

Parent-Child Play Guide

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for every child

Just 30 Minutes of Play Daily Can Shape a Child's Life!

Before we start,

✓ Mute your phone

✓ Choose open-ended toys
(building blocks, crayons)

✓ Let your child
lead the play



DIY Toys to Boost Development for 0-3 Year Olds

1. Rattle

Prepare buttons, beads or pebbles in different colours, a transparent plastic bottle with a lid, a non-toxic glue

Grab the bottle and fill it with the materials.
Then seal the cap with glue.
All set! You have your rattle.



2. Imagination Builder

Prepare lots of clothespins

Grab the clothespins and make a shape.
Then let your child build his own space



4 ACTIVITIES TO DEVELOP CONNECTION WITH YOUR CHILD

The early years lay the foundation for how happy and healthy children will be later in life. Providing a safe, loving environment for your child helps them to grow emotionally and mentally. Try to find opportunities to spend quality time with your child and have fun together! Here are four ways you can bond with your child and help their mind grow in the process.

1

QUIET TIME TALKING

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Find a time to rest, sit with your child and talk together
- 2 Hold your child's hand, smile, chat together. Listen well and respond positively when your child tells you something.

WHAT YOU WILL NEED:
Cushions, blankets

BENEFITS:
Calms your child, increases bonding, makes child feel secure

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2

CAN YOU COPY ME?

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Sit or stand with your child and ask 'can you copy me?'
- 2 You can dance, make a funny face, pretend to be an animal... see if they can copy you.

BENEFITS:
Children learn how to mimic & use their imaginations.

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3

BROOM, BROOM, WHAT'S THAT SOUND?

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Go around the house, outside if you can, or just open a window.
- 2 Listen for sounds. Ask your child what it is, and invite him/her to copy the sound.

BENEFITS:
Learn how to listen, and identify sounds

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4

SOCK PUPPETS!

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Make a puppet out of socks or discarded clothes - get creative with wool, buttons and string.
- 2 Use the puppet to talk to your child. Use different voices to tell stories and express moods

BENEFITS:
Inspires imagination; helps children understand story structures; helps understanding of emotions

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4 FUN IDEAS FOR LEARNING THROUGH PLAY

For both babies and very young children, all important learning takes place within the context of play.

Play is exploration, trying new things,

learning about cause and effect and developing an understanding of the world around them.

Provide a safe and nurturing environment for your curious child with these five fun tips for creative brain building.

1 SPIDER WEB

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Tie or loop a rope across the room and around furniture
- 2 Carefully, without touching the web, try to climb through the spaces in the web.

WHAT YOU WILL NEED:
A rope or thick string

BENEFITS:
Develops dexterity & builds creativity

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2 INDOOR BASKETBALL

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Find a clean bucket or pot and roll up a sock into a ball.
- 2 Ask your child to throw the ball in. With each success, she/he must take a further step back. The further away, the more points!

WHAT YOU WILL NEED:
A bucket or a pot; a rolled up sock

BENEFITS:
Develops hand to eye coordination and depth perception, rule setting

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3 DANCE... AND FREEZE

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Play music and ask your child to dance
- 2 At a random moment, stop the music and ask your child to freeze. Add to the challenge - ask her/him to freeze in the shape of an animal or shape

WHAT YOU WILL NEED:
Music, speaker/phone

BENEFITS:
Develops listening skills, coordination and imagination, and enables the child to identify rules

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4 LET'S BUILD

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Find some empty cardboard boxes
- 2 Discuss with your child what to create. Then build a house, a car, an animal. Anything!

WHAT YOU WILL NEED:
Cardboard, scissors or knife (for parent), pens, pencils or markers, paints and other decorative materials (optional)

BENEFITS:
Develops imagination, planning skills & helps parent-child bonding.

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