

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.

Other Books by Jackie Silberg

- Games to Play with Toddlers
- More Games to Play with Toddlers
- Games to Play with Two-Year-Olds
- 125 Brain Games for Babies
- 125 Brain Games for Toddlers and Twos
- 300 Three Minute Games
- 500 Five Minute Games
- The I Can't Sing Book

Bulk purchase

Gryphon House books are available at special discount when purchased in bulk for special premiums and sales promotions as well as for fund-raising use. Special editions or book excerpts also can be created to specification. For details, contact the Director of Marketing at Gryphon House.

Jackie Silberg
Games

**NEW
REVISED!
50 New
Games!**

to Play
with Babies



***gryphon house®*, inc.**
Beltsville, MD 20704

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.

Copyright © 2001 Jackie Silberg

Published by Gryphon House, Inc.

10726 Tucker Street, Beltsville, MD 20705

Visit us on the web at www.gryphonhouse.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the publisher.

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.

Table of Contents

From the Author	9
Guidelines for Growth	11

Games for 0-3 months

Tender Touching	17	High and Low	44
Sweet Dreams	18	Squeaky Toys	45
Good Night, Baby	19	Listen to the Sounds	46
Good Night Kisses	20	Different Voices	47
Sleepy Time	21	Follow the Bee	48
Loving Kisses	22	Tongue Fun	49
Touching Time	23	Mouth Noises	50
Special Times	24	Bedtime Talk	51
Coos and Hugs	25	Moving the Sound	52
Stroke the Baby	26	Learning With Classics	53
Baby Boop	27	A Language Game	54
Tickle Cheek	28	Can You Find Me?	55
Texture Glove	29	Black and White	56
Playing With Fingers	30	Seeing the World	57
Dance a Merry Jig	31	The Umbrella Mobile	58
Baby's Fingers	32	Birdie, Birdie, Tweet, Tweet	59
Rattles and Teethers	33	Mirror Fun	60
Baby's Bath	34	What Can I Look At?	61
Grass Games	35	Hold It Tight	62
I See You	36	The Hand Discovery	63
Baby Aerobics	37	Oh, How Pretty	64
'Round the Mountain	38	Moving the Picture	65
Exercise Fun	39	The Tracking Game	66
Kick, Kick, Kick	40	Flashlight Tracking	67
Turn Over, Baby	41	Puppet Games	68
No Distractions	42		
Find the Noise	43		

Games for 3–6 months

Sleepy Time	71	The Spider Game	95
Hush-a-Bye	72	Here Comes a Bug	96
Swim Little Fishie	73	Cockle Doodle Doo	97
What’s Cooking?	74	Here’s the Spoon!	98
All Around the House	75	Hand Fun	99
The Stroking Game	76	Jelly in the Bowl	100
Reaching	77	Baby’s Bottle	101
Exploring	78	Reach Out and Touch	102
Bumping Noses	79	How Does It Feel?	103
Baby’s Fingers	80	Tapping Away	104
Hello, Hands	81	Rhythm Talk	105
Fascinating Toes	82	Shake, Shake, Shake	106
This Little Toe	83	Where’s the Sound?	107
Fingers and Toes	84	Silly Sounds	108
Five Little Fingers	85	Sing, Sing, Sing	109
Touch Your Fingers	86	Twinkle, Twinkle	110
This Little Piggy	87	Talk to Me, Baby	111
Where Is Thumbkin?	88	Talking to Your Baby	112
Kick Those Legs	89	The Name Game	113
The Rolling Surprise	90	The Body Game	114
Up and Down		Talk, Talk, Talk	115
the Elevator	91	Look, Look, Look	116
Bouncy, Bouncy	92	Remembering	117
Fly, Baby, Fly	93	Roly-Poly Books	118
Diaper Fun	94		

Games for 6-9 months

Relieving Stress	121	Who Do You See?	126
A New Peek-a-boo	122	Zip, Zip, Zip	127
The Napkin Game	123	Rattle, Rattle,	
Which Hand Is It?	124	Rattle, Rattle, Bing!	128
Backstroke Baby	125	Where’s Your Toe?	129

Pinkety Pinkety	130	Fast-Food Fun	154
Creeping	131	The Dancing Game	155
Little Mouse	132	The Paper Game	156
Circles and Music	133	Feels Good	157
Baby Massage	134	Touch This	158
Where's the Mousie?	135	Texture Crawl	159
Stretch Up High	136	What Happens Next	160
One, Two, Kick!	137	Where's the Doll?	161
Ball Rolls	138	Sound vs. Silence	162
Bend and Stretch	139	Familiar Sounds	163
The Dropping Game	140	Choo, Choo, Choo,	
Crawling Fun	141	Happy Game	164
Floor Games	142	Mama, Dada	165
Tug of War	143	Name the Clothes	166
The Floating Game	144	Using Signs with Words	167
The Exploring Game	145	The Baby Story	168
Three Blocks,		Telephone Talk	169
Two Hands	146	Loo Loo Loo	170
What Toy Is It?	147	Bang It and Shake It	171
Cup Games	148	Making Music	172
The Cracker Game	149	Music Listening	173
The Macaroni Game	150	Old MacDonald	174
Muffin Tin Game	151	Song Cues	175
The Spoon Game	152	One, Two, One, Two	176
Pots and Pans	153		

Games for 9–12 months

Sleep Song	179	Powder Puff Fun	186
Niño Querido	180	The Rainmaker	187
Newcastle Lullaby	181	The Washing Game	188
Sleep Story	182	A Bath Surprise	189
I See the Moon	183	Squeeze Fun	190
Shoe Game	184	Floating Surprise	191
Combing Game	185	Catch the Toy	192

Let's Find Daddy	193	Mirror Parts	223
Shopping Fun	194	Open, Shut Them	224
It's Cold	195	Copy Me	225
Left, Right, Cross the Street	196	Tunnel Fun	226
Wrapping with Babies	197	Let's Play Ball	227
Make a Toy	198	The Toy Chase	228
Mr. Bear	199	In the Sky	229
Object Hide-and-Seek	200	Mommy Tunnel	230
Where Did It Go?	201	High Steps	231
Give Me the Toy	202	The Feely-Touchy Game	232
Ribbon Fun	203	M-m-m Nice	233
Gathering Treasures	204	The Bye-bye Game	234
Crackers	205	The Banana Game	235
I Can Do It Myself	206	The Shoebox Game	236
Look, I Can Pour!	207	The Glove Game	237
Water and Spoon	208	Two Tube Games	238
Find the Snack	209	Upside Down Game	239
Choo, Choo, Food	210	Sticky Game	240
Counting Buttons	211	The Cardboard Game	241
Does It Fit?	212	Trampoline Game	242
Boxes, Boxes	213	The Elbow Game	243
Stack Them Up	214	Pushing Game	244
Drop the Clothespin	215	Singing Fun	245
Find the Bell	216	Where's the Music?	246
Hats, Hats, Hats	217	Speech Rhythms	247
Drawing in the Snow	218	Wee Willie Winkie	248
Tap and Clap	219	Huff and Puff	249
Through the Hole	220	Where's the Foot?	250
Whoops, Johnny	221	Simple Directions	251
So-o-o Big	222	Special Book	252

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



