Playful Parenting Activity Booklet
**Physical Development**

**0-3 months**

- Breastfeed on demand (making eye contact while talking or singing)
- Let baby see your face
- Gently rocking from side to side, dance with baby
- Provide opportunities for supervised tummy time
- Slowly move colorful things to see and reach for

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

- 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)

- With baby on their back slowly move arms up and down, in and out
0-3 months

**Cognitive & Language Development**

- **Breastfeed on demand** (making eye contact while talking or singing)
- **Look into your baby’s eyes, talk to your baby**
- **Smile at baby**
- **Narrate what you are doing so baby learns words**
- **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**
- **SAMPLE TOY:** Body as toy

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**Read to baby**

- **Involve baby in family life**
- **Explain to baby what you are doing during everyday activities**
- **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.’**
- **During tummy time place a mirror in front of baby**
- **Mama, just cooked**
**Social-Emotional Development**

**0-3 months**

- **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
- **Smile at baby**
- **Hug and cuddle often**
- **Look into your baby’s eyes, talk to your baby**
- **Get a conversation going by copying your child’s sounds or gestures**
- **Narrate what you are doing so baby learns words**
- **Always respond promptly to your baby’s cries**
- **Tell baby you love them often**
- **Help baby to understand emotions by labelling them ‘you are happy’ ‘you are sad’**
Physical Development

- Breastfeed on demand (making eye contact while talking or singing)
- Slowly move arms up and down, in and out (baby on their back)
- Provide opportunities for tummy time
- Hold baby around waist in a half standing position and rock back and forth
- Hang objects just above baby so they can reach for objects
- Provide toys that baby can shake
- Massage baby
- Provide baby with an opportunity to see your face
- Hold baby around waist, slowly raise above your head and bring back down saying 'up up up up, down down down'

**SAMPLE TOYS:**
- Body as toy
- Contrast colors
- Colorful mobile
Cognitive & Language Development

3-6 months

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

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

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

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

Look into baby’s eyes and talk to baby

Encourage reaching for and grasping objects with both hands

Read to baby

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

Involve baby in family life

Let baby feel different textures and explain textures e.g. 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

Mama, just coo ke d
Social-Emotional Development

3-6 months

- Breastfeed on demand (making eye contact while talking or singing)
- Smile at baby
- Get a conversation going by coping your child’s sounds or gestures
- Narrate what you are doing so baby can hear
- Hug and cuddle often
- Engage in baby-led play
- Always respond promptly to your baby’s cries
- 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’
- Tell baby you love them often

SAMPLE TOYS:
- Bodies as toys, finger/hand games
- Contrasting colors

Mama, Mama

I love you

I love you

I love you
**6-12 months**

### Physical Development

#### Play hand games, like clapping
- **6-12 months**

#### Give your child clean, safe household things to handle, bang, and drop
- **6-12 months**

#### Hide a child’s toy under a box or cloth and see if the child can find it
- **6-12 months**

#### Holding infant around waist, slowly raise above your head and bring back down saying up up up up, down down down’
- **6-12 months**

#### Allow infant to safely feed themselves and peel food
- **6-12 months**

#### Provide baby opportunity to crawl on clean floors
- **6-12 months**

#### Ensure area is safe & clean for baby to explore freely
- **6-12 months**

#### Provide baby opportunity to pull up and cruise around safe furniture
- **6-12 months**

#### Provide baby opportunity to climb in and out of boxes
- **6-12 months**

#### Bring the outdoors inside- give opportunity to touch & smell flowers, leaves, grass, rocks
- **6-12 months**

#### Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- **6-12 months**

#### Use safe objects at home to make toys.
- **6-12 months**

#### SAMPLE TOYS:
- **6-12 months**
Cognitive & Language Development

6–12 months

Place baby in front of mirror

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

Teach gestures such as waving “bye-bye”

Play interactive games and make music together with your bodies

Name people and things (even before baby can talk)

SAMPLE TOYS:

Use safe objects at home to make toys.

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

Read to baby

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

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

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

Mama, just cooked
6-12 months

Social-Emotional Development

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.

Are you sad because you fell over?

I love you.

Let baby join in with family activities.
Physical Development

12-18 months

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

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

Allow baby to safely feed themselves and peel food

Give your child things to stack up and put into containers

Take child out to experience different environments

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

Hug and cuddle often

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

The color of the apple is red

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

Cognitive & Language Development

12-18 months
Respond to and celebrate your child’s attempts to communicate with you, both verbally and non-verbally.

Use feeding as a social and emotional bonding time.

Make music or sing interactively.

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.

Tell baby you love them often.

Help baby to understand emotions by labelling them and explaining reason for emotions ‘you are sad because you fell over’.

Comfort baby when they seek your attention.

Allow time for baby to play freely.

Tell baby you love them often.

