

People Games

'People games' are the perfect starting point to help your child to learn to enjoy engaging and interacting with you. They can be developed to be more complex depending upon the level of your child.

What do you need?

Just you and your child

No toys or objects

This is about using people to have fun!

What sort of activities shall I choose?



What do I do?

- Reduce other distractions including - TV, radio, toys.
- Get your child's attention by sitting up close together and face to face.
- Play the game regularly, and always in the same way, so your child learns the routine.
- If your child becomes familiar with the routine let them join in and begin to take turns. Pause and wait for your child to indicate that they want you to keep going – they might do this with a movement, a look, a smile or a sound.
- Build up to a point where you want your child to take a turn: by slowing down, waiting, or exaggerating your voice or facial expression. E.g. "If you see a crocodile don't forget to.....scream!"
- If your child does not join in at first, take the turn for them until they gets the idea.

Remember, if you are enjoying yourself, your child is probably enjoying it too!



Activity ideas:

- ⇒ Peekaboo
- ⇒ Lifting your child up in the air
- ⇒ Hiding your child under a blanket
- ⇒ Tickle
- ⇒ Songs: round and round the garden, zoom zoom zoom (rocket), row row row your boat
- ⇒ Chasing and catching
- ⇒ Jumping (e.g. whilst singing 5 little monkeys jumping on the bed)
- ⇒ Deep pressure/squeezes