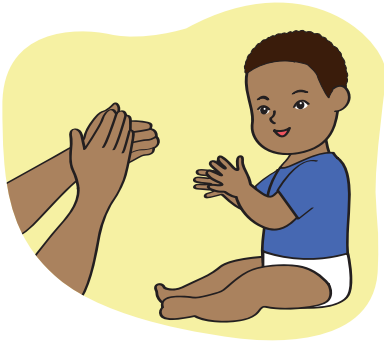


Involve baby in family life eg. Let them sit with you while eating dinner

SAMPLE TOYS:



Use safe objects at home to make toys.



Encourage your child to imitate you by playing social games such as “peek-a-boo” and “clapping” to show enjoyment



Use feeding as a social and emotional bonding time



Massage baby



Hug and cuddle often



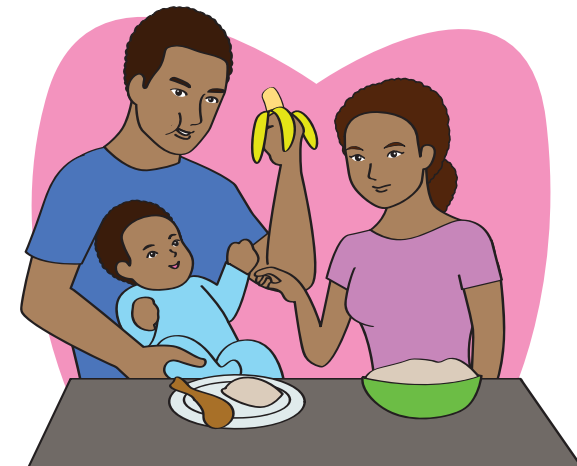
Respond to your child's sounds and interests



Help baby to understand emotions by labelling them and explaining reason for emotions 'you are sad because you couldn't see mummy when she left the room'



Tell baby you love them often



Let baby join in with family activities



Help your
child pull up



Dance with your child



Read to your child
board books with
pictures and few words,
allowing the child to
turn the pages.



Hug and cuddle often



Allow baby to safely feed
themselves and peel food



Take child out to experience
different environments

Give your child
things to stack
up and put into
containers



Provide opportunities to climb in
and out of boxes



Give opportunity
to pull up and
cruise around safe
furniture



Give opportunity
to crawl on clean
floors



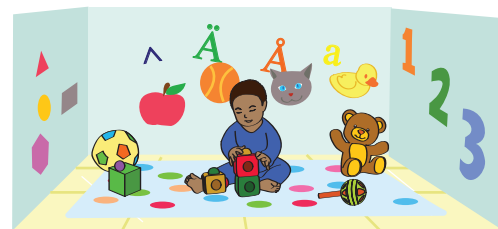
Bring the outdoors inside-
give opportunity to touch &
smell flowers, leaves,
grass, rocks



Sing a favorite song
while scrubbing
hands with soap
and water for at
least 20 seconds



Provide enough space & safe
environment to practice walking



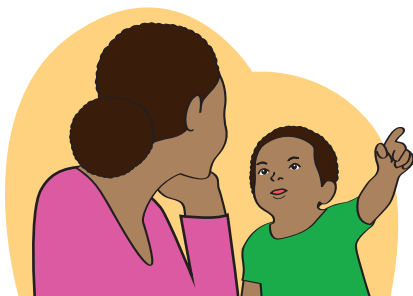
Ensure area is safe & clean for
baby to explore freely



Hug and cuddle often



Give your child things to stack up, and put into containers and take out



Ask your child simple questions. Respond to, and celebrate, your child's attempts to talk



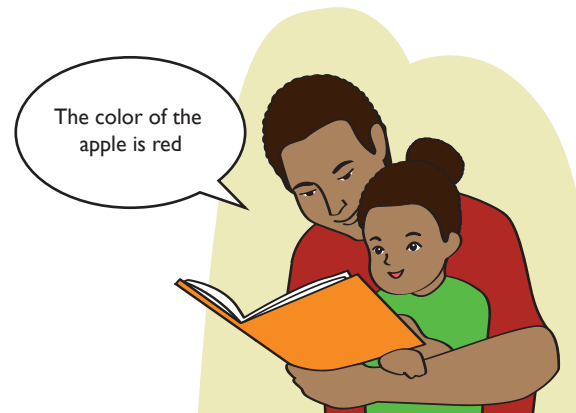
Provide opportunities to assist with dressing and encouragement to do what s/he can on her/his own



Read to your child storybooks with pictures and few words.



