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Screen time WHO guidelines

For babies and toddlers up to the age of two, no screen time is advised

For Children between the ages of two and four, spend no more than one hour in front of screens each day.

Children between the ages of one and five should get at least 180 minutes of physical activity each day and not be sedentary for more than one hour at a time.

SENSORY PLAY FROM BIRTH TILL 1 YEAR

Birth-1 month

Visual play

- Gaze at baby at close range.
- Hang colorful toys (high contrast) 8-10 inches in front of baby's face.
- Hang mobile with black-and-white patterns above baby

Auditory play

- Talk and sing to baby
- Play CD with lullabies or other soft music for baby
- Have ticking clock or other rhythmic noises nearby
- Describe actions as you dress, feed, and bathe baby

Tactile play

- Hold, caress, and cuddle baby
- Swaddle baby
- Kiss baby's hands and feet
- Give baby a massage



Kinetic play

- Rock baby in a rocking chair
- Nestle baby close while you gently rock and sway
- Pat baby on the back
- Let baby ride in a stroller for walks
- “Wear” baby in an infant carrier

2-3 months



Visual play

- Make room bright with high contrast pictures
- Hold brightly colored toys in front of baby and slowly move them up, down, right, left, and in a circle
- Take baby to various rooms while completing chores
- Smile at baby, Talk to baby
- Laugh when baby laughs

Auditory play

- Involve baby in family gatherings and activities
- Shake rattles for baby
- Expose baby to various sounds in the home (e.g., dishwasher, vacuum) and outside of the home (e.g., cash register, honking car)



Tactile play

- Caress baby during baths and while changing clothes
- Comb baby's hair with a soft brush
- Help baby touch different textures (e.g., soft stuffed animal, smooth tabletop)

Kinetic play

- Use infant swing and/or bouncer
- Place baby on tummy for tummy time
- Move baby's extremities in swimming motions
- Utilize toy bars and infant play mats

4-6 months

➤ *Toys they can hold and safely put in their mouth help them to learn hand to mouth co-ordination in preparation for feeding themselves.*

Visual play



- Use a wide variety of facial expressions while talking to baby
- Provide baby with brightly colored toys that can be grasped
- Look at picture books with baby

Auditory play



- Talk to baby; mimic sounds baby makes
- Call baby by name
- Recite nursery rhymes to baby
- Crinkle different papers by baby's ear
- Help baby grip and shake rattles

Tactile play



- Give baby toys of various textures
- Allow baby to splash in bath
- Place baby to play on a soft,furry rug
- Help baby touch pages in touch and feel books

Kinetic play

- Bounce baby in lap while holding in standing position
- Support baby in sitting position
- Place baby on floor to roll over, crawl, and sit
- Allow baby to use mouth to explore age appropriate toys

6-9 months

- Choose toys with different textures, shapes and colours, such as hard plastic musical balls that roll along the floor, large soft balls that they can squeeze and coloured wooden blocks.

Visual play



- Give baby toys that have moveable parts and make noises
- Place baby in front of a baby safe mirror
- Play peekaboo with baby
- Point out objects while you walk and talk with baby
- Make funny faces at baby; mimic the faces baby makes

Auditory play



- Repeat simple words such as “dada,” “mama,” and “hi”
- Name body parts, foods, people, and colors when playing with baby
- Narrate to baby what you are doing
- Use “no” only when necessary
- Give simple commands

- Show baby how to clap hands

Tactile play



- Let baby touch fabrics of various textures with hands and feet
- Let baby manipulate foods of various textures
- Help baby “catch” running water and pour water out of cups
- Encourage baby to “swim” in a bathtub or shallow pool
- Give baby a wad of sticky tape to manipulate

Kinetic play



- Help baby stand upright and bounce
- Say “up” when lifting baby up and “down” when putting baby down
- Place toys out of baby’s reach to encourage baby to move to get them
- Play pat-a-cake
- Place baby tummy down on a blanket and gently pull the blanket around the room
- Dance with baby in your arms

9-12 Months Visual play



- Take baby to places where there are animals, people, and a variety of objects (e.g., zoo, shopping mall)
- Show baby pictures in books
- Help baby roll and drop balls
- Help baby build a short tower out of blocks

Auditory play



- Read short stories to baby
- Point to body parts and name them
- Imitate sounds of animals
- Respond to baby's sounds to encourage two-way communication

Tactile play



- Give finger foods of various textures to baby
- Let baby squash food
- Let baby play with cold and warm objects; call them "cold" and "warm"
- Let baby feel a breeze (e.g., a fan blowing)

Kinetic play



- Provide large push-pull toys for baby
- Place furniture in a circle around baby to encourage cruising
- Let baby play with large objects such as tunnels, pillows, and boxes while supervised
- Help baby practice walking

1 TO 2 YEARS:

- As toddlers are little explorers, and their attention span is limited, their play needs to focus around new activities and a variety of activities.

