

# Let's Talk About Number One, Tickle Your Tum

Read *Number One Tickle Your Tum* several times with your child. Do the actions with your child as you read each page.



You are helping your child strengthen his or her memory with this game.

After reading the book several times, play an action game. Say "Number one..." and pause for your child to do the action that is shown in the story. After he or she does the action, say the words that match it. Continue with "Number two..." and so on.

This is a good book to use when your child is restless or when you are waiting for an appointment.



## Let's Play With Rhymes

### Tummy Button

These are Baby's fingers,  
*(touch baby's fingers)*

These are Baby's toes,  
*(touch baby's toes)*

This is Baby's tummy button,  
*(touch baby's navel)*

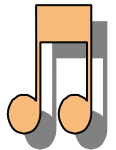
Round and 'round it goes.  
*(make circles on baby's tummy)*

*Repeat first 3 lines & finish with:*

Right where Mommy (Daddy) blows.  
*(buzz lips on baby's tummy)*

### Scrub-A-Dub-Dub

*Sing this song to your child during bath time. Wash each body part as you sing about it. (Sung to "Here We Go Round The Mulberry Bush")*



This is the way we scrub our hands,  
Scrub our hands, scrub our hands.  
This is the way we scrub our hands  
So early in the morning.

*Continue verses with other body parts such as head, feet, legs, etc.)*

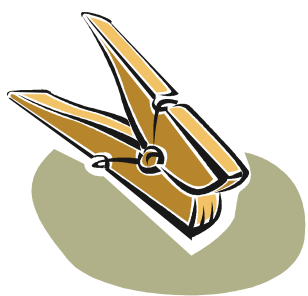
## Note to Parents & Caregivers

Language development begins with games that require physical interaction with an adult. Peek-a-boo helps your child wait, watch and listen. Bouncing and tickle rhymes help your child match actions to words. They are also fun for you and your baby or toddler!

Pointing, gesturing and movement help babies learn language.

## Let's Create

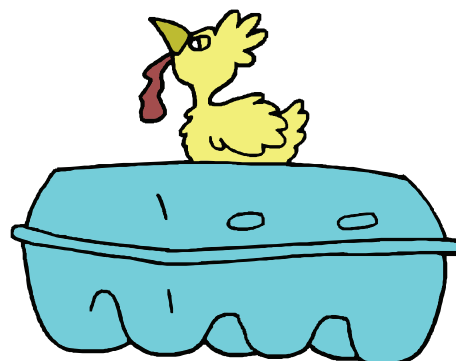
### Clothespin Game



Turn an egg carton upside down and poke a hole in the bottom of each egg cup. Show your child how to

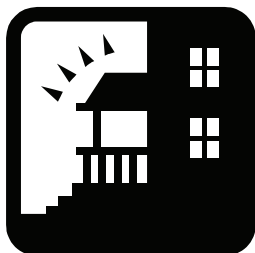
put a clothespin into each of the holes and take them out again.

Say part of the *Number One Tickle Your Tum* rhyme to match the number of clothespins your child puts into the egg carton.



## Let's Be Together

There are lots of things to count together in your house. Hold your child's hand and jump from step to step on the stairs or porch, counting each one as you go.



Count fingers and toes during bath and change time. Use powder or lotion to dot on each part of your baby's body as you count.

Count stars before bed, hugs and kisses to say good morning, and cuddles throughout the day.

*"One, two, three, four, I need to love you more!"*



**Gentle touch helps children feel close to you.**



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