



eyes open ears on



EYES OPEN EARS ON HANDBOOK

PLAY

IMPORTANCE OF PLAY

PLAYFULNESS BY AGE

TOYS

GAMES

SONGS

HEARTSFORHEARING.ORG

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IMPORTANCE OF PLAY



Did you know? From day one babies are born eager and determined to learn about their world. Babies and children learn about their world through play.

Playing with your child is not only fun, it's one of the most important ways you can grow her development. There are no rules. You don't need fancy toys. You are your child's most favorite toy.

What is play?

BABIES

- Smiles, coos, and laughs with you
- Enjoys bright colored toys and books to look, touch, and place in mouth
- Plays baby games with you

TODDLERS

- Imitates things you do
- Enjoys true toys such as blocks and baby dolls instead of toys that need a battery
- Plays toddler games with you

CHILDREN

- Loves pretend play-- the hairbrush can become a microphone to sing into
- Learns to play with friends
- Plays child games with you

IMPORTANCE OF PLAY



WHY IS PLAY IMPORTANT?

- Play helps you to be closer with your child.
- Play helps with listening and talking.
- Play helps them feel better about themselves.
- Play helps with physical health.
- Play helps with learning how to solve problems on their own.
- Play helps with confidence.
- Play helps your child learn how to be a good friend.
- Play helps children make their own ideas and imagination.
- Play is good for caregivers also.

- You are your child's favorite toy!
- Play games with your child.
- Use toys that are best for your child's age.

WHAT CAN I DO?

PLAYFULNESS BY AGE



PLAYFULNESS IN YOUNG BABIES

-

0-6 MONTHS

- Reflexive imitation of facial expressions
- Preference for human faces-lots of gazing
- Focus on objects with light and dark contrast
- Prefer speech above environmental sounds
- Enjoys looking at mobile
- Reach out, grasp, mouth, shake and bang (4m)
- Anticipate everyday routines/familiar games
- Enjoy vocal and facial expressions during interaction with caregivers

PLAYFULNESS IN BABIES

-

6-12 MONTHS

- Love peekaboo games as object permanence has now developed
- Takes objects in and out of containers, opens and closes doors-this is the development of early play schemas
- Start interacting with photographs of faces in a book (from about 10 months) e.g. pat, feed, kiss
- Relates objects to each other-stirring spoon in cup
- Actions in simple play routines e.g. waving bye bye, kissing goodnight

PLAYFULNESS BY AGE



PLAYFULNESS IN TODDLERS

–

12-18 MONTHS

- Real objects are used according to their function e.g. sweeping floor
- Acts on self (e.g. pretending to drink)
- De-centered (15 months); begins to pretend on others
- Early pretend play on objects (once they already pretend on people) e.g. feeding dolly, putting teddy to sleep
- Begin to take turns with adults in vocal play
- Play becomes more sequenced with 3 steps
- Self-pretend play (14-15 months)

PLAYFULNESS IN TODDLERS

–

18-24 MONTHS

- Object transformation-substitute objects in pretend play e.g. using a block as a car or as a brush
- Actions on dolls and other people become increasingly sequenced. E.g. pours water into a cup, gives baby a drink, wipes its mouth
- Sequences become less linear e.g. the same doll has a number of actions before moving to the next
- Transition from larger objects to small world play figures
- Play alongside other children but not with them
- Exploration of physical world
- Use words to talk directly to the play object

PLAYFULNESS BY AGE



PLAYFULNESS IN TODDLERS

-
2-2 1/2 YEARS

- Pretend to be another agent e.g. doll or teddy
- Act out short sequences of familiar everyday activities
- Start some role play-but stick to themes familiar to them
- Ask for multiple repetitions of favorite stories
- Play sequences become more complex

PLAYFULNESS IN TODDLERS

-
2 1/2-3 YEARS

- Role play less familiar themes
- Use words to describe pretend worlds or scenarios
- Talk through toys
- Play sequence follows logical order