Name and ask your child to point to some objects and body parts



Ask questions when reading books



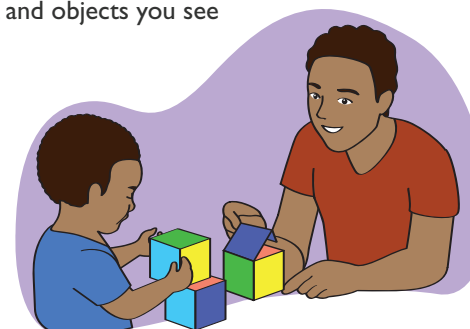
Make homemade play dough



Show and talk about nature, pictures, and objects you see



Do homemade puzzles together



Build with homemade blocks



Respond to and celebrate your child's attempts to communicate with you, both verbally and non-verbally.



Make music or sing interactively



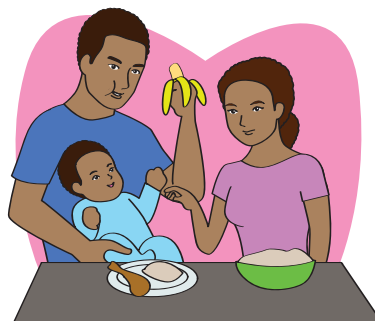
Use feeding as a social and emotional bonding time



Spend time together in play, doing activities that your child enjoys: look at picture books, sing, draw, create toys.



Hug and cuddle often, especially when child is upset or showing anxiety around strangers



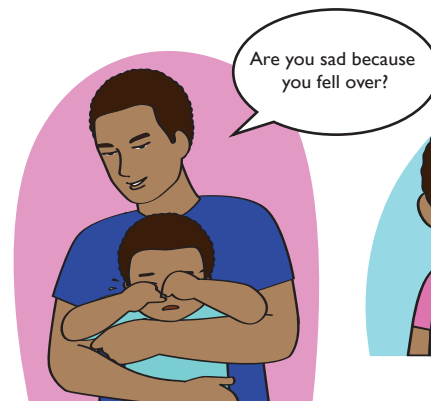
Let baby join in with family activities



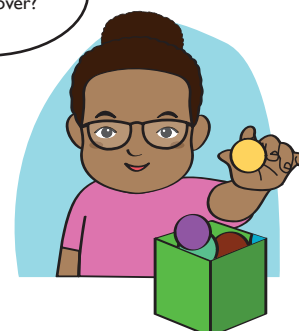
Comfort baby when they seek your attention



Tell baby you love them often



Help baby to understand emotions by labelling them and explaining reason for emotions 'you are sad because you feel over'



Allow time for baby to play freely



Encourage child to be kind to others by modelling healthy relationships within the family

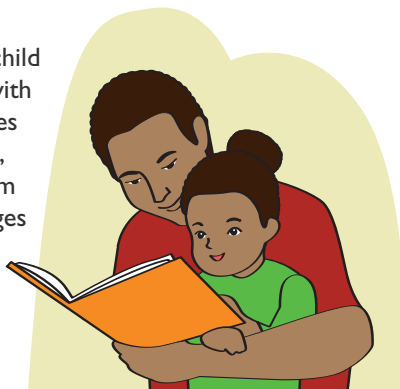


Encourage baby to pack up toys after playing

Give your child containers to fill with safe household objects, and/or clean sand



Read to your child board books with colorful pictures and few words, encourage them to turn the pages



Allow child to safely feed themselves and peel food



Help child to balance across a beam

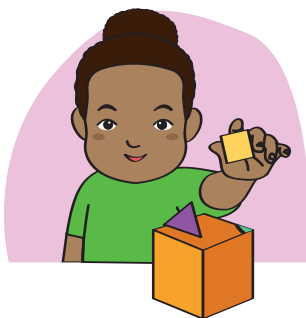
Provide enough space & safe environment to practice walking



Dance with your child



Give your child things to stack up, and to put into containers and take out



Show and talk about nature, pictures, and objects you see



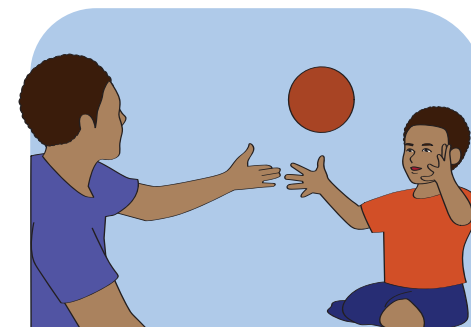
Provide items to draw and color with



Talk to the child about how the water feels. Does it feel hot or cold?

