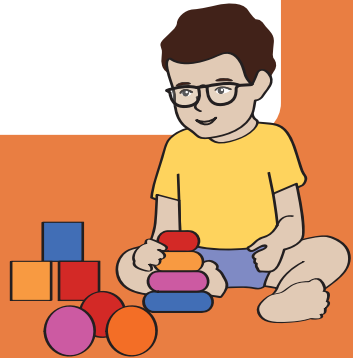




# Playful Parenting Activity Booklet





Gentle rocking from side to side, dance with baby



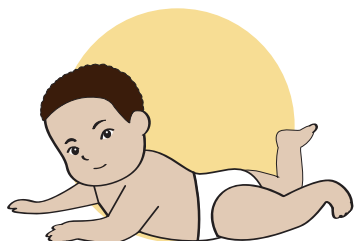
Let baby see your face



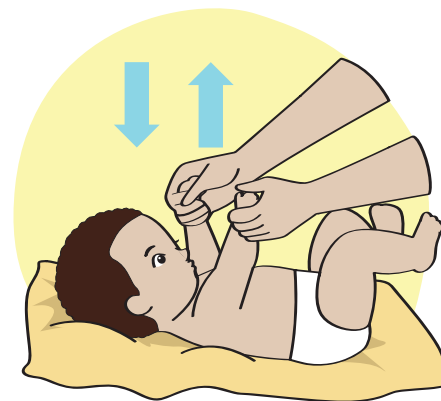
Breastfeed on demand  
(making eye contact while talking or singing)



Slowly move colorful things to see and reach for



Provide opportunities for supervised tummy time



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)

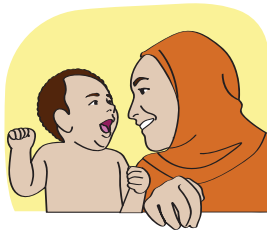


Gently soothe, stroke,  
and hold baby (skin to  
skin contact is good),  
sing or narrate what you  
are doing

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

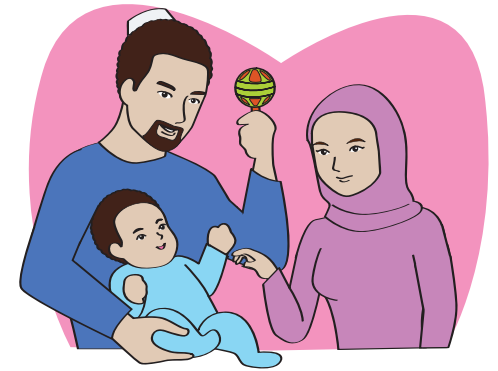
**SAMPLE TOY:**



Body as toy



Read to baby



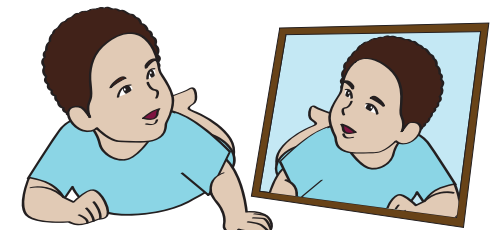
Involve baby in family life



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



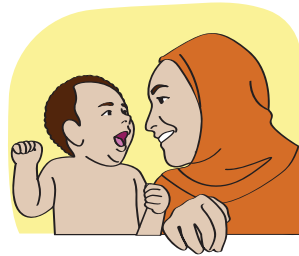
Narrate what you are doing so  
baby learns words



Always respond promptly to  
your baby's cries



Hug and  
cuddle often



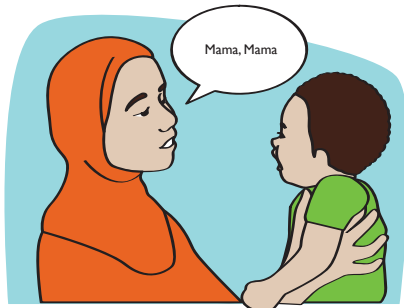
Smile at baby



Tell baby you love them often



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



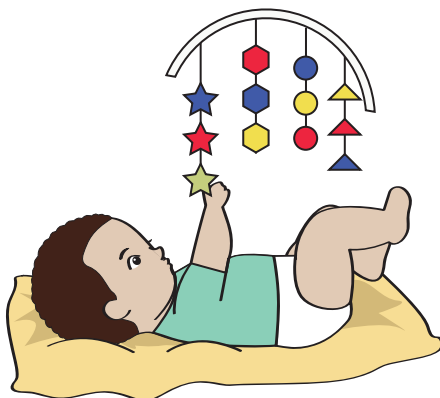
Get a conversation going by copying  
your child's sounds or gestures