PLAYFULNESS BY AGE



PLAYFULNESS IN CHILDREN

-
3-4 YEARS

- Take on themes beyond own personal experiences
- Play cooperatively with other children using language
- Negotiates roles
- May have an imaginary friend who could persist until age 7
- Fantasy role play
- Dresses up in imaginative play
- Use voices for the characters to reflect age, gender, or characteristics

PLAYFULNESS IN TODDLERS

-
4-5 YEARS

- Create miniature worlds with their rich toys rich in narrative and story structure
- Share miniature worlds cooperatively with other children
- Spontaneously take turns and share with peers
- Negotiate to resolve arguments
- Increased use of emotion based language and schemas in play
- Reliably judge "fact" vs "fiction"
- Play complex board games needing literacy/number skills

TOYS

0-6 MONTHS



- YOU
 - You are your baby's very first playmates and play dates are with you and others who care for him. These first interactions help you and your baby feel more connected to each other.
 - Examples: baby may gaze at you, turn to look at you when you start singing a lullaby, or quiet at the sound of your voice.
- Colorful rattles and other objects
 - Hold up a rattle in each hand. Shake one and watch if your baby focuses on it. Give her a few seconds, then shake the other rattle. Wait for her to focus on that one. Shifting gaze between two objects means babies can focus their attention (and vision) on objects they find interesting.
- When grasping develops
 - YOUR fingers nose hair, etc.
 - Brightly colored rattles or other toys that are easy to grasp
 - Toys that make gentle noises when shaken or swiped at
- Mouthing toys is an important way that babies explore their world.
 - Baby-safe rattles, teething, board or fabric books, and other toys with different textures and shapes.
- During tummy time:
 - YOU. Lie on your belly facing your baby so that he can gaze at and "talk" to you
 - Baby-safe mirrors, rattles, or other toys to place in front of your baby
 - Baby-safe (board, fabric, or plastic) books to play with

BABY GAMES

0-3 MONTHS



PLAY THE RATTLE GAME

The combination of sight and sound will help your baby to make connections with you.



1. Hold a rattle in front of your baby and shake it gently.
2. As you shake the rattle, sing any song or the following to *Old MacDonald*:



Rattle, rattle, shake, shake, shake,

E-I-E-I-O

Rattle, rattle, shake, shake, shake

E-I-E-I-O



1. When baby is watching the rattle, slowly move it to one side and sing the song again.
2. Slowly move the rattle up and then down and then side to side.
3. Put the rattle in your baby's hand and sing the song again.
4. Babies love singing and later, when they are ready to talk, they will try to imitate sounds they've heard.

BABY GAMES

0-3 MONTHS



PLAY FOLLOW THE ACTION

Babies love to look at faces, especially those of the ones they love.

Try different facial expressions and sounds to grow your baby's looking and hearing.

- Sing a song using big lip movements
- Blink your eyes
- Stick out your tongue
- Make contortions with your mouth
- Smack your lips together to make sounds
- Cough or yawn

Baby Boop: a great game to play while changing your baby's diaper

1. Lay the baby on their back. Touch the baby's body in different places and make the sound "boop" with each touch. Your baby may smile each time you touch and make the "boop" sound.
2. Your baby will learn the game and then expect the next touch.
3. When you make the "boop" sound, also name the part of the body you touch.

BABY GAMES

0-3 MONTHS



PLAY LAUGHING AND HAVING FUN GAMES
Making silly noises and faces will help teach your baby to talk.

Mouth Noises

- Make the same noises your baby makes with their mouth. This will begin wonderful listening and talking between you and your baby.
- Trying making these noises, too:
 - Kissing
 - Tongue clicking
 - The raspberry
 - A "ch-ch" sound
 - Blowing out and sucking in air

Face and Tongue Fun

- Babies will make the same faces and sound that you make
 - While looking at baby, make a BIG smile.
 - Open your eyes big and lift your eyebrows.
 - Stick out your tongue and watch baby stick out their tongue. Make a noise at the same time.