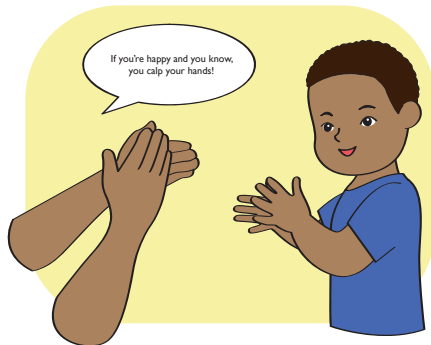


Practice catching & throwing





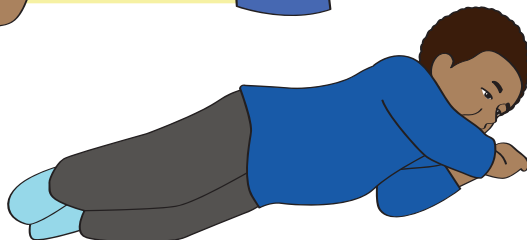
Show and talk about nature, pictures and objects you see



Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds



Encourage your child to use language to serve his/her own needs, such as telling you when s/he is hungry

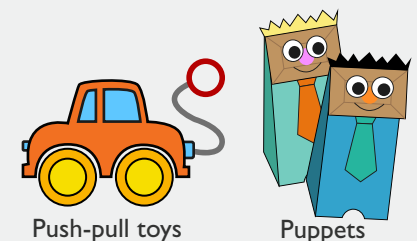


Encourage child to roll along the floor stretched out straight



Use positive discipline approaches

SAMPLE TOYS:



Push-pull toys

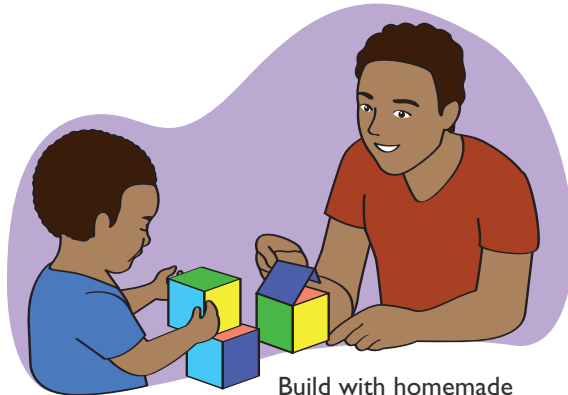
Puppets



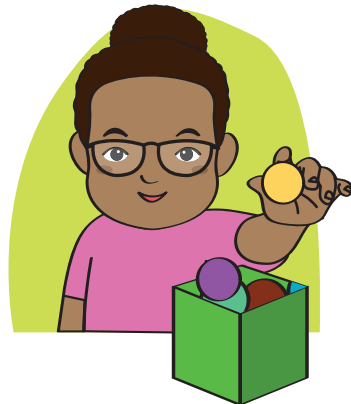
Do homemade puzzles together



Make homemade play dough



Build with homemade blocks



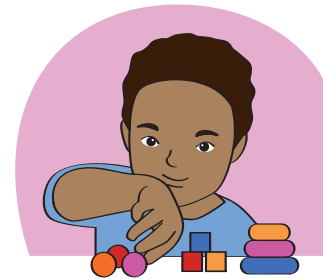
Give your child things to stack up, and to put into containers and take out



Respond with empathy when your child is upset



Always respond affectionately to your child's shows of affection



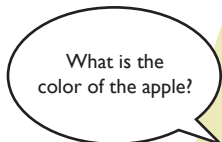
Encourage your child to try things on on her/his own



Be patient with defiant behavior and use positive discipline approaches

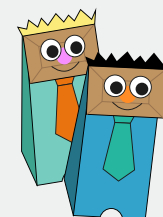


Encourage child to do something "out in the world" such as accepting a toy from another child, picking flowers, etc