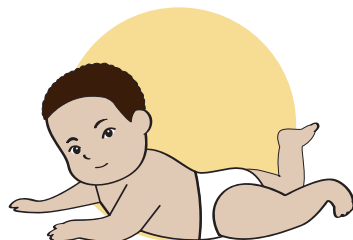
Look into your baby's eyes,  
talk to your baby



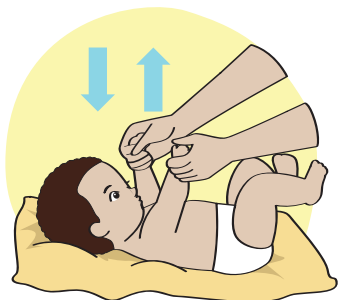
Breastfeed on demand (making eye contact while talking or singing)



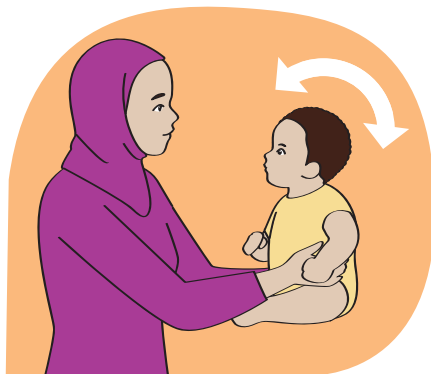
Hang objects just above baby so they can reach for objects



Provide opportunities for tummy time



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



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



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

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



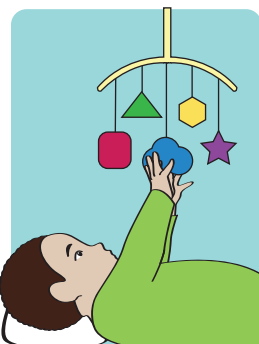
Provide ways for baby to see, hear and move arms and legs freely, and touch you (e.g baby led play)



