

### Blanket Swing

Swing your child in a blanket or your arms saying 'wheeee' as they move through the air. See how they respond if you swing them fast or slow. Which do they prefer?

### Peek a Boo

Use a scarf, blanket, or even hide behind a sofa to play peek a boo. Take short turns and watch for a response from your child before taking another short turn.

### Tickle Monster

Say, 'the tickle monster is coming....' to build anticipation before tickling your child with your fingers, a feather, or a make-up brush. Name the body part you are tickling and pause to see if they will request another tickle.

### Blow Wind Blow

Gently blow on your child's face along their hairline. Blow on different body parts (hands, feet) or change the force of the blow to keep their interest. See if they will show you which body part they want you to blow on.



### Roly Poly

Slowly roll your child up in a sleeping bag or yoga mat (with their head out the end), saying 'roly poly, roly poly, up, up, up', then unroll and say, 'roly poly, roly poly, down, down, down!'.

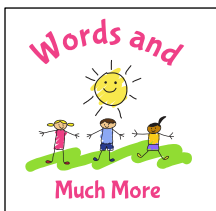
### Sandwich Squash

Ask your child to lay down. Use different actions on your child as you make a sandwich. For example, gentle pillow squashes for the slices of bread, use tickly fingers for the grated cheese.

### Wibble Wobble

Sit your child on your lap. Gently wiggle them & sing: *Jelly on the plate, Jelly on the plate, Wibble, wobble, Wibble, wobble, Jelly on the plate.* Maybe your child will wiggle their body to request the song again!

## Connection and Communication with People Games



# People Games

**People games** are simple games you play together with your child using just yourselves, or a simple prop. Try some of the examples above or make up your own people games. Think of what your child already enjoys doing (e.g. jumping or spinning) and see if you can make this into a people game.

## People games can help your child to:

- ✚ Pay attention and share enjoyment with you
- ✚ Anticipate what will happen next
- ✚ Take turns
- ✚ Copy simple actions
- ✚ Use eye contact, facial expression, body movements, gestures, noises, sounds or words to communicate with you
- ✚ Communicate for different reasons such as asking you to continue a game, play it again, end it, or play it a certain way, such as fast or slow.

## Top Tips:

- ✚ Use what you know about your child to decide which people games you think will work best for them
- ✚ You may need to try a game several times for your child to feel comfortable - sometimes new things take time to get used to.
- ✚ Be guided by your child and their responses – be sensitive to when you may need to speed up, slow down or stop!
- ✚ Repeat the game the same way each time. This will help your child to learn the routine and what happens next.
- ✚ Give the game a name and use it each time you play. Using a song or rhyme with a game helps to keep your child engaged!
- ✚ Remember to try and create opportunities for your child to communicate by pausing during, or after a game, or offering a choice of how they would like to play it. You can even try to switch roles so they lead the game!
- ✚ It may depend on the game, but if you can, try and get on the same eye level as your child so they can see your face easily.
- ✚ Use your facial expressions, voice, and eye contact to help keep your child engaged.
- ✚ Have fun but please always consider you and your child's health and safety.