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Top tip: The whole time you play, talk to your baby about what they can see and feel. Make a little tower and gently knock it down.

Play let's build with your little one to help them learn about taking turns and cause and effect.

Let's build

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Peek a boo

Peek a boo is a lot of fun for your baby and great for their understanding of the world.

Position your baby in front of you and hold up a scarf to conceal your face; then move the scarf and say 'Peek a boo!'

Top tip: Get your older child involved in the activity; it will help boost their talk too.

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Top tip: Why not play this in the supermarket where there are lots of new items to look at.

Did you know that babies learn words when adults repeat the word several times in everyday contexts?
Head outside, or tour your house with your baby and find things to look at together. When your baby sees something, point at it and tell them the name.

The name game



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What's in the bag?

Play 'What's in the bag?' with your little one by adding interesting, everyday items to a bag or pillowcase.

Your child will love the surprise when you pull each item out and say what it is.

Top tip: Fill the bag up with baby-safe items you can find around the home so your baby can learn lots of new words.

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Let's make noise!

Are you ready to make some noise?

Grab some wooden spoons and place some pots and pans between you and your baby.

Tap one of the pots with the spoon and say 'bang, bang, bang'.

Look at your baby and give them time to respond.

Top tip: Try different noises and textures, like tapping a mug or shaking keys.

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Obstacle course

If your baby is in the mood to explore then this is the activity for them.

Lay out a simple obstacle course, it could be a blanket to crawl over, or you could put a pillow underneath to make it a hill. If your baby isn't crawling yet, you could put them on their tummy so they can feel a new surface.

Top tip: Talk about what you're doing, try to imagine you are a TV commentator encouraging your baby!

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Teddy talking

Get your little ones favourite teddy or soft toy and make it move around near them.

You can make it do lots of

different actions such as;

kiss and cuddle your baby.

Eat and drink. Do actions such

as jump, sit, dance, run and clap.

Top tip: Use an interesting new voice make about all the different actions it's doing?

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Blowing bubbles

Blowing bubbles is a great way to engage your baby. Little ones are fascinated by the way they float and reflect all kinds of colours.

Try blowing some bubbles and seeing how your baby reacts. Wait for them to respond and then blow some more.

Top tip: Talk about what direction the bubbles are going. You can say 'up, up, up' and 'down, down, down' and then 'pop!'

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Playing sock puppets can help develop your little one's language skills.
Choose two colourful socks.
Put one on each hand to create your characters.
Give them a name and use silly voices to bring them to life.
You could pretend to feed your sock puppet... 'Shall we feed them an apple or banana?'
Top tip: Wait for your child to respond and let them lead the conversation.
This will build their confidence and help them to take turns.

Playing sock puppets

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Drawing fun

Drawing is a great way to start a conversation with your little one.

Let them draw and talk about their picture. Add words to describe what they've drawn. Say things like 'that's a **long** line', or 'I like the **blue** circle.'

This can help them learn new words about what they are drawing.

Top tip: For older children, ask one question at a time, this can help them speak in longer sentences. If they draw a cat, ask 'Why do you like cats?' or 'What noises do cats make?'

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Sit face to face with your baby and position some blocks between you. Make a little tower and gently knock it down.

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