BABY GAMES

3-6 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Babies love music and your singing.

- Hold your baby close to your body and move around the room as you sing your favorite songs.
- Make it a happy song! If you are happy, your baby will be happy , too.

The Going Up Game

- Hold your baby's fingers and gently lift her arms up as you say:



Going up, up, up,
Going down, down, down,
Going up, up, up,
Going down, down, down!



- Lift your baby's legs and say the rhyme.
- End with lifting baby up, up, up and down, down, down.
- Adding kisses to the down part makes it special.

BABY GAMES

3-6 MONTHS

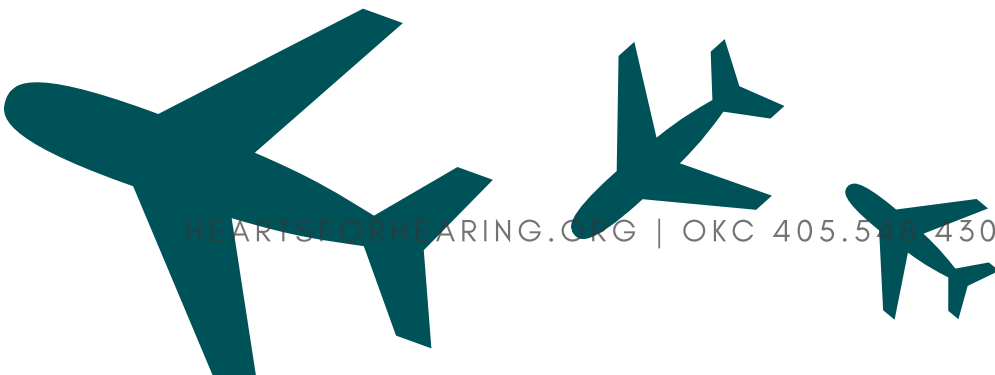


Shake, Shake, Shake

- Fill a small plastic container with dry beans or rice. Be sure to close the lids so baby can't open it.
- Give to baby and while you are holding the baby's hand, shake it and say "SHAKE, SHAKE, SHAKE."
- Then give the baby another container and do the same thing.

Fly, Baby, Fly

- Sit on the floor with your baby facing you. Support your baby's body with your hands placed firmly under his arms and around his chest.
- Ask your baby, "Are you ready to fly in the sky?" Then say, "Here we go. One, two, threeeeeee!"
- On the count of three, slowly begin lifting the baby as you roll backward onto your back.
- You are now lying down and holding the baby high in the sky.
- Say, "Fly, baby, fly!" and smile with your baby.



BABY GAMES

6-9 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Waving Game

- Wave your baby's hands/feet to family members.
- Sing this song to the tune "Are You Sleeping?"



Wave to Daddy, wave to Daddy,
Wave, wave, wave,
Wave, wave, wave!
Say hello to Daddy, say hello to Daddy,
Wave, wave, wave,
Wave, wave, wave!
.....

Mama Dada Game

- At this age, babies begin to associate language with people and things.
- With Daddy, Mommy, or Grandma, play hide and seek.
- Hold baby and ask, "Where's Dada?" and watch for baby to look for Daddy.
- When baby finds him, say, "You found Dada!"

BABY GAMES

9-12 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

In and Out Game

- Playing games that boost an understanding of in and out will benefit your baby in future years.
- Take a large paper bag or a box and put a favorite toy inside.
- Help your baby find the toy and take it out.
- Put it back in again and keep playing the game over and over.

Gathering Objects

- Take a bucket outside and help your baby discover rocks, leaves, branches and twigs. Bring the bucket to a comfortable place and dump it out.
- Let your baby hold the items while you tell her the name of each treasure.
- Your baby will enjoy putting the treasures back into the bucket and then dumping again.



