



## **making little moments count, every day**

the more you talk, play, read and sing to a child every day - particularly in the first 1,000 days - the smarter their brain becomes.

# **play activities to build creativity and confidence**

### **let them lead**

let a child lead the way in how they want to play. they will most likely show you a way that is more fun while building their creativity.

### **make a homemade obstacle course**

while a child's napping, create a sensory obstacle course in your home. make pool noodles into tunnels, couch cushions into mini-mountains or blankets into roads.

### **create a treasure basket**

fill a basket with a variety of objects and let them explore. it's fun to see what they're drawn to or what objects they put together.

### **make it a toy**

children don't need fancy toys. play with an item that is big and one that is small. talk about how each one feels in their hands.

### **turn bath time into fun time**

let them squeeze the towel, see how soap makes bubbles and play with the water with their fingers and toes. this touch helps develop their tactile skills.

### **play it again and again**

doing the same game many times may get tiring for you, but is key for children to be able to do things on their own. this helps them focus and feel good about themselves.

### **encourage exploration**

it's important for a child's brain to figure things out. show them how a toy works, then be patient and let them explore and figure it out themselves.

### **play in a mirror**

safely position a baby in front of a mirror and point to their eyes, nose and mouth in the mirror. ask them to do the same to develop imitation skills, even if they may seem too young.