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



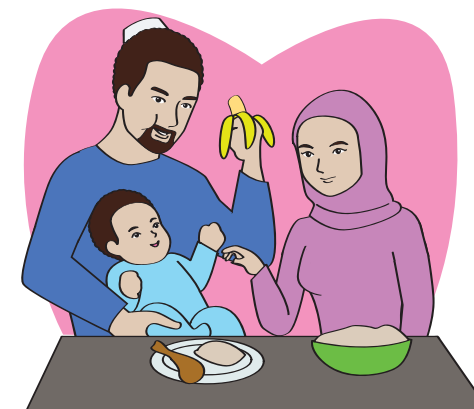
Read to baby



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



Explain to baby what you are doing during everyday activities



Involve baby in family life



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

#### SAMPLE TOYS:



Bodies as toys, finger/hand games



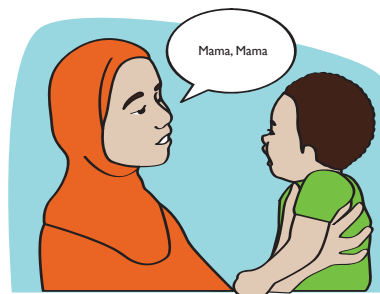
Contrasting colors



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



Smile at baby



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



Narrate what you are doing so baby can hear



Hug and cuddle often



Engage in baby-led play



Look into baby's eyes and talk to baby



Always respond promptly to your baby's cries



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

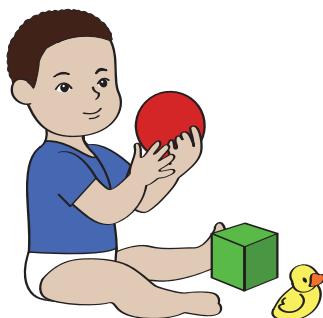


Contrasting colors





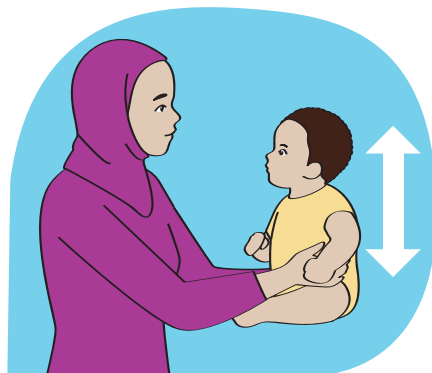
Play hand games, like clapping



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



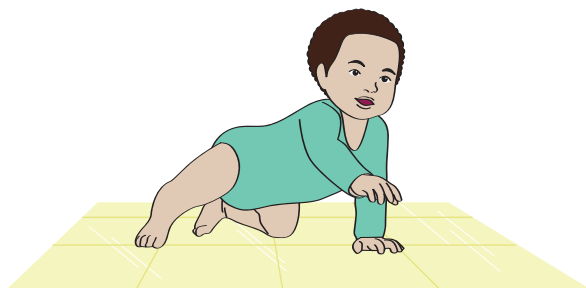
Hide a child's toy under a box or cloth and see if the child can find it.



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



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.

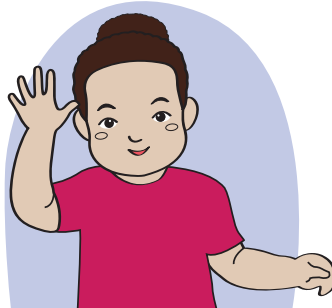




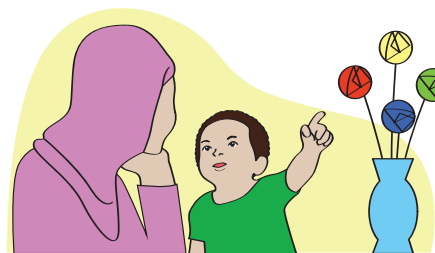
Place baby in front of mirror



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



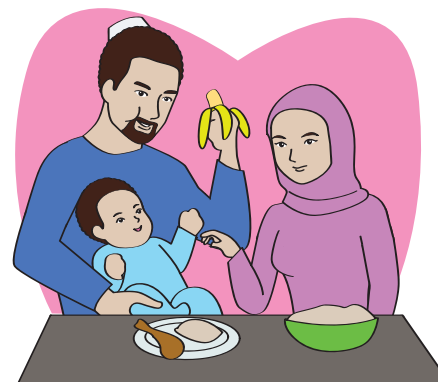
Establish predictable routines with baby such as bedtime eg. Dinner, bath, story, cuddles, bed time



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:



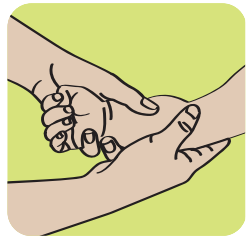
Use safe objects at home to make toys.



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



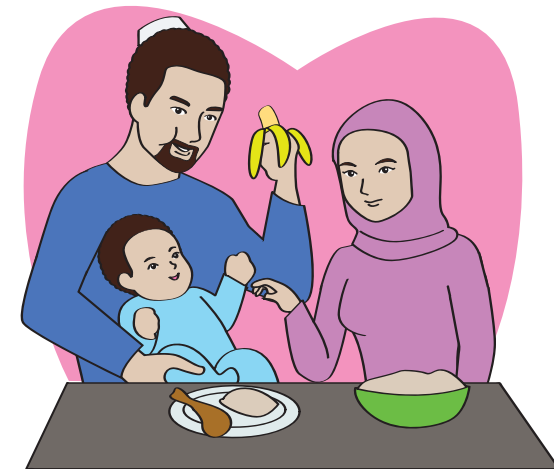
Respond to your child's sounds and interests



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



Allow baby to safely feed themselves and peel food



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



Hug and cuddle often



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



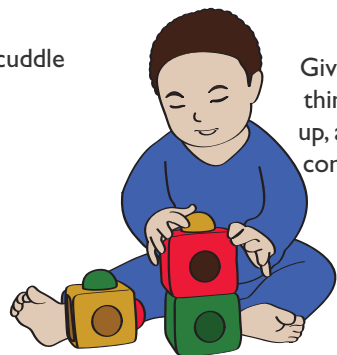
Provide enough space & safe environment to practice walking



