



# Helping your toddlers development

## 0 - 18 Months - What caregivers can do:

- Be available to play.
- Respond to baby's sounds.
- Smile at the baby. Let baby play with your fingers.
- Talk with baby.
- Play 'pat-a-cake' and catch games.
- Play 'peek-a-boo', 'bye-bye', and hiding games.
- Make faces in a mirror.
- Sing to baby.
- Play at 'losing' and finding things.
- Name objects as you give them to the baby.

**First Contact**

and

**Support Hub**

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To find your nearest children's  
centre call: **01429 284284**





# Helping your toddlers development

18 Months - 3 years - What caregivers can do:

- Pretend play (create a traffic jam with a toy car).
- Play tag, bounce, catch, and empty-fill games.
- Build something with blocks.
- Play 'guess what it is'.
- Notice the child's play and praise efforts.
- Let children imitate your activities (such as washing dishes and cleaning).
- Tell stories and let children supply missing words. Act out stories.
- Hide things, lose things and let children hide things from you.
- Reverse roles (you be the child, child be the caregiver).
- Go on field trips in the backyard.
- Sing to children.
- Take children to library.
- Play follow-the leader.