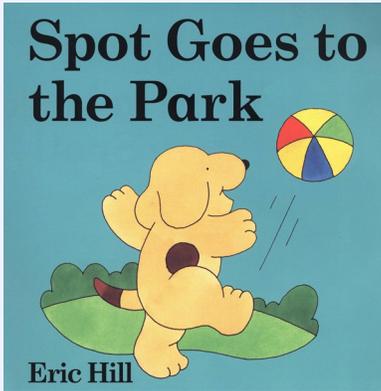


At The Park

Book to add to your child's library: *Spot Goes to the Park* by Eric Hill



BABY GAMES & LANGUAGE

Nature Naming Walk

While strolling:

- "I see a bird."
- "Listen! Bird says chirp!"
- "Feel the breeze."
- "Look at the sky. Blue sky."
- Narrating builds language and connection.

Roll & Reach

Sit on a blanket and roll a soft ball slowly toward baby.

Say:

- "Ready... roll!"
- "Ball!"
- "Can you get it?"

EXPLORATION

Sensory Picnic Blanket (Tummy Time)

Lay down a checkered picnic blanket. Put soft, safe "park" items on it: a soft plush dog (for a park pet), a plastic ball (for a park ball), and a crinkly toy (for crunchy leaves). Let the infant explore textures.

Sun & Shade Game

While outside, move from the sun to the shade. Sing "Mr. Golden Sun, shine down on me." Encourage looking up.

Bubbles at the Park

Blow bubbles and sing "Pop, Pop, Pop, pop the bubbles!" to encourage visual tracking and reaching.

MUSIC & MOVEMENT

We're Going to the Park

(Tune: *Farmer in the Dell*)

We're going to the park,
We're going to the park,
Hi-ho, the derry-oh,
We're going to the park!

We'll swing up high and low,
We'll swing up high and low,
Hi-ho, the derry-oh,
Up high and down we go!

We'll slide down to the ground,
We'll slide down to the ground,
Hi-ho, the derry-oh,
Down, down to the ground!

We'll run and laugh and play,
We'll run and laugh and play,
Hi-ho, the derry-oh,
Such a happy day!

The Park Song

(Tune of *The Wheels on the Bus*)

The swings at the park go back and forth, back and forth... (Rock baby back and forth)

The slide at the park goes way down low, way down low... (Lift baby up, then lower them)

The merry-go-round goes round and round, round and round... (Spin baby gently)

The babies at the park go "Wee, wee, wee!" (Clap hands)

RELATIONSHIP BUILDING / BONDING

Baby Swing

Put your baby in his baby swing at home, and instead of stepping away, use the time for face-to-face interaction. Sing to him, do fun fingerplays, and talk gently to him.

Park Playtime

Take your baby to the park and enjoy time outdoors on a blanket, rocking and singing and giving eye contact while enjoying the outdoors.

If baby is old enough for a secure infant swing:

Push gently and make eye contact.

Say:

"Up... down..."

"I see you!"

"You love the swing!"

Pause between pushes for connection.