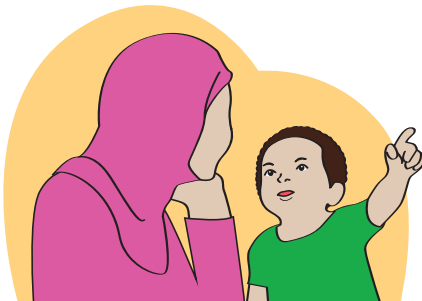
Ensure area is safe & clean for baby to explore freely



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



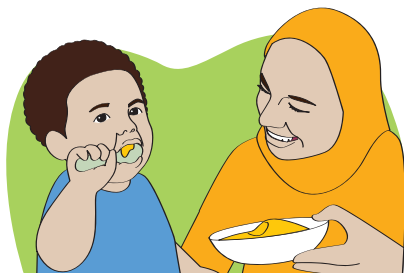
Build with homemade blocks



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



Make music or sing interactively



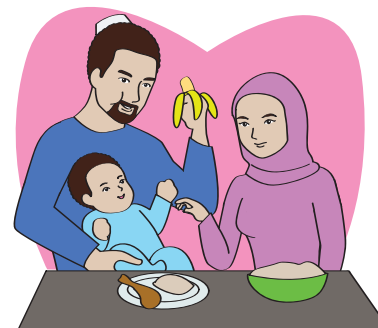
Use feeding as a social and emotional bonding time



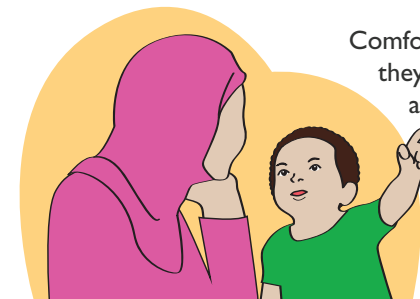
Spend time together in play, doing activities that your child enjoys: look at picture books, sing, draw, create toys.



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



Let baby join in with family activities



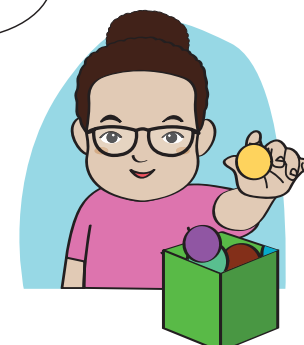
Comfort baby when they seek your attention



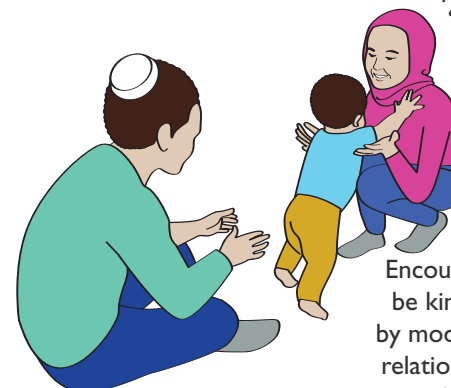
Tell baby you love them often



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



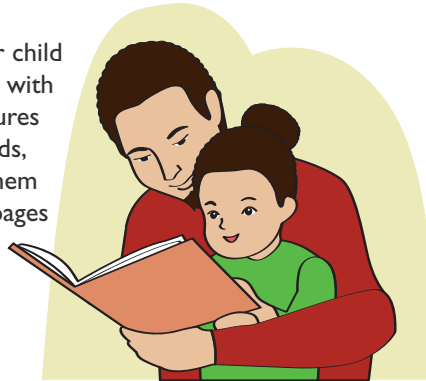
Encourage baby to pack up toys after playing



