Playful Parenting Activity Booklet
Physical Development 0-3 months

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

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

Gently rocking from side to side, dance with baby

Let baby see your face

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

Let baby see your face

Slowly move colorful things to see and reach for

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

Provide opportunities for supervised tummy time

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.

**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**

**Slowly move colorful things to see and reach for**

**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)
- **Hug and cuddle often**
- **Smile at baby**
- **Look into your baby’s eyes, talk to your baby**
- **Tell baby you love them often**
- **Help baby to understand emotions by labelling them ‘you are happy’ ‘you are sad’**
- **Always respond promptly to your baby’s cries**
- **Narrate what you are doing so baby learns words**
- **Get a conversation going by copying your child’s sounds or gestures**
- **Gently soothe, stroke, and hold baby (skin to skin contact is good), sing or narrate what you are doing**
3-6 months

Physical Development

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

Hang objects just above baby so they can reach for objects

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

Provide toys that baby can shake

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

Provide baby with an opportunity to see your face

Massage baby

SAMPLE TOYS:
- Body as toy
- Contrasting colors
- Colorful mobile

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

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

Involve baby in family life

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 e.g. Soft cloth, rough wood

Sample toys:

Bodies as toys, finger/hand games

Contrasting colors

Mama, just cooked
Social-Emotional Development

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 copying your child’s sounds or gestures

Narrate what you are doing so baby can hear

Look into baby’s eyes and talk to baby

Engage in baby-led play

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’

Hug and cuddle often

Tell baby you love them often

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

Mama, Mama

I love you

I love you

SAMPLE TOYS:
Physical Development

Play hand games, like clapping

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

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, down down down’

Allow infant to safely feed themselves and peel food

Provide baby opportunity to crawl on clean floors

Ensure area is safe & clean for baby to explore freely

Provide baby opportunity to pull up and cruise around safe furniture

Provide baby opportunity to climb in and out of boxes

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

SAMPLE TOYS:

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

Use safe objects at home to make toys.
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”

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

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

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

SAMPLE TOYS:

Tables, just cooked

Use safe objects at home to make toys.
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.

Tell baby you love them often.

Let baby join in with family activities.

Are you sad because you fell over?

I love you.

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’.

Respond to your child’s sounds and interests.

Hug and cuddle often.

Use feeding as a social and emotional bonding time.

Tell baby you love them often.
**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
- 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
- Give opportunity to pull up and cruise around safe furniture
- Provide opportunities to climb in and out of boxes
- 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

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

Read to your child storybooks with pictures and few words.

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

Cognitive & Language Development
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 feel 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.
Give your child containers to fill with safe household objects, and/or clean sand.

Dance with your child.

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

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

Provide items to draw and color with.

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

Provide enough space & safe environment to practice walking.

Help child to balance across a beam.

Allow child to safely feed themselves and peel food.

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

Practice catching & throwing.
18-24 months

Physical Development

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

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
### Cognitive & Language Development

- **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**
- **Ask questions when reading books**

### 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

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The color of the apple is red
### Social-Emotional Development

**18-24 months**
- **Let child join in with family activities**
- **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'**
- **Encourage child to be kind to others by modelling healthy relationships within the family**
- **Encourage child to pack up toys after playing**

**2-3 years**
- **Comfort child when they seek your attention**
- **Are you sad because you fell over?**
- **Allow time for child to play freely**
- **Encourage child to dress alone, wash own hands as much as possible**

### Physical Development

**18-24 months**
- **Let child join in with family activities**
- **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'**
- **Encourage child to be kind to others by modelling healthy relationships within the family**
- **Encourage child to pack up toys after playing**

**2-3 years**
- **Help your child put puzzles together and identify shapes**
- **Hug and cuddle often, return all displays of affection**
- **Talk about what you see in pictures and/or books.**
- **Be an engaging and participatory audience to your child during pretend play**

**SAMPLE TOYS:**
- Push-pull toys
- Puppets
- I love you
- Are you sad because you fell over?
- Love and cuddle often, return all displays of affection
- Encourage child to dress alone, wash own hands as much as possible
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
- Give simple, safe household tasks to do with you
- 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
- Practice catching & throwing
- If you're happy and you know it clap your hands!
What is the color of the apple?

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

Ask questions when reading books

Provide objects of different shapes and colours to sort

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

Cognitive & Language Development

Encourage and participate in imaginative play

Build with home made blocks

Compare the size of objects ‘big & little’

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

SAMPLE TOYS:

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’

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

Help your child count, name and compare things

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

Ask questions when reading books

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

Cognitive & Language Development

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

Cognitive & Language Development

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

Cognitive & Language Development
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

**SAMPLE TOYS:**

- Dolls

2-3 years

**Social-Emotional Development**

- 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
- Encourage child to share with others, but be patient as this is challenging
- Give your child simple, safe household tasks to do with you

SAMPLE TOYS:

- Dolls

Are you sad because you fell over?
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

- Play Simon Says (Simon says touch your nose)
- Provide beads to thread on string
- Practice throwing a ball into a large pot
- Practice throwing a ball together
- Put music on and dance together
- Ask your child to pretend to be an animal
Physical Development

- Tap beats to music with sticks
- Play balance games eg. Balance with a bean bag on head
- Jump with skipping rope
- 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

- Create toys & puzzles together
- 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

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

Provide materials for pretend play

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
3-6 years

**Social-Emotional Development**

- Encourage child when they make an effort
- Listen when child talks to you
- Validate their feelings, while reassuring them — "I understand this can be scary. We’re taking steps to keep healthy and we’re well prepared."
- Confirm child often that you love them
- Encourage child to share with others, but be patient as this is challenging
- "I love you"
- Comfort child and help to feel safe when they show fear.
- Return child displays of affection
- 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?’)
- Sing songs about emotions (If you’re happy and you know it clap your hands!)
- Allow time for dressing up and role playing to learn about relationships
- Allow time for child to play freely
- Show child faces displaying different emotions and name the associated feelings
- Allow time for child to play freely
- Show child faces displaying different emotions and name the associated feelings

**3-6 years**

**Social-Emotional Development**

- Encourage child when they make an effort
- Listen when child talks to you
- Validate their feelings, while reassuring them — "I understand this can be scary. We’re taking steps to keep healthy and we’re well prepared."
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