

# Games to Play with Babies

Third Edition

Jackie Silberg

Illustrated by Laura D'Argo

### **Author availability**

Jackie Silberg is an acclaimed speaker, teacher, and trainer on early childhood development and music. You can arrange to have her speak, present, train, or entertain by contacting her through Gryphon House, PO Box 207, Beltsville MD 20704-0207 or at [jsilberg@interserv.com](mailto:jsilberg@interserv.com).

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Jackie Silberg

# Games

NEW  
REVISED!  
50 New  
Games!

# to Play

# with Babies



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**Third Edition**



## **Dedication**

*This book is dedicated to the joy that babies bring into our lives.*

## **Acknowledgments**

Thanks to Kathy Charner, the most wonderful editor an author can have. She makes the words come alive.

And to the Gryphon House family who work together to produce the beautiful product that you are looking at now.

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Published by Gryphon House, Inc.

10726 Tucker Street, Beltsville, MD 20705

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Library of Congress Cataloging-in-Publication Data

Silberg, Jackie, date

Games to play with babies / Jackie Silberg ; illustrator, Laura D'Argo. — 3rd ed.

p. cm.

Includes index.

ISBN 978-0-87659-255-7

1. Games. 2. Motor ability in children. 3. Infants. I. Title.

GV1203.S536 2001

790.1'922—dc21

2001018976

Illustrations: Laura D'Argo

Cover photograph: © The Stock Market/Norbert Schafer, 2000

## **Disclaimer**

The publisher and the author cannot be held responsible for injury, mishap, or damages incurred during the use of or because of the activities in this book. The author recommends appropriate and reasonable supervision at all times based on the age and capability of each child.

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## From the Author

For as long as I can remember, I have loved spending time with young children. There is something so joyous in a baby's smile and laughter. For the past twenty years, I have taught classes for parents and babies together. We share times filled with songs, movement, games, fun, and learning. The parents have shared with me games that they play with their babies. All of the games in this book have been played and enjoyed by babies.

Playing games with babies is a valuable learning experience for babies and a bonding experience for both adult and child. Healthy bonding and attachment to loving caregivers give babies the emotional security so essential to their total development.

The latest brain research affirms the importance of stimulating babies to help their brain cells form connections, paving the way for future learning. The games in this book will help to "grow" the connections in babies' brains. In addition, they will improve babies' listening and language skills, spark their curiosity, increase their awareness of their bodies, and help them develop a sense of humor. Each game describes what babies will learn by playing it.



Observe babies closely as they interact with their environment and play these games. By responding to their interests and abilities, you are creating a healthy and challenging environment that will promote babies' physical, mental, social, and emotional growth. Also remember that babies need time alone. Sometimes they don't want to be picked up or played with. With your loving time, patience, and warmth, all the games in this book will give babies a beautiful beginning in life. Play these games with babies. Hold them close to you. Cuddle, pat, touch, kiss, and enjoy every single moment!

*Jackie Silberg*



### **Age range**

The age range given for each activity is an approximation. Remember that each child develops at his or her own pace. Use your knowledge of each individual child as the best judgment as to whether an activity is appropriate.

# Guidelines for Growth



## Birth to Six Months

### **Motor, auditory, and visual skills**

Holds up her head

Grasps a rattle or a toy

Rolls from her back to her side

Sits with hand support

Pulls to a sitting position while holding an adult's finger

Follows moving objects with his eyes

Focuses her eyes on small objects

Begins to reach for objects

Picks up blocks

Transfers objects from hand to hand

Reacts with a start to loud noises

Turns his head in the direction of a bell

Turns her head toward the sound of a voice

Responds to a voice with activity

### **Language and cognitive skills**

Babbles and coos

Gurgles upon seeing others

Makes simple sounds like “ahhh” and “oooh”

Says one sound repeatedly

Smiles, giggles, and laughs

Attempts to make a variety of sounds

Makes sounds when attended to

Smiles in response to attention

Shows eagerness by making sounds

Fusses when a favorite toy is removed

Responds differently to handling

Reacts to the sight of a toy

Shows awareness of a change in routine  
Attempts to repeat motions  
Reacts to strangers

### **Self-concept skills**

Inspects her own hands  
Brings things to his mouth  
Focuses her eyes on her moving hands  
Smiles at a mirror image  
Makes sounds to mirror images  
Anticipates feeding time  
Plays unattended for ten minutes or more  
Picks up a spoon  
Feeds himself crackers  
Holds a bottle part of the time  
Lifts a cup with a handle  
Looks directly at a person's face  
Recognizes parents and other familiar people  
Reaches for familiar people  
Responds to "peek-a-boo"  
Smiles in response to facial expressions

## **Six to Twelve Months**

### **Motor, auditory, and visual skills**

Bounces up and down in a standing position  
Sits unsupported  
Pulls pegs from a pegboard  
Rolls a ball while sitting  
Crawls rapidly  
Climbs on stairs  
Stands unaided  
Moves her hand to follow what her eyes focus upon  
Picks up small objects with his thumb and finger  
Puts a few blocks in a cup  
Bangs two blocks together

Looks at pictures in a book  
Drops small objects into containers  
Responds to tones and inflections in voices  
Recognizes familiar words and responds accordingly  
Shakes a bell in imitation  
Stops an activity after hearing “no”  
Shows interest in certain words and gestures

### **Language and cognitive skills**

Imitates speech sounds  
Babbles rhythmically  
Combines two syllables like “Dada” or “Mama”  
Imitates the sounds of animals  
Says the first real words other than “Mama” and “Dada”  
Attracts attention by making noises  
Imitates clapping hands  
Waves “bye-bye”  
Follows simple directions  
Understands “no”  
Shakes head to indicate “no”  
Pulls strings to obtain a toy  
Finds a block hidden under a cup  
Knows the meaning of “Dada” and “Mama”  
Removes a block from a cup when shown how  
Squeezes toys to make a squeak  
Looks to find toys no longer in sight

### **Self-concept skills**

Seeks or demands attention  
Pushes away another’s hands to keep a toy  
Holds her arms in front of her face to avoid being washed  
Holds his arms out to be picked up  
Sucks on soft foods from a spoon  
Holds, bites, and chews a cracker or a biscuit  
Feeds herself with her fingers  
Drinks from a cup with help

Controls drooling  
Responds to gestures  
Plays and enjoys “patty cake”  
Repeats a performance when laughed at  
Encourages an audience  
Cooperates in dressing by holding out his arms



**0–3 months**