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



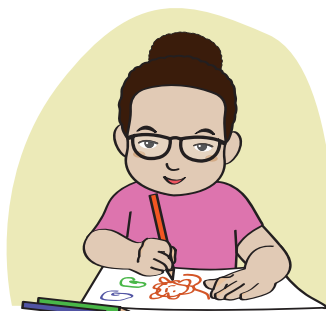
Dance with your child



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



Allow child to safely feed themselves and peel food

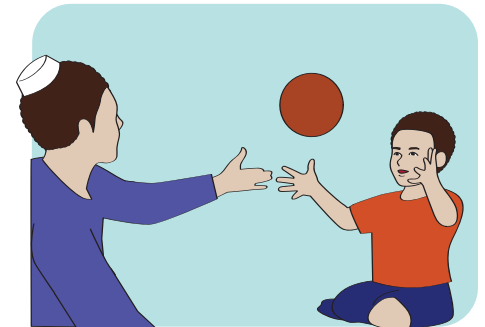


Help child to balance across a beam

Provide enough space & safe environment to practice walking



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



Practice catching & throwing





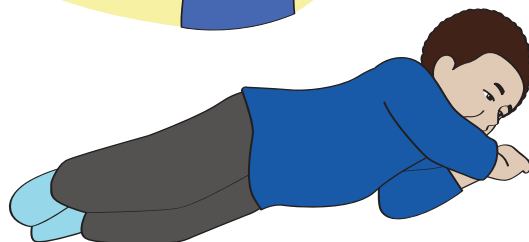
Help child to jump over a rope



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



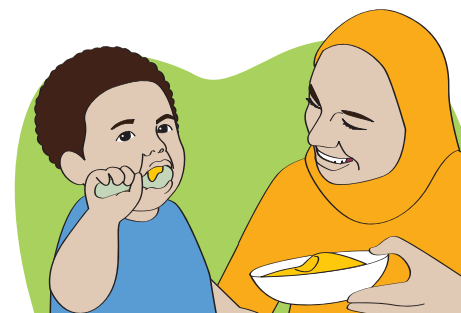
Encourage child to roll along the floor stretched out straight



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

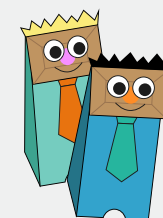


Use positive discipline approaches

#### SAMPLE TOYS:



Push-pull toys



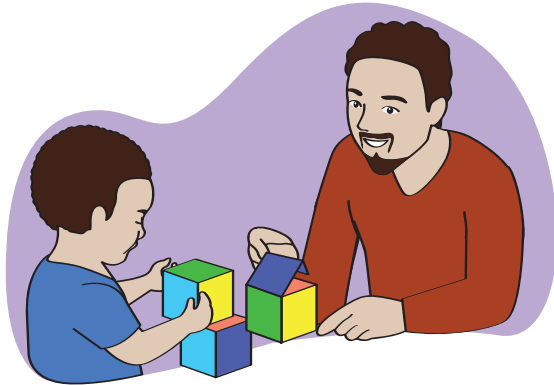
Puppets



Do homemade puzzles together



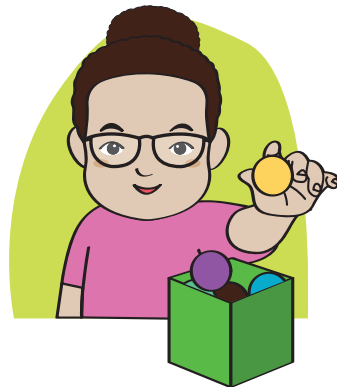
Make homemade play dough



Build with homemade blocks



Ask questions when reading books



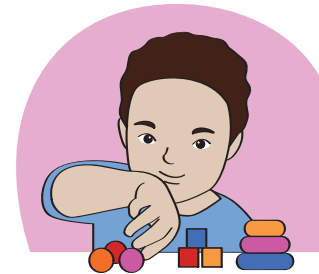
Give your child things to stack up, and to put into containers and take out



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

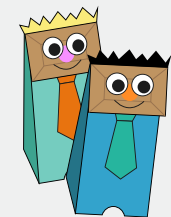


Be patient with defiant behavior and use positive discipline approaches

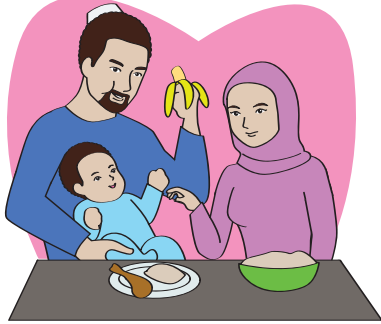


Encourage child to do something "out in the world" such as accepting a toy from another child, picking flowers, etc

