



MARINE NEW PARENT SUPPORT PROGRAM

GAMES TO PLAY WITH INFANTS AND CHILDREN

Follow the Rattle (0-2 months): With baby lying down, position yourself so that she can't see you. Hold a rattle about 8-12 inches from her face and gently shake it until she notices. After she sees it, move it in a slow circle around her so that she can keep it in sight by only moving her eyes. **Promotes language and fine motor development.**

The Hand Discovery (0-3 months): At about two to three months, babies discover their hands. This game will help the process along and give your baby a lot of pleasure. Lay her on her back and talk softly so that you have her attention. Place her hand gently on her cheek. As you are doing this, say "Baby's hand is so nice." After a few times, hold her hand in front of her eyes before and after putting it on her cheek. She will learn to associate pleasure with seeing her hands. **Promotes bonding and body awareness.**

Tell me a Story (0-12 months): The parent asks the baby to tell a story and the baby coos or makes a sound (at older stages, jabbars and talks). The parent then supplies the words and reaction to the story and then pauses for more input. **Promotes self-esteem, cause and effect and language.**

Juggle the Blocks (6-9 months): Place two blocks in front of baby. If she doesn't pick them up, then put them in her hand. Add a third block. She will learn to drop one block to pick up another. **Promotes hand-release skills.**

The Muffin Tin (6-12 months): Place a toy in one of the cups of a small (six-muffin size) tin. Show the baby how to take the toy out and put it back. Encourage him to do it by himself. Put another toy in a second cup and repeat the activity. Keep repeating until all the muffin cups are filled. Your baby will get a lot of enjoyment out of taking the toys out and putting them back. **Promotes hand-eye coordination, fun.**

Let's Pour (9-15 months): Sit on the floor with your baby, Place paper cups filled with dry cereal in front of you (Cheerios, Kix, etc.) Show him how to pour the cereal from one cup to another. Let him try it. He will spend a lot of time with this activity until he gets it right. The next step is to learn to pour water (a little more complicated). Pouring/playing with water is great for hot days. **Promotes hand-eye coordination.**

Treasure Hunt (12 months to preschool): Next time you go for a walk, to the park or beach, take a bucket along and help your baby discover rocks, leaves, twigs, branches, shells, etc. and put them in the bucket. Find a comfortable place and let her hold the items in her hand while you tell her about the treasures. She will enjoy putting them back in the bucket and dumping them out again. **Promotes exploration skills and language development.**