

Playing with your baby

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.

- 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.



© Posy Simmonds

Chwarae gyda'ch babi

Chwarae yw'r brif ffordd y bydd babanod a phlant bach yn dysgu am y byd. Gyda'ch cymorth chi, mae hefyd yn ffordd wych i gefnogi eu datblygiad iaith.

- Fel rhiant, chi yw cydchwaraewr gorau eich plentyn, felly ceisiwch dreulio amser yn chwarae gyda'ch gilydd bob dydd.
- Mae babanod newydd eu geni wrth eu bodd gyda chwarae corfforol, yn enwedig pan fyddwch yn cosi eu hwyneb yn ysgafn neu'n cyfrif eu bysedd a bysedd eu traed.
- Wrth i'ch babi fynd ychydig yn hŷn ac yn gryfach, rhowch lawer o deganau iddi neu bethau sy'n ddiogel iddi eu rhoi yn ei cheg, a soniwch wrthi am y gwrthrychau.
- Gwnewch lawer o synau chwarae i fynd gyda'r hyn sy'n digwydd, fel "brmm, brmm" wrth i chi wthio car. Fel hyn, bydd eich babi yn clywed gwahanol synau lleferydd ac yn dysgu bod gwranddo ar leisiau yn hwyl.
- Bydd eich babi wrth ei fodd yn clywed yr un rhigymau a storïau, ac yn chwarae gemau fel pi-po, drosodd a thro.
- Does dim angen llawer o deganau arnoch i chwarae – gall eich babi chwarae â phethau diogel, syml o gwmpas y tŷ. Ond mae llyfrgelloedd teganau yn cynnig rhai ar fenthyg, am ddim neu'n rhad. I gael gwybod ble mae eich llyfrgell deganau agosaf, ffoniwch 020 7255 4604.
- Wrth i'ch babi fynd yn hŷn, peidiwch â cheisio dysgu unrhyw beth iddo tra bydd yn chwarae. Bydd eich plentyn yn dysgu orau os yw'n dewis beth i'w chwarae, a chi'n ei ddilyn e.

Welsh translation produced with support from the Basic Skills Strategy for Wales.