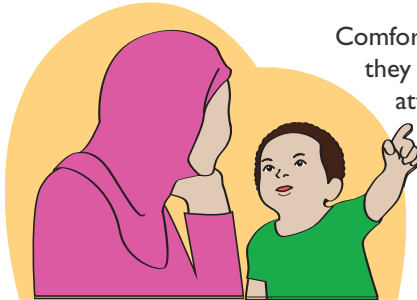
**SAMPLE TOYS:**



Puppets



Let child join in with family activities



Comfort child when they seek your attention



Hug and cuddle often, return all displays of affection



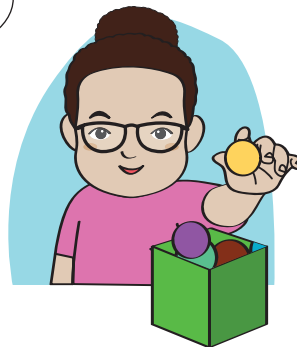
Help your child put puzzles together and identify shapes



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'



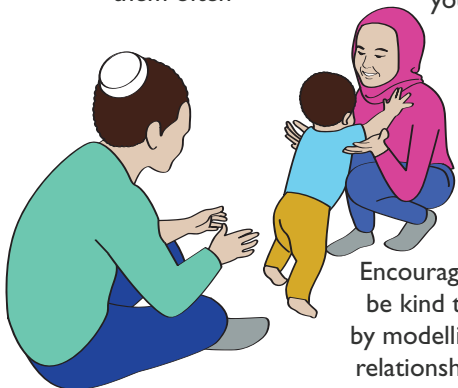
Allow time for child to play freely



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

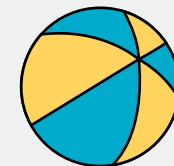


Encourage child to pack up toys after playing



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



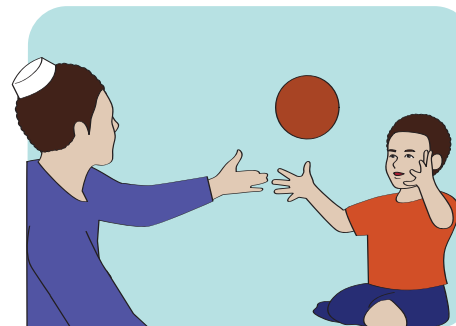
Give simple, safe household tasks to do with you



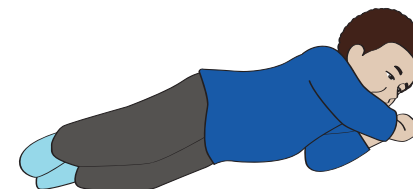
Help child to jump over a rope



Allow child to splash water supervised



Practice catching & throwing



Encourage child to roll along the floor stretched out straight



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

## Physical Development

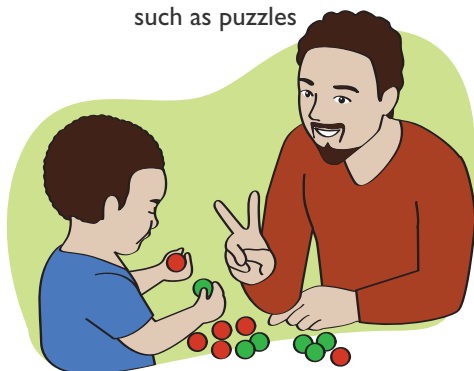
2-3  
years



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



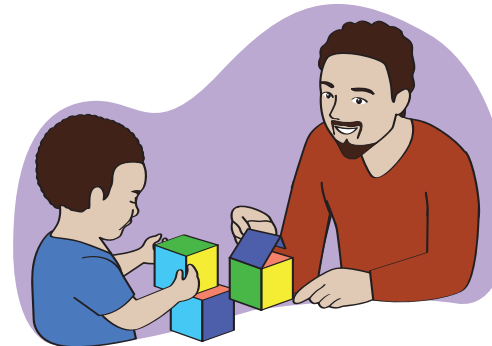
Hug and cuddle often, return all displays of affection



