



First Words - My Body

by Ladybird



This bright and colourful board book is the perfect way for little ones to engage with first words.

Packed with fun photos, you will find lots to chat about as you share this book.



Playtime!

The playtime activities you do with your toddler are really important for their emotional and physical development.

They also help you to build a strong and connected relationship with them.

Have a look at these ideas for activities to do together and find out how much activity your toddler needs.



www.nhs.uk/start-for-life/toddler/activities-for-toddlers/

Change Your Nappy Now



Change your nappy now, change your nappy now, change your nappy, make it snappy, change your nappy now.

Wipe your bottom clean, wipe your bottom clean, change your nappy, make it snappy, change your nappy now.

New nappy goes on, new nappy goes on, change your nappy, make it snappy, change your nappy now.

Sharing this song as you change your little one's nappy is a great way to let them know what you're doing.

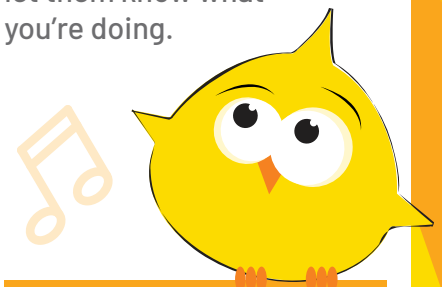
Copycat!

You don't always need lots of words to engage and interact with children. Sometimes simply copying their noises and actions will do.

Playing copycat with your little one lets them know they are being listened to and are special. Watch the video for more ideas and read about the benefits of playing copycat together.



www.bbc.co.uk/tiny-happy-people/articles/zb2bvk7



www.scottishbooktrust.com/songs-and-rhymes/change-your-nappy