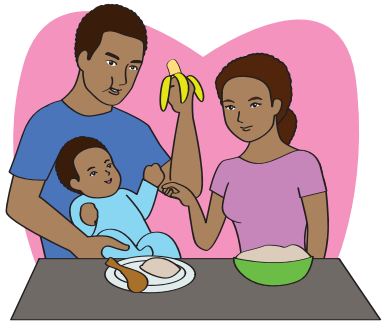


Ask questions when reading books

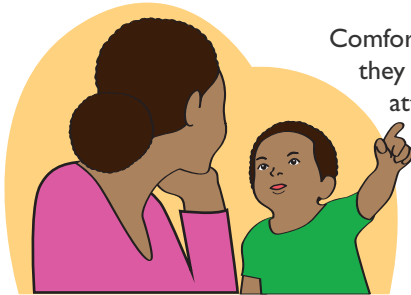
SAMPLE TOYS:



Puppets



Let child join in with family activities



Comfort child when they seek your attention



Hug and cuddle often, return all displays of affection



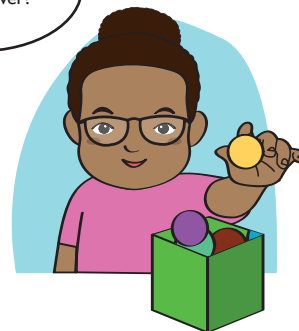
Help your child put puzzles together and identify shapes



Tell child you love them often



Help child to understand emotions by labelling them and explaining reason for emotions 'you are sad because you feel over'



Allow time for child to play freely



Talk about what you see in pictures and/or books.



Be an engaging and participatory audience to your child during pretend play



Encourage child to be kind to others by modelling healthy relationships within the family

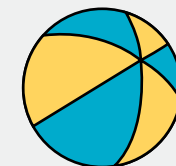


Encourage child to pack up toys after playing



Encourage child to dress alone, wash own hands as much as possible

SAMPLE TOYS:



2-3
years

Physical Development



Provide opportunities for social play with other children



Help child to balance across a beam



Allow child to safely feed themselves and peel food



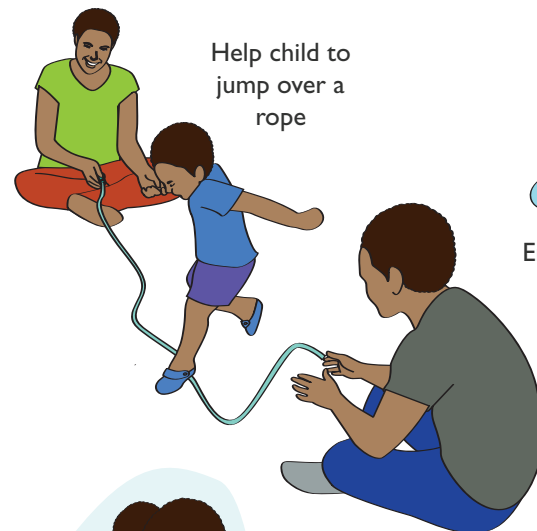
Provide enough space & safe environment to practice walking



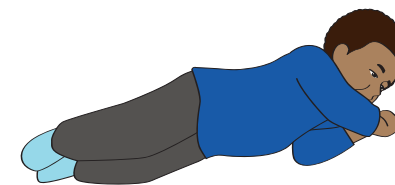
Give simple, safe household tasks to do with you

Physical Development

2-3
years



Help child to jump over a rope



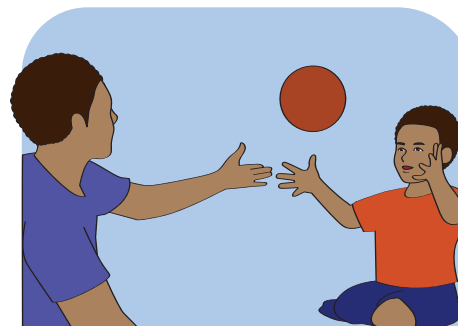
Encourage child to roll along the floor stretched out straight



Allow child to splash water supervised



Ask your child to pretend to be an animal



Practice catching & throwing



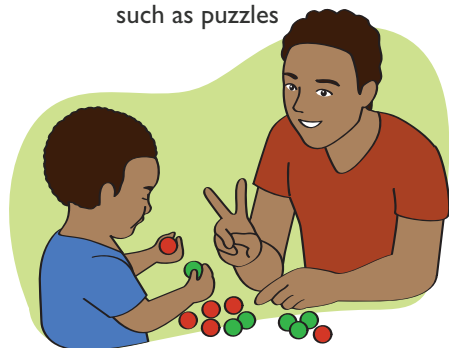
Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds



