

Home Activity Progamme for Babies

0 - 15 months









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.



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



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.

Interaction with musical instruments is a great way to encourage

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.



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.

Make I Maddle Manne



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



Soft Tov You could use a soft tov instead of a puppet, and make up names, and voices for the diferent characters.

Encourage your baby to copy actions and sounds.

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.



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 off you and say "peep po"



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

Encourage baby to copy facial 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.

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.

Simple jigsaws can help encourage

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.



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



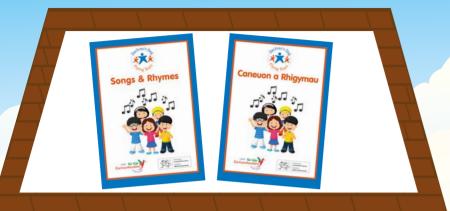
Squirty Cream Make paint by using squirty cream and food colouring.

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

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.

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

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



ACTIVITY PROGRAMME TIPS



Look at books or pictures with your child Sing your childs favourite song

Repeat and expand on what your child says

Talk about everyday objects in the house

Allow children to take the lead Give your child time to answer questions

Play sorting games with your child