

Learning Ideas 0-11 Months

- Let me copy the movements you make with your face, like when you open and close your mouth or open and shut your eyes.
- Give me one of my favourite toys, the packet of wipes or a clean nappy to hold when you're changing me.
- Tickle my feet
- Let me see you face and hear your voice when I am grumpy tired or hungry.
- Play "peek a boo" games with me. Use your hands or a scarf to hide your face.
- Sing a song or rhyme as you rock or hug me.
- Tell me what you're doing as you're changing my nappy or getting me dressed.
- Have a chat with me by copying my sounds and babbling.
- Put me on my tummy or back, on a soft mat or blanket, and let me kick my legs.
- Cover my legs with a crinkly blanket or piece of light, soft material so I can kick it off
- Put my favourite toys by me so that I can reach out and touch it or try to hold it.
- Stroke my cheeks or pat my back as you talk to me.
- Share board books or cloth books with me.
- Hold my hands and help me to clap in time as you sing songs to me.
- I need to play with things and find out what I can do with my hands, feet and body. Let me have my favourite things around me.
- I need to explore lots of different things to find out what I can do with them. Let me make a mess.
- I need to hear words and learn to use them. Speak with me.
- Let me hold your finger or scarf.
- Let me play with toys that make different noises.
- Let me look in mirrors