

Playing together is one way of showing your child that you care for and love them. You are giving them attention and making them feel special. Playing together doesn't have to be expensive. Your time and attention count for more than costly toys.

Here are a few ideas to help you on your way!



### Treasure Basket

Fill a basket with objects for baby to explore.

Babies are on an exciting journey of discovery and as they learn how to sit up they want to find out about the world around them. If you fill the basket with lots of exciting household objects you will give baby an exciting experience.

Naming and describing the objects with older children.



### Tickling Rhyme

These are Baby's Fingers

These are baby's fingers, (touch child's fingers)

These are baby's toes, (touch child's toes)

This is baby's belly button, (touch child's tummy)

Round and round it goes! (gently tickle child's tummy)



### Make a Memory Box

A memory box can be unpacked and explored many times. Each item in the box can hold a memory that can be revisited time and time again.

**What to do:** Choose a box to hold things, e.g. a shoe box. Decorate this with pictures or stickers. Add photographs, drawings, favourite objects, everyday items, objects that smell, and so on, that will remind your child of an event, person, pet or period of time. Every time you look at the box there is a chance to talk about memories. Playing with and handling objects in the box can reaffirm good times and also help them come to terms with loss and change.



### Touch your nose!

Introduce your toddler to the parts of his body from the shoulders up! Point to these parts. Help your child learn to name these parts of the body: head, eyes, ears, nose, mouth, teeth, lips, chin, hair. Reinforce the learning by playing Simon Says using the parts of the face and head. Simon says touch your ears! Simon says show me your hair!



Sure Start  
Children's Centres  
Hartlepool

## Young Children's Personal, Social and Emotional Development: Making friends and being confident



This leaflet is from a series of four, each leaflet covers a different area of development, from birth to five years.

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## Personal, Social and Emotional Development: Making friends and being confident



6 Months	1 Year	18 Months	2 Years	3 Years	4 Years	5 Years
Laughs and gurgles, e.g. shows pleasure at being tickled and other physical interactions.	Enjoys finding own nose, eyes or tummy as part of naming games.	Demonstrates sense of self as an individual, e.g. want to do things independently, says "no" to adult.	Separates from main carer with support and encouragement from a familiar adult.	Welcomes and values praise for what they have done.	Confident to speak to others about own needs, wants, interests and opinions.	Child is confident to try new activities, and say why they like some activities more than others.
Uses voice, gesture, eye contact and facial expression to make contact with people and keep their attention.	Uses pointing with eye gaze to make requests and to share an interest.	Gradually able to engage in 'pretend play' with toys.	Expresses own preferences and interests.	Enjoys responsibility of carrying out small tasks.	Can describe self in positive terms and talk about abilities.	They say when they do or don't need help.
Recognises and is most responsive to main carers voice, face brightens, activity increases when familiar carer appears.	Interacts with others and explores new situations when supported by familiar person.	Uses a familiar adult as a secure base from which to explore new environments, e.g. child plays independently regularly checking that adult is still there.	Interested in others' play and starting to join in.	Can play in a group, extending and elaborating play ideas, e.g. role play going to the shops.	Explains own knowledge and understanding, and asks appropriate questions of others.	Child plays co-operatively, taking turns with others.
Likes cuddles and being held, calms, snuggles in, smiles and gazes at carer's face.	Is wary of unfamiliar people.	Plays alongside others.	Shows affection and concern for people who are special to them.	Keeps play going by responding to what others are saying or doing.	Takes steps to resolve conflict with others, e.g. finding a compromise.	Child shows sensitivity to others needs and feelings, and forms positive relationships with other adults and children.
<h3>What adults can do</h3>						
Say or sing songs or rhymes while stroking or pointing to the baby's hands, feet or cheeks.	Give opportunities for baby to have choice, e.g. offer two toys.	Model pretend play, e.g. play shops with your child.	Talk to child about choices they have made and help them to understand that this may mean they cannot do something else.	Teach child to use and care for toys and trust them to do so independently.	Encourage child to choose only those toys they need and to tidy away.	Provide activities that are challenging but achievable, e.g. making a bridge to go over the train track.
Follow the baby's lead by repeating noises, mirroring movements and showing the baby you are listening fully.	Share photos with baby of family and other special people.	Help child to understand the feelings of others by labelling emotions, such as happiness, sadness.	Help them to recognise and understand the rules for being together with others, such as waiting for a turn.	Play games that require co-operation with more than one other person, e.g. ring games.	Play simple games that have rules, e.g. snap, dominos.	Make time to talk with your child, e.g. talk about your day.

The most important thing to remember about development is that all children are different. These personal, social and emotional development milestones are a general description of what most children can do at certain ages. Your child may reach some milestones earlier and others later. If you have any concerns about your child's social and emotional development, speak to your Health professional, someone at your Sure Start Children's Centre, nursery provider or school.