BABY GAMES

9-12 MONTHS



Read Books Together

- Babies love books that they can explore.
- Find books that are safe for baby to chew and play with.
- Point to pictures and say what it is. When you point to the same picture several times, your child will learn the name of the toy or animal.
- Ask your child, “Where is the ___?”
- Let your baby hold, drop, and turn the pages of book.
- Read the same book over and over again.

Give Me the Toy

- Pick three of your baby’s favorite toys.
- Hold each toy in your hand and say its name to your baby.
- Put all three toys in front of your baby. Name one of the toys and ask the baby to give it to you.
- When he picks the right one, clap and be super excited.
- Put one of the toys behind your back. Ask baby where the toy is, then bring it out from behind your back.
- Put the same toy behind the baby’s back. Ask baby where the toy is.

BABY GAMES

9-12 MONTHS



Rainmaker

- Play this game outside or in the sink.
- Punch holes in a plastic bottle and fill with water.
- Show baby how the water falls from the bottle.
- Give the bottle to your baby.
- While you play, sing this song (you can substitute family names for the child's name):



Rain, rain, go away,
Come again another day!
Little (child's name) wants to play,
Rain, rain, go away!



Stop and Go

- Play this game with your baby while he lies on his back.
- Move baby's legs back and forth according to the directions in the rhyme:



You kick and you kick and you kick and STOP!
You kick and you kick and you kick and STOP!
Kick fast-fast-fast, kick sloooooow.
You kick and you kick and you kick and STOP.



BABY GAMES

12-15 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Bouncing Game

- Have baby sit on your lap.
- Say as you bounce your baby:



Bouncing, bouncing, let's go bouncing.
Up and down, all around,
Bouncing, bouncing, let's go bouncing,
Whoops! Don't fall down! (*tip toddler to one side*)



- Say the poem again and tip to the other side.
- Repeat the poem and on the word “whoops” open up your knees while holding your baby at the waist and let baby fall back.

BABY GAMES

12-15 MONTHS



Peek-a-Boo Variations

- Cover your eyes with your hands.
- Put a towel over your face.
- Hide behind a door or large piece of furniture and pop out.
- Put your toddler's hands over their eyes then take them away.
- Place a toy under a cover and pulling the cover away.
- Draw a face on your thumb with a marker and hide your thumb under your fingers.

Yum, Yum

- While you prepare a meal or snack, sing to the tune "The Farmer in the Dell":



It's time to find the milk,
It's time to find the milk,
Hi, ho the derry oh,
It's time to find the milk"

.....

- Walk to the fridge and take out the milk carton and say, "I love milk! Yum, yum!"
- Follow the same steps for the other foods or household items.

BABY GAMES

15-18 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Everything Can Talk

- Use a favorite stuffed animal, such as a teddy bear, and hold it up to your ear as you pretend to listen to what it says.
- Use a high-pitched voice when you say the words, “Let’s play!”
- Give the teddy bear to your toddler and ask him what he thinks the teddy bear said.
- Keep playing the game by asking what different toys or objects in the room say.

Block Fun

- Use wooden blocks or make your own from small empty milk cartons or diaper wipe boxes.
- Play a stacking game and say, “Uuuup, uuuup, uuuup!”
- Offer baby a block to stack.
- Babies love to knock down the blocks. Say “dooowwnn” as the blocks fall down.

BABY GAMES

15-18 MONTHS



Can You Find Me?

- Pick a favorite stuffed animal toy.
- Hide the animal while your toddler watches and say:



Where is the bunny rabbit?

Where could it be?

Let's find him as quick as,

"One, two three!"

.....

- Go to bunny and say: "Here is the rabbit, hooray!"
- Keep playing the game by hiding other toys.
- Ask your toddler to hide a toy. Repeat the rhyme for them to find the toy.