Make your child simple toys for and together with your child, such as puzzles



Encourage and participate in imaginative play



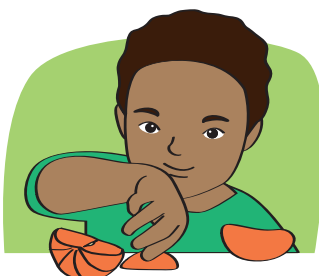
Help your child count, name and compare things



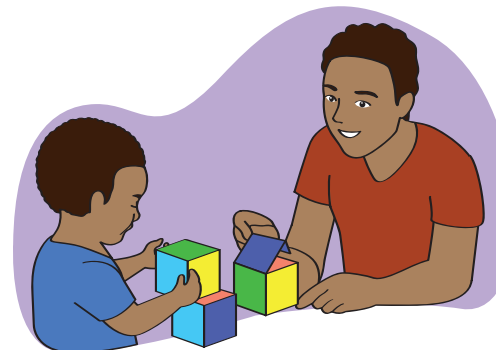
Hug and cuddle often, return all displays of affection



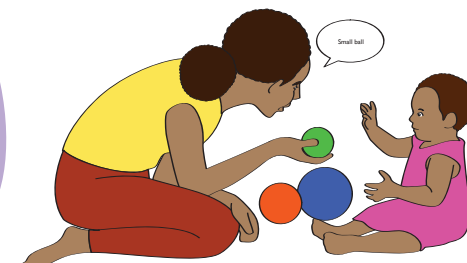
Provide objects of different shapes and colours to sort



Encourage and help your child to try things on her/his own, such as self-feeding



Build with home made blocks



Compare the size of objects 'big & little'



Make home made play dough



Create clapping patterns for your child to copy



Sing songs together naming body parts 'head, shoulders, knees and toes'



Ask questions when reading books

SAMPLE TOYS:



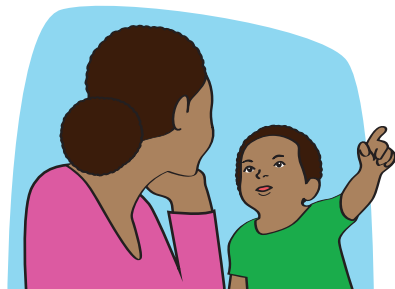
Sample Toys – Toy Cars, Dolls, Balls and Picture Books

2-3
years

Social-Emotional Development



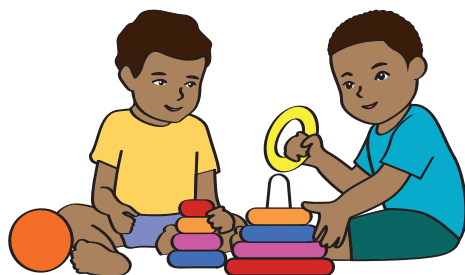
Encourage and participate in imaginary play



Listen closely to your child, show interests in her interests, and compassion for her feelings



Use positive discipline approaches



Provide opportunities for social play with other children



Hug and cuddle often, return all displays of affection



Teach your child songs and games, tell her stories, or read books together

Social-Emotional Development

2-3
years

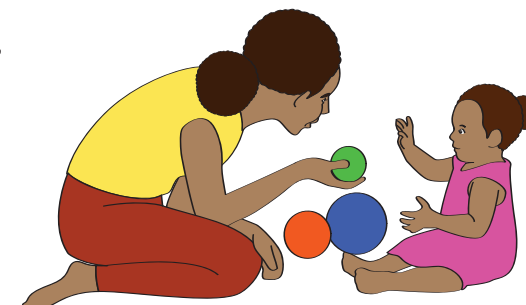
Allow time for dressing up and role playing to learn about relationships



Celebrate with child when they are happy, be patient when they are sad



Give your child simple, safe household tasks to do with you



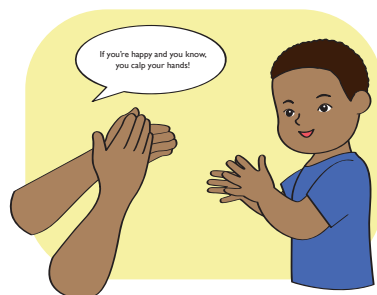
Encourage child to share with others, but be patient as this is challenging

SAMPLE TOYS:



Dolls

Explain concerning issues simply and calmly. Ask your child what they know, answer their questions and address any misinformation. Validate their feelings, while reassuring them – “I understand this can be scary. We’re taking steps to keep healthy, and we’re well prepared.”