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

Encourage baby to pack up toys after playing.
**Physical Development**

18-24 months

- **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.**
- **Give your child things to stack up, and to put into containers and take out.**
- **Dance with your child.**
- **Show and talk about nature, pictures, and objects you see.**
- **Provide items to draw and color with.**

**Allow child to safely feed themselves and peel food.**

- **Provide enough space & safe environment to practice walking.**
- **Help child to balance across a beam.**
- **Talk to the child about how the water feels. Does it feel hot or cold?**
- **Practice catching & throwing.**

**Read to your child board books with colorful pictures and few words, encourage them to turn the pages.**
**Physical Development 18-24 months**

- Help child to jump over a rope
- Ask your child to pretend to be an animal
- Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds
- Encourage child to roll along the floor stretched out straight

**Cognitive & Language Development 18-24 months**

- Give your child safe objects to manipulate, showing cause and effect
- Show and talk about nature, pictures and objects you see
- Encourage your child to use language to serve his/her own needs, such as telling you when s/he is hungry
- Use positive discipline approaches

**SAMPLE TOYS:**

- Push-pull toys
- Puppets

*If you’re happy and you know it, clap your hands*
**Cognitive & Language Development**

- Do homemade puzzles together
- Make homemade play dough
- Build with homemade blocks
- The color of the apple is red
- Ask questions when reading books
- Give your child things to stack up, and to put into containers and take out

**Social-Emotional Development**

- 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

**SAMPLE TOYS:**

- Puppets
**Social-Emotional Development (18-24 months)**

- Let baby join in with family activities.
- Tell baby you love them often.
- Help baby to understand emotions by labelling them and explaining reasons for emotions, e.g., "Are you sad because you fell over?"
- Comfort baby when they seek your attention.
- 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.

**Physical Development (2-3 years)**

- Hug and cuddle often, return all displays of affection.
- Help your child put puzzles together and identify shapes.
- Encourage child to dress alone, wash own hands as much as possible.
- Be an engaging and participatory audience to your child during pretend play.

**SAMPLE TOYS:**

- Push-pull toys
- Puppets

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*Notes*

- I love you.
Physical Development 2-3 years

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

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

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

Give simple, safe household tasks to do with you

Practice catching & throwing

If you’re happy and you know, you clap your hands!
What is the color of the apple?

If you’re happy and you know, you clap your hands!

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

Encourage and participate in imaginative play.

Build with home made blocks.

Compare the size of objects ‘big & little’.

Help your child count, name and compare things.

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

Hug and cuddle often, return all displays of affection.

Make home made play dough.

Create clapping patterns for your child to copy.

Sing songs together naming body parts ‘head, shoulders, knees and toes’.

Provide objects of different shapes and colours to sort.

Ask questions when reading books.

SAMPLE TOYS:

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

Cognitive & Language Development

2-3 years

Cognitive & Language Development

2-3 years

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

Ask questions when reading books.

Make home made play dough.

Create clapping patterns for your child to copy.

Sing songs together naming body parts ‘head, shoulders, knees and toes’.

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

Cognitive & Language Development

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Sing songs together naming body parts ‘head, shoulders, knees and toes’.

Sample Toys – Toy Cars, Dolls, Balls and Picture Books.
Social-Emotional Development

**2-3 years**

**Encourage and participate in imaginary play**

**Use positive discipline approaches**

**Hug and cuddle often, return all displays of affection**

**Provide opportunities for social play with other children**

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

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

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

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

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

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

**SAMPLE TOYS:**

Dolls
2-3 years

Social-Emotional Development

- 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

3-6 years

Physical Development

- Put music on and dance together

- Play Simon Says (Simon says touch your nose)

- 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
Physical Development 3-6 years

- 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

Cognitive & Language Development 3-6 years

- Create toys & puzzles together
- Engage in ‘maths bag’ activities
- Play letter of the week and other literacy games
- Make up stories together
- Play games of hide & seek
- Provide materials for pretend play
- Ensure home environment has lots of print materials available eg. Books, posters on walls
- Play memory games by giving each other directions (put your hands on your head, turn around, then sit down)
- Provide objects to be drawn

The Alphabet

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
**Social-Emotional Development**

**3-6 years**

- Encourage child when they make an effort.
- Listen when child talks to you.
- Tell child often that you love them.
- Encourage child to share with others, but be patient as this is challenging.
- Validate their feelings, while reassuring them – “I understand this can be scary. We’re taking steps to keep healthy and we’re well prepared.”
- 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.”
- Allow time for child to play freely.
- Show child faces displaying different emotions and name the associated feelings.
- Sing songs about emotions (If you’re happy and you know it clap your hands).
- Explain concerning issues simply and calmly. Ask your child what they know, answer their questions and address any misinformation.
- 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.

-I love you

If you’re happy and you know, you clap your hands!