Follow the Leader

- Crawl or walk to different part of the room and be silly.
- Describe what you are doing. For example, "I am walking slowly around the chair," or "I am crawling as fast as I can!"
- Urge your toddler to follow you, "Come get me!"

BABY GAMES

18-21 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

The Cow Says "Moo"

- Look through animal pictures books and say the animal sounds.
- Ask your toddler about the animal, "Do you see the cow?"
- Add more sounds:
 - "Beep beep" goes the car.
 - "Tweet tweet" goes the bird.
 - "Moooooo" goes the cow.
- Help your toddler find sounds they hear.

Look at Me

- Look into a mirror with your toddler so they can see their face.
- As your toddler watches, ask them to:
 - smile
 - stick out their tongue
 - open and close their mouth
 - look at their teeth
- Give them something to eat and let them watch themselves chew!

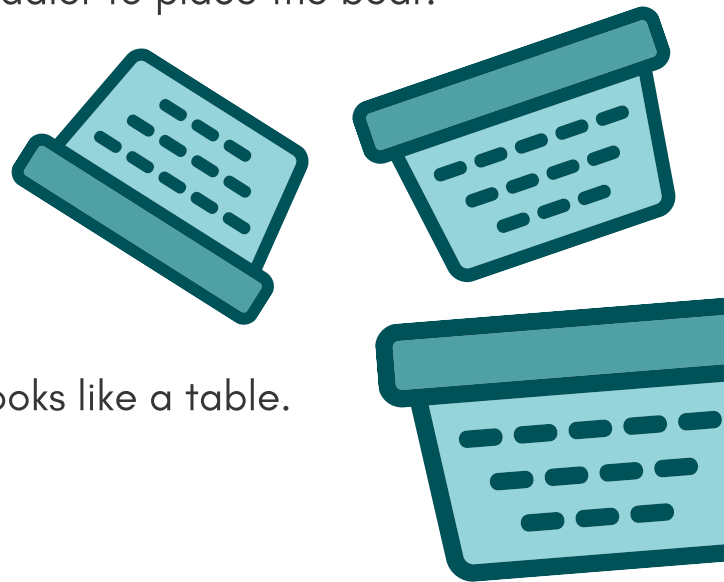
BABY GAMES

18-21 MONTHS



Laundry Basket Fun

- Put a pillow in the basket to make a crib for a stuffed animal or baby doll.
- Put the laundry basket on one side of the room and have your toddler stand a few feet away. Help your toddler to toss a small ball into the basket.
- Place the basket on its side (like a soccer goal) and help your toddler kick a larger ball into the basket.
- Use the stuffed animal and ask your toddler to place the bear:
 - On top of the basket
 - In the basket
 - Under the basket
 - Next to the basket
 - Behind the basket
- Have a tea party or picnic:
 - Turn the basket upside down so it looks like a table.
 - Use child-sized plates and cups
 - Pretend to eat together
- Play laundry delivery:
 - Put your toddler's clean clothes in the laundry basket. Ask them to push the basket and "deliver" the clothes to their room.
 - Do it again for different family members.



BABY GAMES

21-24 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your baby make connections with you.

Dress Up

- Get together all kinds of clothing- hats, scarves, shoes, gloves or whatever you think your toddler would enjoy.
- Put on one of the hats and say, "How do you do, Mr. (child's name)?"
- Put on a glove and say, "Oh, this feels so smooth."
- Help your child to pick an article of clothing. Help with words if they do not have their own.

Looking Game

- Help your child become more observant by having them look all around a room.
- Place some of your child's favorite toys high and low and have your child practice looking for them.
- Tell your child to look for a specific toy and see if he can find it!
- Give him clues like "Look up!" or "Keep going!"
- Then praise each find!

BABY GAMES

21-24 MONTHS



Pretend Play

- Select several objects, such as hairbrush, a spoon, or a cup that your toddler is familiar with and uses on a regular basis.
- Set them on the floor.
- Pick up one object, such as the hairbrush, and pretend to brush your hair.
- Pick up each object and pretend to use it.
- Ask your toddler to pick up one of the objects and show you how he would use it.