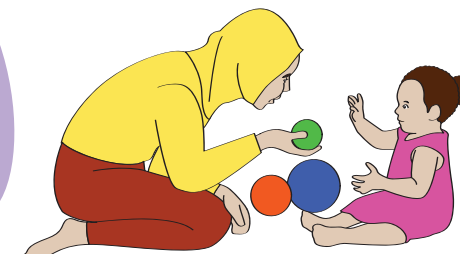
Provide objects of different shapes and colours to sort



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

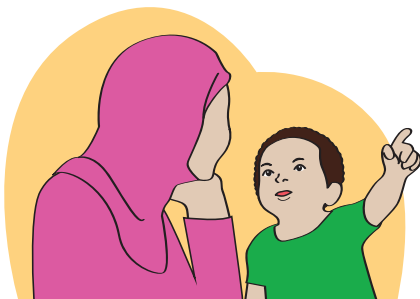


2-3  
years

## 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

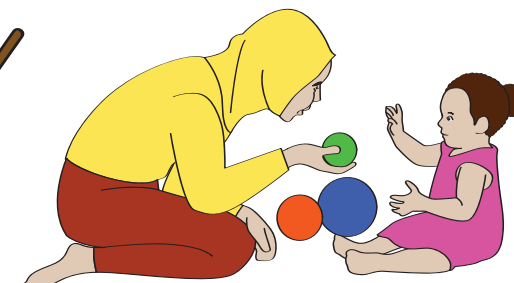
Allow time for dressing up and role playing to learn about relationships



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

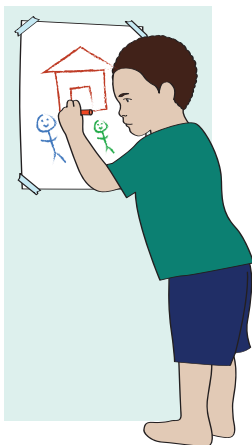
Ask your child to pretend to be an animal



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



Wiggle a rope on the ground and have child jump over



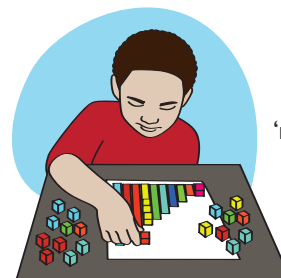
Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds



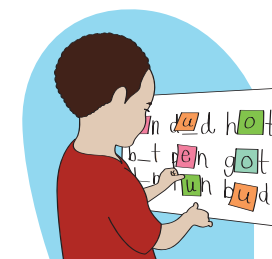
Create toys & puzzles together



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

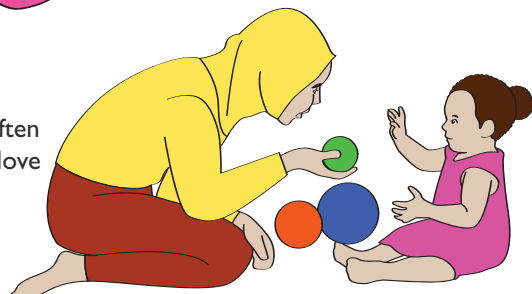


I love you

Tell child often that you love them



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



"I understand this can be scary. We're taking steps to keep healthy, and we're well prepared."

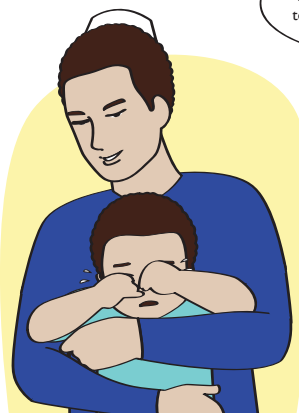


Validate their feelings, while reassuring them –  
"I understand this can be scary. We're taking steps to keep healthy, and we're well prepared."

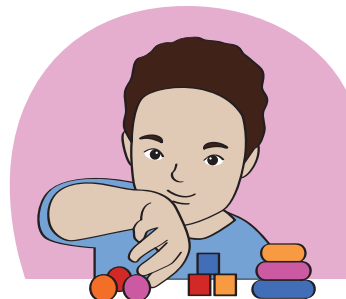
Return child displays of affection



Comfort child and help to feel safe when they show fear.



Allow time for child to play freely



Show child faces displaying different emotions and name the associated feelings



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)



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

