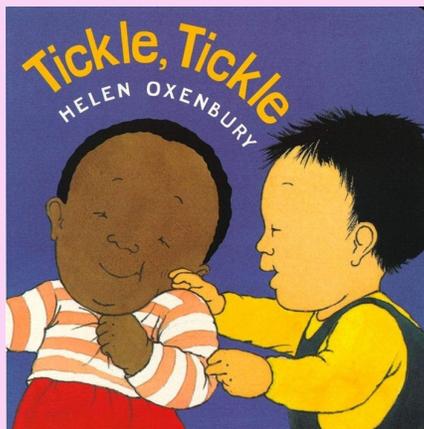


Book to add to your child's library: *Tickle Tickle* by Helen Oxenbury



BABY GAMES & LANGUAGE

Tickle Time

(Follow baby's cues—tickles should always be light, loving, and optional)

- **Anticipation Tickles**
Slowly move your fingers toward baby while smiling and saying, "Here they come..." Pause before touching to build excitement and awareness.

- **Peek + Tickle**
Play peekaboo and follow with a tiny tickle under the chin or on the tummy.

- **Wiggle Games**
Gently wiggle baby's feet, hands, or shoulders while naming body parts: "Here are your toes... here are your knees!"

- **Laugh & Copy**
When baby giggles or squeals, imitate the sound. This builds early communication and turn-taking.

Movement & Sensation

Light bouncing on your lap or slow side-to-side rocking paired with playful words like "up," "down," "wiggle," and "tickle."

EXPLORATION

Stuffed Toys

Play with a variety of stuffed toys and soft dolls with your baby. Explore the textures of the soft toys. Add a baby blanket, a play bottle, and a baby brush to expand play. Play peek-a-boo with the toys by hiding them under the blanket.

Soft Touch Exploration

Use different textures (feather, soft cloth, parent's fingertips) and gently brush baby's arm or leg while watching their reaction.

Mirror Giggles

Let baby look at themselves in a baby-safe mirror while you smile, talk, and laugh together.

MUSIC & MOVEMENT

Round and Round the Garden

Gently circle baby's tummy or palm with your finger. Pause before the last line, then give a very soft tickle under the chin, on the tummy, or on the toes.

Round and round the garden,
Like a teddy bear.
One step, two step,
Tickle you under there!

Baby Horsie Ride

(bounce baby on your knee to the rhyme)

See the baby on her horsie
bouncing everyday.
Faster and faster
She gallops away.

Baby Baby Dumpling

Baby baby dumpling,
Boil him in the pot,
Butter him and sugar him
And eat him while he's hot.

Tickle, Tickle, Little Star

(Tune of "Twinkle, Twinkle, Little Star")

Tickle, tickle, little star,
You know just how special you are.
Tickle toes and tickle feet,
Tickle cheeks so soft and sweet.
Tickle, tickle, little star,
You know just how loved you are.

RELATIONSHIP BUILDING / BONDING

Silly Face Peek-A-Boo

A smile, a frown, a look of surprise -- your child will love seeing all of the different kinds of faces that you can make.

Have your child face you in a seated position. Holding a small towel between the two of you to conceal your face, say, "Peek-a-boo, I

see..." As you lift the towel say, "a smile!" (or the name of the facial expression).

Try These:

- Smile
- Frown
- Grimace
- Laugh
- Tongue
- Wrinkled-up Nose