

## Playing with your baby

## 與你的嬰兒玩耍

Play is the main way that babies and toddlers learn about the world. With your help, it's also a wonderful way to support their language development.

玩耍是嬰兒和小孩認識生活世界的主要方式。在你的幫助之下，這也是協助他們學習語言的極好方法。

- As a parent, you are your child's best playmate so try to spend time every day playing together.
- Newborns love physical play, especially when you gently tickle their face or count their fingers and toes.
- When your baby gets a little older and stronger, offer her lots of toys or things that are safe to go into her mouth, and talk about the objects for her.
- Make lots of play sounds to go with what's happening, like "brmm, brmm" as you push a car along. That way, your baby will hear different speech sounds and learn that listening to voices is fun.
- Your baby will love hearing the same little rhymes and stories, and playing games like peek-a-boo, over and over again.
- You don't need lots of toys to play – your baby can play with safe, simple things around the house. But toy libraries offer toys on loan for free or a small fee. For your nearest call 020 7255 4604.
- As your baby gets older, don't try to teach him anything during play. Your child will learn best if he chooses what to play, and you follow his lead.



- 你身為父母正是你孩子最好的玩伴，所以儘量天天騰出時間一起玩耍。
- 嬰兒喜愛觸感遊戲，尤其是得到他人溫柔地路肢他們的臉，或者扳著他們的手指和腳趾點數。
- 待你的嬰兒長大有力氣一點，不妨給他多種玩具或可安全放進口中的東西玩耍，說說有關他拿著的物品。

- 玩耍的同時不妨製造許多配合的聲音，例如當推著玩具車時候叫「哼隆、哼隆」。這樣你的嬰兒可聽到不同的語言發音，認識聽聲音是挺有趣的事。
- 你的嬰兒會喜歡一再地聽類同的兒歌和小故事，以及諸如「躲貓貓」的遊戲。
- 你不需要備有大量的玩具 - 你的嬰兒可以玩家中現有的安全、簡單東西。你只要交付少量付費，可向玩具圖書館借取玩具。如想知道距離你最近的玩具圖書館，致電 020 7255 4604 查詢。
- 你的嬰兒長大一點後，不必在玩耍之時教導他學習。如果你的孩子可以選擇玩耍，且你讓他帶頭，這對你孩子的學習會帶來最好的益處。