

NSPCC

look say sing play

Activities with Daddy

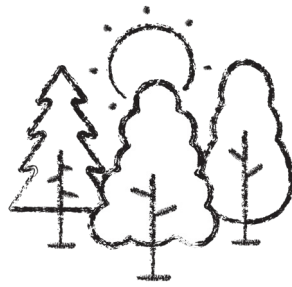
Whether you're outdoors, or at home, winding down at the end of the day, or playing at the weekend - there's plenty of fun ways to get some **Look, Say, Sing, Play** into your day. This playtime together builds your bond, as well as their brain.

Here are some activities you can try together that can be built into your daily routine.



EVERY CHILDHOOD IS WORTH FIGHTING FOR

Outdoors



Baby vision

0 - 12 months

What is your child looking at when you're in the park? Point to where they're looking and talk to them about what they might see, such as, "There are sunbeams shining through the tree branches". If they move their head, talk about the new thing they're looking at.

The science bit

Looking for clues as to what interests your child will help you offer them more interesting things to see and do. Give your child time to enjoy what they notice. Talk about it. As you respond to their clues, you're teaching them about themselves and the world.

Did you hear that?

0 - 12 months

When you're outside, ask your child, "Did you hear that?" each time you hear a sound. Imitate the sound out loud and make gestures to go along with it. Encourage them to make the sound too.



The science bit

You're giving your child practice at being able to hear different sounds. This is an important skill for enjoying and learning language so they can communicate well with others.

Park sensations

0 - 2 years

As you play at the park, describe what you're doing and how it feels, such as, "The sun is warm on our faces," or "The sand is rough on our hands." Watch where your child looks or points and describe how that feels.

The science bit

As your child hears and sees new ways to describe the everyday things they experience and how they feel, they're learning new words and concepts that help them understand their world.

Read the signs

0 - 2 years

Some days, there's no time to read a whole book. But we're surrounded by words that are ready for reading. So why not try reading as many signs or billboards as you can aloud to your child, and talk to them about what each one means.

The science bit

Doesn't matter if it's a book, a magazine, or a bus stop sign! It all counts. Reading to your child, anywhere and everywhere, helps them develop a rich and varied vocabulary.

Sights and sounds

0 - 2 years

Describe what you see to your child, and how it sounds. A car engine makes a loud noise like "vroom vroom!", so you could make this same noise every time a car goes by. What other objects do you see? And what sounds do they make?

The science bit

When your child looks for new objects and listens for the sounds they make, they're making connections between sights and sounds. This helps them learn to observe and listen more carefully, which are all key learning skills.

Outdoor stretches

0 - 2 years

Hold your child or put them on a blanket. Gently guide their body to stretch. Lift their arms up and say, "You're tall like a tree!" You can sway back and forth like the wind or flap arms like a bird. As they get older, encourage them to lead the stretches.

The science bit

Your child learns best when they're active and engaged. When you guide their body through movements and give them the words for these experiences, you're promoting focus and self-control, and helping them learn words.

Indoors



Dance with me

0 - 18 months

Put on your favourite music with your child, and put them on your lap facing you. Gently move with them to the beat as you sing, then stop and see how they respond. Do they smile or bounce like they want more? Do they try to sing too? Enjoy this moment of connection.

The science bit

You're your child's most important teacher. You help build this special relationship in a fun way when you sing and dance together. When you respond to your child's sounds and movements, you let them know that you understand they're telling you something, and you encourage them to keep communicating.

Weather report

0 - 2 years

As you help your child wind down for the evening, talk to your child about the weather today and how it felt. Were you outside or inside? Were you hot or cold? Extend the game by acting out what it feels like outside. If they are old enough, ask them to act out how they felt too.

The science bit

Your child loves hearing your voice. Talking about everyday things like the weather helps them learn new words and learn about the world around them.



Toe tales

0 - 2 years

As you sit with your child before bedtime tonight, hold their feet and touch each of their toes, making up a story about each one. The small one could be a little piglet that goes "oink oink", and the next one is his big brother, and so on. Keep going and respond to what they do and say.

The science bit

When your child hears words and feels your touch, they're making connections in their brain between words and actions. When you respond to what they do and say, it helps them to develop the foundation for talking and reading.

Cuckoo clock

0 - 2 years

Have time for some weekend morning playtime? Hold your child facing you and gently sway them back and forth, saying: "Tick tock, tick tock, little cuckoo clock. Now it's striking one! Cuckoo!" Bounce them up and down once. Now have the clock strike two, saying "cuckoo" twice and bounce twice. Add more verses with higher numbers!

The science bit

By supporting your child when bouncing up and down, you're helping them explore body movements. As they get older, this skill will develop so they can control behaviour, pay attention, and follow the rules.

Today's story

0 - 2 years

At bedtime, hold your child and tell them a story about the day. You can say things like, "Today, you wore your orange shirt." Then, ask them to add to the story. What they share may not be in words, but in gestures or sounds. For example, they might say, "ma, ma, ma." You can add that to the story by saying, "You said 'ma, ma, ma' today!"

The science bit

Telling today's story at bedtime can become a soothing tradition. Chatting about the day's events can help your child create memories about their experiences. It also helps them build positive feelings about themselves in the world.

Anywhere, anytime



Baby superhero

0 - 2 years

Every child wants to be a superhero. If it feels safe to do so, lift them up in the air like they're flying with their arms outstretched. Make noises and laugh with them. You could ask them what they can see and hear, or make up their own superhero song.

The science bit

Moving your child around and talking about what you're doing helps them learn about important things like shape and space. Children learn these ideas through back and forth conversations, where you follow their lead and respond to their reactions.

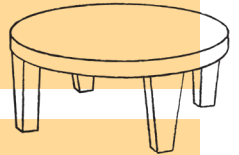
Obstacle course

0 - 2 years

Whether you're around the house or sitting outside, why not turn your child's world into an obstacle course? Can they crawl under the table? Can they wriggle along the grass? Copy their movements and ask them what they see as you're helping them reach the finish line. Say things like, "Where are you going? Can you see the table? You're moving like me."

The science bit

As your child moves around the obstacle course, they're learning ideas like over, under, into, along, up, and down—all through their senses. They're also gaining control of how and when they move, which is an important step in building self-control.



Colours we like

0 - 2.5 years

Talk with your child about the colours you like and why. You could say, "Yellow reminds me of a sunny day" or, "Red makes me think of a fire engine." Watch where they're looking when you chat about colours. Your child can communicate with you in lots of little ways, even before they learn to talk! Talk together about some of colours they're interested in too.

The science bit

This kind of chat helps your child connect colours to memories. Sharing these thoughts helps them learn more about you and how you see the world. You're not only helping them learn to make connections, but also helping them begin to shape the story of who they are.

Texture try-out

0 - 5 years

Experiment with your child using safe textures on their skin. Ask them "Do you feel the fluffy pillow? How does it feel?" Pause and wait for them to respond. You can talk about what you're feeling too, such as "My scarf feels smooth on my skin."

The science bit

Children learn through their senses. When you talk with your child about different textures, you're helping them make connections between words and feelings.

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1

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2

Use our **chatbot** for an instant activity to try. It's **available 24 hours a day**, seven days a week.

3



Find lots more tips on our **YouTube channel**. Scan the **QR code** here for quick access.

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