- Anything past 30 minutes will probably find they are bored or frustrated at not being able to do what they want to do.
- They may even have a tantrum, as they are unable to understand the emotion of frustration.
- This is to be expected so don't try to keep them focusing on one thing or insist they finish a game or activity.
- Try to set up various activities so they can move from one to another at their own pace.
- When you get an opportunity, explore with them or help them learn something more about the game.
- When playing with building blocks, they may put one on top of the other.
- You could show them how to make a bridge, but don't insist them to do it, as this will challenge them and may make your child feel insecure – they may not try the game again. Watch for your child's reaction, if you can see they understood, and they are able to build the bridge, then progress to the next step.
- If they are looking at you and back at the bridge, but not touching it, then just show them again and then move onto another game or toy.



IDEAS FOR TOYS:

- Sturdy push along toy, which they can walk behind to gain confidence.
- Pop-up toys that have buttons and levers they can push.
- Different size stacking blocks that fit into one another.
- Jigsaw puzzles (3-4 pieces) and shape-sorters.
- Thick crayons and paper to scribble on.
- Water and sand play (with adult supervision)
- Give them their own kitchen cupboard, with plastic bowls, saucepans and wooden spoons.

PLAY TIPS:

- **Sharing is hard to learn – be patient. It helps if each child has a toy to swap.**
- **Rotate their toys – put some away for a few weeks.**

3 TO 5 YEARS:



Music is a great release for toddlers – they love dancing and performing in front of their parents.

- Play in the pre-school years, your child matures in many ways – their ability to think and imagine dominates their play and learning.
- They will spend longer time concentrating on an activity and have a vivid imagination in their play. They love to pretend they are a character, and dress up and act the character.
- They will also create imaginary characters to play with, or treat their doll or teddy bear as a real person. It is important not to dismiss or limit their imaginative play.
- Encourage this – be positive and interested in what they are doing. Let them know that you are proud of them and their effort to try new things and be independent.
- Music is a great release for toddlers – they love dancing and performing in front of their parents. They will also learn to balance on one foot, walk on tiptoe, walk upstairs and down.
- They can ride a tricycle and learn about pushing pedals and steering. They can throw, kick and catch a ball with practice.
- They love construction. They can build a tower of 8–10 blocks and make bridges and complex structures, like ramps and bridges.
- By the time they reach 4 years of age, they will know most of the colours.
- They will like draw, paint and use their preferred hand with pencils.

TYPES OF PLAY TO ENHANCE THEIR DEVELOPMENT:

- Drama, arts and crafts.
- Music – instruments, children's music tracks and singing.
- Counting games and hopscotch.
- Building and construction – such as construction blocks, foam blocks, fitting things together.
- Outdoors – water, sand, mud and gardening.
- Physical – bicycles, scooters, ball games and climbing.
- Books and reading also help improve their speech and use of language.

TOY IDEAS:

- Puppets and dress ups (have a dress up box).
- Trucks, cars and trains.
- Puzzles, books, board games, memory and matching games.
- Building and construction sets.
- Bead threading.
- Play dough or modelling clay.
- Chalk and painting using an easel.

ACTIVITIES AROUND THE HOME:

- Kid's gardening set to help in your garden or even create a vegetable patch.
- Use large cardboard boxes to make cubby houses and tunnels (they may choose to decorate them).
- Make a picture collage using egg cartons, coloured plastic lids, feathers, leaves, old magazines and kid-safe scissors for cutting out.
- Involve them in housework when they're at home so they learn new skills – give them a small dustpan and broom, or a step stool so they can stand at the sink and wash up, using plastic cups and dishes.
- Let them help you prepare food and cook – but make sure it is safe and always supervise them in the kitchen.
- If you have pets, teach them about washing, feeding and caring for them.
- Visit your local park so they can climb, swing, balance and scramble in safety.
- Play with balloons – punch, kick or throw them to keep them off the ground.
- Blow bubbles and chase them through the air.
- Play games – try hide-and-seek, obstacle courses, follow the leader, touch and go games.
- Move to music or try action songs like "Ring around the Rosie"
- Walk barefoot on different surfaces – try grass, carpet, concrete or sand.
- Pretend to move like different animals.
- Restrict screen time with television, tablets and smart phones – their most important interaction is with you. The list is endless and so is their energy and imagination. Remember to play safely and have fun with your child.