

Gentle, physical play

0-6 MONTHS

- 1 Hold Baby or lie with them, facing so that you can see their response
- 2 Hold their hand. Say a gentle tickling rhyme
- 3 For tiny babies, pat their hands or feet – talk about what you are doing. Keep your voice calm and gentle
- 4 Use words like "More?" and "Again?"

6-12 MONTHS

- 1 Hold Baby or lie with them, facing so that you can see their response
- 2 Hold their hand. Say a tickling rhyme
- 3 Gently nuzzle your head into their tummy – pull away. Check Baby's response
- 4 Blow raspberries on their hands, feet, tummies
- 5 Pretend to nibble feet, tummies, toes, elbows. Talk about what you are doing, "I'm nibbling your toes," "Yum yum"
- 6 Use words like "More?" and "Again?"

12-18 MONTHS

- 1 Hold Baby or lie with them, facing so that you can see their response
- 2 Hold their hand. Say a tickling rhyme
- 3 Baby will probably love playing physical games
- 4 Talk about different body parts as you wash them "Let's wash your nose"
- 5 Use words like "More?" and "Again?"

Use the rhyme

*"Round and round the garden like a teddy bear, one step, two steps,
tickle you under there"*

or

*"This little piggy went to market, this little piggy stayed at home,
and this little piggy went wee, wee, wee, wee all the way home"*
as you touch each toe.