

# Babysitting activities

You have an important role to play in helping children to talk, now as a brother or sister, a babysitter or a carer and in the future as a parent. Try out the following activities for fun interaction when you are babysitting.

- Cuddle up together and read a book out loud. Don't be shy about getting into character, as words and actions bring the story alive.
- Babies love to hear the sound of voices. Sing a song - anything from the latest chart topper to a traditional nursery rhyme - and he will show his pleasure.
- Put on a video or children's television programme and talk about what is going on. Listen to them when they babble, coo, chat or smile.
- Small babies love physical touch. Gently tickle their face or count their fingers and toes.
- For older babies you can take out some of their favourite toys and play together. Make lots of sounds to go with what is happening, like "brmm, brmm" as you push a car.



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- Chatter as you carry out everyday activities. If you are heating a bottle or changing a nappy, talk through what you are doing in simple words, make plenty of eye contact and listen out for responses.
- If she is tired, it may be time for a nap or a quiet break. Don't worry, babies need a bit of time to themselves too.



*Talk To Your Baby*

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These babysitting activities may be photocopied and distributed freely.  
For more information visit [www.talktoyourbaby.org.uk](http://www.talktoyourbaby.org.uk). Talk To Your Baby is an initiative of the National Literacy Trust.