



### Motor Games and Activities

- When you sing or play music bring your child's hands together and clap
- Lie your child close to you while you gently rock and sway
- Allow your child to explore age appropriate toys with their mouth and tongue (be sure that the toys are large enough so that baby does not risk choking)  
Children learning is promoted by exploration and experiments
- Place different toys around your child to inspire him to move around, rotate

### Sensory Games and Activities

- Provide opportunities for children to explore and experiment by encouraging to touch fabric with different textures such as wool, corduroy, and velvet
- Lift your child up and down and play in different situation to support their sense of movement and balance development
- Play or sing songs with child to help boost children's listening skills (nursery rhymes with actions)
- When changing your child's nappy touch different body parts and say "beep" child may begin to become alert of your hand and prepare for touch.
- Hang a mirror on the wall. Tap the mirror and say child's name. Over time children will begin to understand who is in the mirror is.
- Hang a colourful mobile above child's bed or while on the floor place the stand to provide visual stimulation
- Gently tickling children to make them giggle- use "Round and round the garden" or "Ready, steady, go" and allow time to respond and anticipate
- Provide plenty of skin-to-skin contact with a parent- gently massaging the body



## Communication Games and Activities

- As you speak to your child use different pitches of voice, sing-song voice to help bring and keep your child's attention while you talk- Listening and attention skills
- Always talk through your actions as you dress, feed, and bathe your child. Talk about where you're going and what you're doing.
- Provide frequent face-to-face time. Use a variety of facial expressions while you talk
- Shake a shaker up and down while singing
- Play peek-a-boo
- Read with your child- describe the pictures (without following the written words) use pop up books, sensory books with textures
- Encourage two-way communication. When child coos or babbles, ensure to respond and take turns with him.
- Play with rhymes and songs- use actions
- Implement in children play toys that light up or make sounds

## Feeding Games and Activities

- Provide different experience to your child by delivering different opportunities to explore using the smell sense
- Introduce new smells such as herbs, fruits and bring under the child's nose one at a time to see their smell preference

