

play pack - reading to your baby



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Welcome along to our next play pack printable, this week we focus on reading to our babies

Each week in November we'll be sending you a printable with some different activities that you can try with our little one. We'll give you information on why it is beneficial for your baby's brain & their sensory development too.

We really want to give you opportunities to play during your week, it helps add structure, is incredible for helping your little one develop brain connections, adds structure during this unusual time and can help bring us all together.

This pack is full of play suggestions, ideas on activities you can do with your little one, repeat them, choose your favourites, miss a day, work around your family, there is no strict way to play and nobody is ever behind.

Please post photos in our facebook group. We would LOVE to see what you get up to.



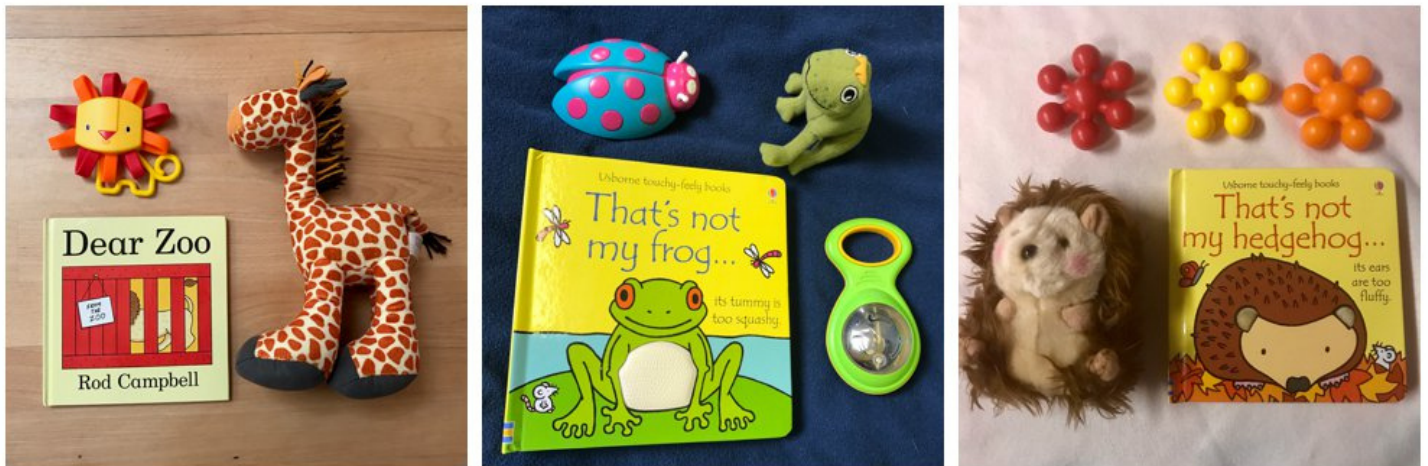
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Safety first - These activities are suggestions of how to engage your baby in play. They need to be carried out with adult supervision and you taking full responsibility for your baby during play. Please ensure that your little one is supervised with the toy at all times. Keep your little one in arms reach and eye sight when they are playing.



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benefits of reading to your baby



Reading to your baby from a young age is amazing for their brain development. We know, from lots of research, that little ones who have early exposure to books have better language acquisition and cognitive processing speeds that have a positive impact on their education so you really are helping build your little one's brain!

Introducing books to your baby is something you can do from birth and it is great to have as part of your daily routine. Many of our parents tell us that they haven't introduced books to their little one because they can't understand the story yet, and while this is true it doesn't mean that they are not learning.

It is amazing for your baby's communication skills. If your little one 'chats' to you while you are reading, do acknowledge the noises and answer them, it is great for them developing speech patterns and their listening skills too.

benefits of reading to your baby



reading helps your baby develop.....

- language skills
- cognitive processing skills
- visual skills including tracking and visual discrimination skills
- listening skills
- attention and concentration skills- motor skills as they co-ordinate their eye muscles
- hand to eye co-ordination as they help turn pages
- communication skills

The more words your baby hears, the more words they learn!
it really does help to build brains and shows the importance of reading to babies.

making a book an event

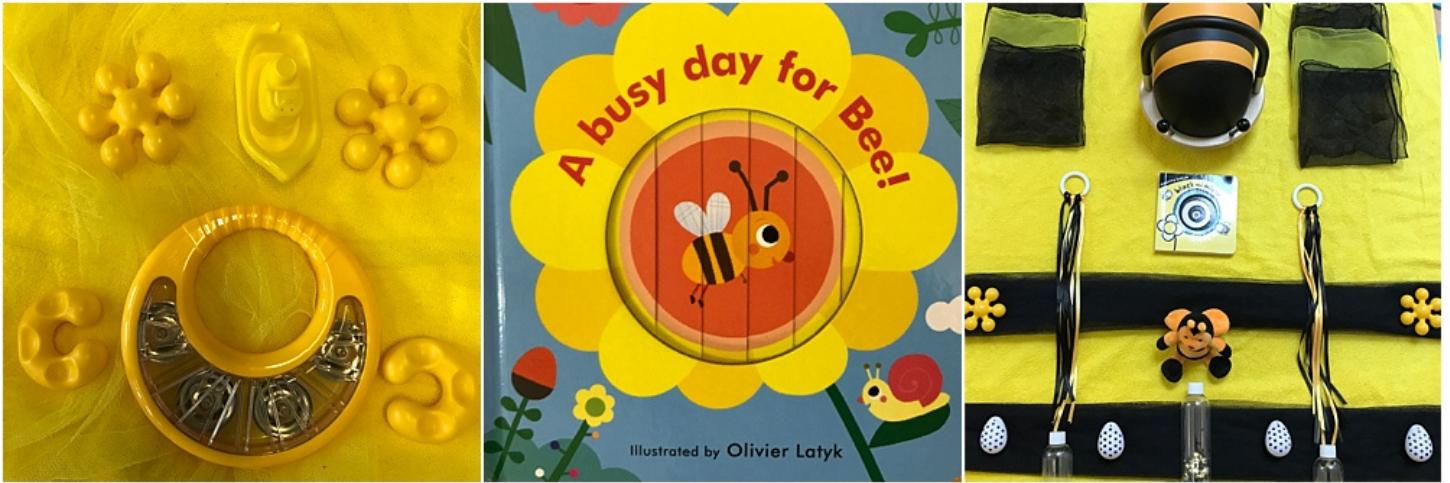


Books for babies are notoriously short and if you were just to read the words on the page you could be done in a minute or so. We'd love to encourage you to make your book a bit of an event with your little one. We do this by not just reading the words on the page but by also

- describing pictures - let your little one know what they are looking at, the textures, context and explaining how you feel about it
- showing them colours, compare the colours to other things within your environment
- explaining the characters in the book and relating them to other things you may have

It can help conversations with your baby feel more authentic and less like you are talking to yourself and has the benefit of extending the time spent reading helping your little one's concentration skills.

extending your play



Select some toys or things from your home environment that maybe match the characters in the story of some of the textures in the book. A couple of different objects would be amazing and if they are onjects that feel different and your little one would hold them differently that would be amazing.

This week we are going to be doing play patterns involving books and would love you to use them as inspiration to create your own play opportunities at home.

As usual be completely baby led, lift your little one as soon as they have had enough and repeat the activities often - repetition is amazing for baby brain development!