Wiggle Your Arms

- Play this game with a doll or stuffed toy that has hands and feet.
- Sit on the floor with your two-year-old and show her how to take the doll's or stuffed toy's arms and wiggle them up and down.
- Give the toy to your child and let her try it.



BABY GAMES

24-27 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your toddler make connections with you.

Looking for Faces

- Sit with your child and find pictures of faces in magazines and books.
- Find a picture of a child's face that looks happy.
- Describe the emotion on the face of the picture and then ask your child to make a happy face. Find more happy faces.
- On another day, look for excited faces, sad faces or silly faces. Look for expressions that match the way your child is feeling that day.

Looking at Toys

- Look at your child's favorite toys. Find things that the toys have in common, such as wheels or colors or sounds.
- Pick two toys that are similar and one that is different.
 - ex: Two toys that make noise and one toy that doesn't.
- Point out the two toys that are similar to your two-year-old and say, "Look, Jenny, this toy makes a noise. Can you make a noise with that toy?"
- Keep playing and ask if another toy makes noise.


BABY GAMES

24-27 MONTHS



Mirror, Mirror

- Sit on the floor with your child.
- Hold a mirror in your hand and say the following rhyme:

..........

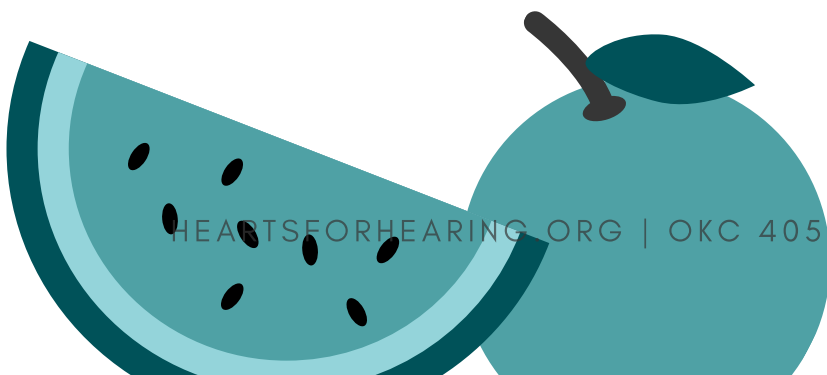
Mirror, mirror, what do you see?
I see a happy face looking at me.

.....

- Smile and make a happy face and speak in a happy voice.
- Give the mirror to your child and say the poem again.
- Use other emotions such as sad, grouchy, sleepy, mad, silly, and surprised.

Fruit Exploration

- Pick three or four fruits for your child to look at with you.
- Cut each one open and talk about what's inside. Does it have seeds, a core, parts or a stem?
- Look at each fruit, taste each fruit and talk about it.



BABY GAMES

27-30 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your toddler make connections with you.

Can You Do It, Too?

- Pretend to use an imaginary object and tell your child what you are doing. For example, pretend to drink some milk.
- Say, "I am drinking some milk!"
- Ask your two-year-old, "Can you do it too?"
- Keep acting out simple activities that your child knows:
 - Throw a ball.
 - Wash your face.
 - Brush your teeth.
 - Brush your hair.
- Always ask, "Can you do it, too?" after you do a pretend action.

Walking, Walking, Walking, Stop!

- Hold your child's hand as you walk and say the following:

..........
Walking, walking, walking, STOP!
.....

- Stop when you say "stop."
- Change the movement from walking to jumping.
- Keep changing the action, but always stop on the word "stop."
- Other moves are swimming, turning, running and marching.

