



Home Activity Progamme for Babies

0 - 15 months



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HOME ACTIVITY PROGRAMME



Dear Parent/ carer,
Please use this book with your child at home to support your child with learning to talk. The early enjoyment of rhymes, songs and books. This will help future reading skills to support transition into nursery and school.

Did you know.....

- Singing rhymes at an early age can help your child learn to talk
- Your child likes to hear the same song over and over again – repetition is good
- If your child/children know lots of songs and rhymes then they will learn to read more easily.

This home activity pack has been produced by Carmathenshire Flying Start's Language and Play Service, to support and promote the early language development of children aged between 0-15 months.

N.B. Never leave your baby or child unattended during these activities, parents are advised to ensure that children are supervised at all times. Ensure equipment doesn't become damaged and unsuitable for its purpose.

MUSICAL INSTRUMENT



Put the musical instrument in your babies' hand and help them shake it.

This will encourage hand eye coordination, eye contact and listening.

Sing songs / nursery rhymes while using the instrument to help encourage early language development.

Encourage your child to copy you carrying out simple actions with the instrument e.g. banging it on the floor, tapping it with your hand, etc.

Interaction with musical instruments is a great way to encourage

No instruments? Try these ideas!



Pots & Pans

Make a drum kit using pots and pans with a wooden spoon!



Empty Cans

Empty cans can be used to make musical instruments.

But be sure to remove sharp lids and clean out thoroughly.



Rice or Pasta

If you don't have a musical instrument you could make one by filling a small plastic bottle with rice or pasta to create sounds. Make sure the container is securely sealed.

your babies hand eye coordination, eye contact and listening.

PUPPETS



Use the puppet when your baby is alert or during a quiet time during the day.

Sing songs such as “Old McDonald” and “Hickory Dickory Dock” with lots of repetition of animal noises and actions.

Play with the puppet making the animal sounds. Encourage your baby to copy actions and sounds if they are able to.

Copying is an important skill for language development.

Encourage your baby to copy actions and sounds.

No puppet? Try these ideas!



Sock Puppets

You can use any sock to make a sock puppet. If you used light coloured socks, you could draw faces on it and put your hand inside the sock and make different sounds.



Cardboard Tubes

Use old cardboard tubes, such as from wrapping paper, to make your own puppets by drawing faces / characters on them.



Soft Toy

You could use a soft toy instead of a puppet, and make up names, and voices for the different characters.

Copying is an important skill for language development.

MIRROR



Place the mirror in front of your baby, make funny faces and noises and encourage them to copy.

New born babies can copy the facial expressions of another person, like poking their tongue out or opening their mouth.

If you have some try slowly blowing some bubbles against the mirror. This is a great way for babies to follow with their eyes, which gives them the opportunity to develop their looking.

Encourage baby to copy facial expressions.

No mirror? Try these ideas!



Tin foil

If you don't have a mirror you could use a piece of card from a cereal box and cover with foil.



Scarf or Towel

With a scarf or towel play peepo with you little one. Hold the scarf in front of you and say "peep po"



Face to Face

Sit face to face with your baby and encourage them to copy your expressions.

Eye contact is an important part of a babies development.

JIGSAW



Simple jigsaws can help babies to develop gross motor skills and hand eye co-ordination.

They can also be used to encourage language. When you are doing the puzzle with your baby repeat simple words and sounds E.g. say “oink oink” “pig”, “woof woof” “dog”.

Encourage your baby to copy sounds if they are able to.

Simple jigsaws can help encourage

No jigsaw? Try these ideas!



Magazine

If you don't have a jigsaw you could point to pictures in a book / magazine while naming them.



Card

Make a jigsaw for your baby using material / cardboard cut out into 4 pieces and encourage them to join back together.



Objects

Point to the everyday objects and name them. Let your baby explore the items as you name them. Talking to your baby will help them learn about the world around them.

motor and language skills.

PAINT PAD



Use the paint pad to create memories of your babies' handprint or footprint.

You can help your baby to put their hand in the paint pad and mark make on paper.

Repeat words such as "hand", "foot", "paint" while you are doing it.

Finger painting is a fantastic tummy time activity for babies.

No paint pad? Try these ideas!



Natural Yogurt
If you don't have any paint pads you could use natural yogurt and food colouring which is child/baby friendly.



Squirty Cream
Make paint by using squirty cream and food colouring.

Mess free finger painting

You can introduce finger painting, mess free, by placing some finger paint inside a large, sealed, zip lock bag. Encourage your baby to squeeze the bag around.

Messy play is very important to promote a

healthy sensory development.

SONG BOOK



Sing your child's favourite nursery rhymes with them using the song bag. Let them choose a picture and sing the song slowly to help your baby listen to the words.

Encourage your baby to join in with actions, and if they are able to words.

You can get further information on the national literacy trust website contact@literacytrust.org.uk

Use your local library for more ideas for songs and rhymes.

No song book? Try these songs!

Dau gi bach yn
mynd i'r coed.
Dau gi bach y
mynd i'r coed,
esgid newydd
am bob broed,
Dau gi bach y
dwad adre
Wedi colli un o'u
sgidie.

I hear thunder.
I hear thunder.
I hear thunder.
Hark don't you?
hark don't you?
Pitter patter
raindrops,
pitter patter
raindrops.
I'm wet through,
so are you!

I'm a little tea
pot short and
stout
here's my
handle here's
my spout When
I get all steamed
up hear me
shout tip me
over and pour
me out.

Find your local library: www.carmarthenshire.gov.wales/libraries



ACTIVITY PROGRAMME TIPS