Sing songs about emotions
(If you're happy and you know it clap your hands)



Show child faces displaying different emotions and name the associated feelings



Encourage child to be kind to others by modelling healthy relationships within the family



Play Simon Says (Simon says touch your nose)

Put music on and dance together

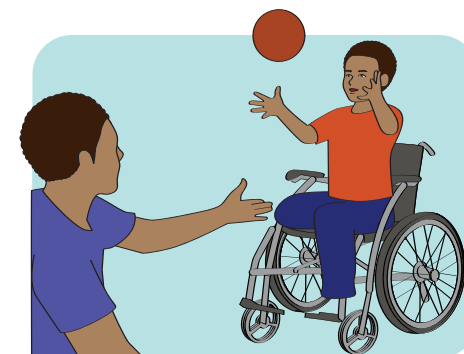


Provide beads to thread on string

Ask your child to pretend to be an animal

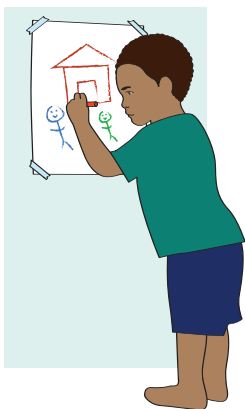


Practice throwing a ball into a large pot



Practice throwing a ball together

Provide objects to be drawn



Tap beats to music with sticks



Jump with skipping rope

Play balance games eg. Balance with a bean bag on head



Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds



Wiggle a rope on the ground and have child jump over



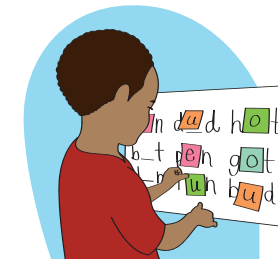
Create toys & puzzles together



Ensure home environment has lots of print materials available eg. Books, posters on walls



Engage in 'maths bag' activities



Play letter of the week and other literacy games



Make up stories together

Play memory games by giving each other directions (put your hands on your head, turn around, then sit down)

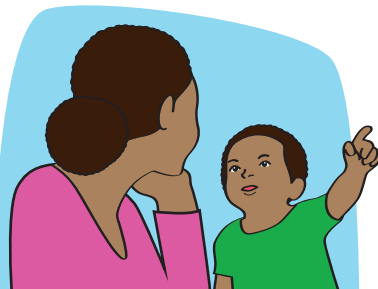


Play games of hide & seek

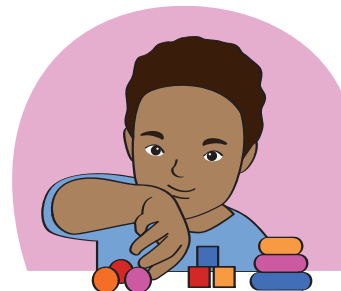


Provide materials for pretend play

Encourage child when they make an effort



Listen when child talks to you



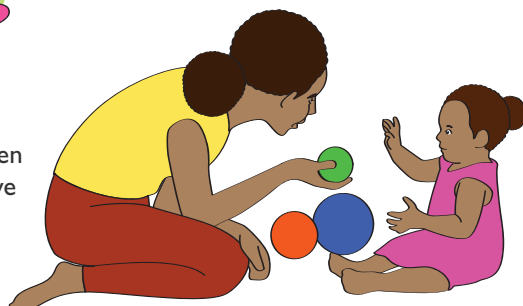
Allow time for child to play freely



Show child faces displaying different emotions and name the associated feelings



Tell child often that you love them



Encourage child to share with others, but be patient as this is challenging



Explain concerning issues simply and calmly. Ask your child what they know, answer their questions and address any misinformation



Sing songs about emotions (If you're happy and you know it clap your hands)



Return child displays of affection



Comfort child and help to feel safe when they show fear



Validate their feelings, while reassuring them – "I understand this can be scary. We're taking steps to keep healthy, and we're well prepared."



Ask child interesting questions about their day ("Did anything make you feel happy today? Did anything make you feel sad?")

Allow time for dressing up and role playing to learn about relationships