BABY GAMES

27-30 MONTHS



Five Little Mice

- Put your hands behind your back. Say the following fingerplay and do the actions:



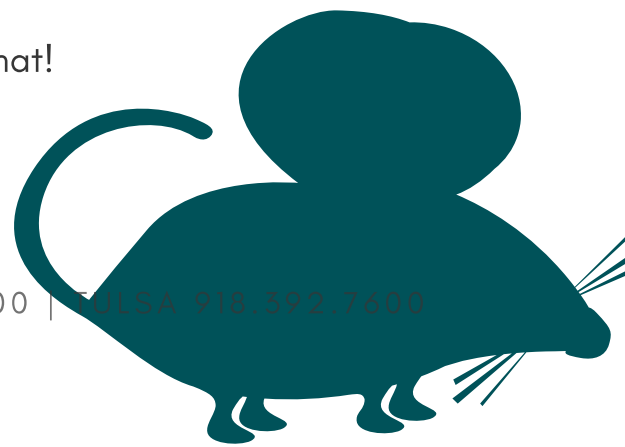
Five little mice went out to play,
(place hands in front of you)
Looking for food along the way.
(pretend to put the food in your mouth)
Out came the kitty cat, big and fat,
(hold hands like claws)
And four little mice went scampering back.



- Repeat, subtracting the number of mice that run back.
- When you get to one little mouse, you say:



Out came the kitty, cat big and fat,
(stop for a second, then say very quickly...)
The mouse ran away,
Now what do you think of that!



BABY GAMES

30-33 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your toddler make connections with you.

Going on a Treasure Hunt

- Hide three or four treasures outside.
- Tie ribbons or crepe paper near the treasures, so that they will be easy to find.
- Tell your child in advance what the treasures are, such as the following:
 - small toys hidden under some leaves
 - toys in a low branch of a tree
 - toys on the seat of a swing or at the end of a slide
- Hold your child's hand, walk around the yard, and search for the treasures.

Playing Hopscotch

- Draw a simple hopscotch grid on the sidewalk.
- Show your two-year-old how to throw a marker on one of the squares. Use a pebble, a stick, or anything that is not too small and not sharp.
- Then practice hopping to the square with your child.
- You can also jump, run, or march to a number.

BABY GAMES

33-36 MONTHS



PLAY MOVEMENT GAMES AND SONGS

Singing songs and playing games will help your toddler make connections with you.

Shoe-Shoe Train

- Show your child how to make a shoe-shoe train by placing four shoes on the floor--big shoe, little shoe, big shoe, little shoe.
- Point to each as you say the pattern: "Big, little, big, little."
- Give your child shoes and help them to make the pattern.
- Change the pattern to "Big-big, little-little, big-big, little-little."

Counting 1, 2, 3

- During your daily routines, you can help your child count.
- Bedtime: "OK, we're counting to 3 and then it's time for bed. Help me count 1, 2, 3."
- Bath time: "We will wash your belly 1, 2, 3 times! Ready? 1, 2, 3."
- Going up steps: "Let's count them: 1, 2, 3!"
- Waiting: "I think Daddy will be here in 5 seconds. Help me count. 1, 2, 3, 4, 5!"
- Car seat: "Let's count to see how long it takes for you to get into our car seat. 1, 2, 3, 4, 5, 6, 7 . . . click!"
- Make counting fun. Use a silly voice or clap while you count.

BABY GAMES

33-36 MONTHS



Body Part Rhythms

- Say the following and do the actions:



One, two, three,
(clap while counting)

Touch your knee!
(tap knees)

One, two, three,
(clap while counting)

Knee, knee, knee!
(tap knees three times)



- Do again with different parts of your body: elbows, ankles, wrist, shoulder, neck, chin, etc.



Colored Ice

- Make ice cubes using water mixed with food coloring that is non-toxic.
- Put the ice cubes in a container and play with the ice cubes.
- Use the name of the color while talking, "Oh! The blue ice cube is cold."
- Use the ice cubes as blocks and try stacking them.
- Make multiple colors and watch them mix as they melt!