



**Games and Activities to play with your
child using a Doll.**

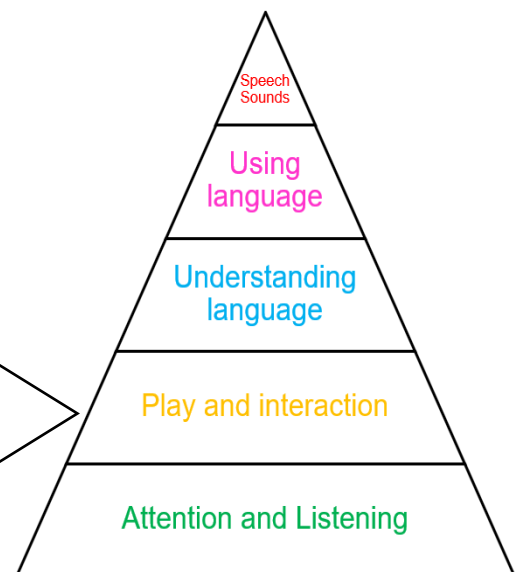
This list of play activities and games will support sharing a fun experience with your child whilst at home. There are a range of skills these activities will support:

- Attention & Listening skills
- Communication skills
- Developing relationships between an adult and a child
- Eye contact skills
- Fine motor skills
- Role play skills
- Self-help skills
- Social skills

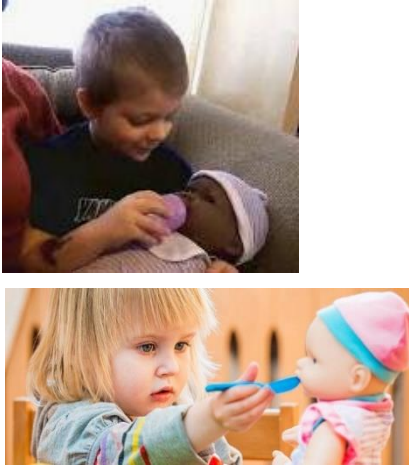


- ✓ Model the play actions to your child.
- ✓ Use key words to teach new vocabulary e.g. 'brush dolly'. You could also sing along e.g. 'This is the way we brush dolly's hair, brush dolly's hair...'
- ✓ You can adapt the ideas to meet your child's interests ~ use dinosaurs instead of a doll if your child prefers dinosaurs.
- ✓ Start with one or two simple actions and build up gradually.
- ✓ Repeat the actions as this can be helpful in teaching a new skill.
- ✓ Extend your child's play by adding another action e.g. if your child can feed dolly with a spoon, add another action of wiping dolly's mouth, until your child can build up a simple sequence of play actions.
- ✓ Do not worry if your child does not want to join in with a particular activity, try another one.
- ✓ Remember to fully engage in the play and have fun.



Play and interaction is part of the basis for Speech, Communication and Language development








Caring for doll		
		
<p>Feed your doll Show your child how to feed the doll using a bottle and / or a spoon. Make simple sounds to show the doll is enjoying their meal or drink. 'Wipe' the doll's face as if you were feeding a real baby.</p>	<p>Brushing doll's hair or teeth Show your child how to move the brush through the doll's hair or the movements for brushing teeth. Add toothpaste to the toothbrush. Wet doll's hair with water or add hair conditioner to make the brushing easier.</p>	<p>Changing nappies Show your child how to place the nappy on to the doll and dress the doll. Use a wet kitchen towel or a wipe to wipe the doll and put it in a nappy bag along with the nappy.</p>

Water based activities with doll		
		
<p>Bath Time Show your child how to wash the doll's body and hair using sponges. Let your child help set up the bath by pouring in the water and adding soap. Have a towel ready to dry the doll afterward.</p>	<p>Bubble Time Show your child how to use soap and shampoo to wash the doll. Show them as you pour the 'shampoo' into your hand and wash the hair and body.</p>	<p>Doll Massage Show your child how to massage doll with baby lotion products. As you massage, name the body parts.</p>



Physical activities with doll		
		
<p><i>Pushchair / going for a walk</i> Show your child how to push the doll around safely in the pushchair. Let them help put the doll into the chair and strap them in. You could also prepare the bag for going out.</p>	<p><i>Action time</i> Show your child how to use the doll to copy actions e.g. jump, run, crawl. This could be in the garden, on the trampoline, the bed, anywhere indoors. Maybe even getting the doll to jump in puddles.</p>	<p><i>Nursery rhymes</i> Show your child how to share nursery rhymes e.g. 'row, row, row the boat' with your child holding the doll or whilst you hold the doll in your laps.</p>

Games to play with doll		
		
<p><i>Peekaboo</i> Show your child how to cover their eyes. Count 3, 2, 1, uncover your eyes and say 'Peek-a-boo'. You could also play 'Peek-a-boo' by covering the doll's face with a scarf.</p>	<p><i>Hide and seek</i> Hide doll when your child is not looking. Help your child count to 5, then look with your child to find doll. On the next turn your child can hide doll and repeat the same actions.</p>	<p><i>Den building</i> Show your child how to build a covered area (den) using blankets and pillows. You, your child and doll can play in the den or hide.</p>



Be outside with doll / Bring the outside indoors



Picnic party

Either in the garden or indoors, show your child how to have a picnic / party with their doll. Using a picnic mat and pretend food. Let your child help set up the picnic with plates, cups and food.

Mud or role play kitchen

Show your child how to pretend to cook food. This can be done using mud from outside or the role play food to make different meals to feed your doll.

Washing doll clothes and hanging them.

Show your child how to wash the doll's clothes and peg them on a washing line when clean.

To find out more / Useful links

- <https://ican.org.uk/i-cans-talking-point/parents/ages-and-stages/>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/play-ideas-and-reading/>