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| **Materials:**ChildToysAdultQuiet environment | **Description: Child Directed Play**Play with a child with the child leading the play. To help you stay on task try narrarating the play for i.e. “I see that you picked up the blue block.” , “I notice that you are building something.”, or add questions like, “What would you like me to do?”. This type of play can be uncomfortable for parents and teachers at first but, it helps the child build skills of imagination, independence, control, and self confidence. |
| **Age:** 2 & 3 | **Time:** Time may vary, but please aim for 15 minutes at least three times a week of uninterrupted child directed play. |

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| **Materials:**ChildAdultToys | **Description: Role Play**If a child is having conflicts with other children sometimes it is a good idea to teach how to take turns and use impulse control. Using a ball and a bucket or tub..pass the bucket back and forth and have child place toy in the bucket. When you complete the task reward the child by clapping, jumping, or dumping out all the toys and starting over again. This activity seems simple but, will help children learn impulse control, turn taking, and foundational skills for relationships. |
| **Age:** 2-3 year olds | **Time:** 5 minutes |

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| **Materials:**Kit-boxCotton ballsLotionWaterIce packWash cloth | **Description: Boo Boo Fixer**This activity is geared towards children’s sometimes hurtful behavior: biting, hitting, bumping, etc. Children are learning to take responsibility for their behaviors by what follows an event. This activity requires children to take part in the “repair” of the damage done. Once a child hurts another child, the adult responds quickly to the need by saying something like..”Oh, my \_\_\_\_\_ (child’s name) is hurt. I think we are going to need the Boo Boo Fixer Kit! “Motioning for the offending child to retrieve the kit. Upon the child’s return you label the child with the name..”I’m glad my “Boo Boo Fixer” is back to help \_\_\_\_\_\_\_(child’s name) feel better.” Help the child to repair the hurt, by using the materials in the kit, i.e. cotton, wash cloth, lotion etc. This helps the child to learn responsibility and to take on a new role as caretaker versus being labeled as the AGGRESSOR. This activity does wonders. Give it a try! |
| **Age:** 2-3 year olds | **Time:** 5-8 minutes |

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| **Materials:**ChildAdult | **Description: Communicating With Baby**Look for opportunities to model play with the baby. Take him in your hand, hold in out in front of you, and with gentle rocking , bring him to an alert state. Then communicate in slow, gentle cooing. If the baby is intense and overreacts, try swaddling him and contain his arms before trying to produce an alert state. This helps babies to pay attention and prolong that attention.*Activity taken from: Terry Brazelton, Touchpoints of Development Birth to Three2006* |
| **Age:** Infant | **Time:** 5 minutes |

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| **Materials:**BabySoft carpeted area or blanket spread out on floorAdult | **Description:****Crawl and Chase**This is a very fun baby game to play once your baby **can crawl. This will build your baby's motor and movement coordination - it is also a great social game for both of you. For the health of your knees, it is best to play this game on carpet.**Place your baby on the floor and move some distance away. Start crawling towards your baby, saying "here I come" or "I'm going to get you" (some fathers prefer a playful growl!). Once you get to your baby, you can tickle her or pick her up for a kiss. As your baby gets used to the game, she may try to evade you by crawling away.A variation your baby may prefer is when she chases you instead. You can hide behind the bed or around corners, slightly peeking so your baby can see you. She will often come chase you down. Of course, in this case, you can say, "you got me!" then praise her for catching you.Be careful to keep your play area baby-proof so your baby does not crash or bump into sharp corners or items!*\*Taken from: Copyright © 2007 GamesWithBaby.com* |
| **Ages:** 9-12 months | **Time:** 5-10 minutes |

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| **Materials:**BabyAdult | Description: Hand Over Hand GameThis is a simple baby game that is very popular for most babies. It is a fun social game that also helps develop your baby's hand eye coordination.This game can be done on the floor or while your baby is in his high chair. Place your hand palm down on the floor or table. Put your baby's hand on top, palm down as well. Next, place your other hand on top of his hand. Your baby should place his free hand on top of your hand (you may need to help and encourage him the first few times). Finally, pull out your bottom hand and cover his hand again. Repeat until he tires of the game. It may take several tries before your baby catches on, but be patient. Eventually he'll love to play it! |
| **Ages: 9-12 months** | **Time: 5 minutes** |

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| **Materials:**BabyChanging areaAdult | **Description: Diaper changing ritual**Sing the "Wheels on the bus" song as you change dippers. Once you are finished with diapering, move legs to the song (e.g. wheels go round and round; move legs in circular motion). |
| **Ages:** Infant | **Time:** 3-5 min. |

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| **Materials:**BabyAdultMirror | **Description: Modeling**Play in front of a mirror with baby (make silly faces with young infants, and emotions with toddlers) |
| **Ages:** Infant | **Time: 3-5 minutes** |

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| **Materials:**ChildAdultDollDoll blankets, clothes, bottle, etc. | **Description:** Modeling Caretaking & Nurturing BehaviorsGive a baby doll, a small blanket and a toy bottle. For toddlers use a stuffed animal, help him name it, care for it, feed it, dress it, etc. |
| **Ages**: 1-3 | **Time:** 10-15 min**.** |