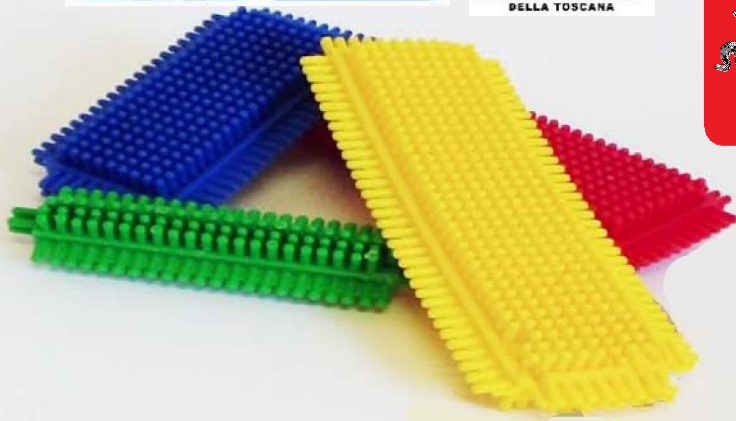




Con il patrocinio di
**REGIONE
TOSCANA**



Information Guide

Play with me!

Recommended activities to boost the development of praxis skills



Playing together!

Dear Parents,

This book has been written for the purpose of offering tips and ideas to play with your children in a simple, creative, and eco-friendly manner.

Ideas that don't have to become exercises or recreational tests to try out on your children, like at school or in therapy; their aim is to provide fun experiences for discovery, exchange and of course, to help them acquire new skills.

There are ideas to build together, to give you ideas for those afternoons spent together, as an alternative to screens, and a way to boost self-confidence and their own sense of efficiency.

The importance of play

“It should be noted that children at play are not playing about; their games should be seen as their most serious-minded activity”

Michel de Montaigne

Through play,

a child will discover and experiment with:

- his/her body
 - how he/she relates to others and with objects
 - the space around him/her
- This way, he/she learns the necessary skills for balanced development (emotional-relational, cognitive, language,3 motor-praxis)

Join in the Game

When you play with your child:

- put yourself at his/her height
 - try to meet his/her gaze
 - observe what he/she does
- give him/her the time to experiment
- offer him/her the possibility to do what you do
- get in tune with his/her emotions and ...

Have fun!

Children need to explore and get to know things with all their senses.

That's why, during the first two years of life, it is important to offer and share real objects with them.

The World Health Organisation has published a few recommendations: children and babies **MUST NOT** be left to passively watch the television, smartphones, tablets, or computers. The new guidelines state that during the **FIRST TWO YEARS OF LIFE** children **MUST NEVER** be left to sit passively in front of a screen.

The limit for children between the ages of 2 to 4 years is one hour a day, but less than an hour would be better.

YES, to the Internet and to technology!

But as a source of ideas and tips for building new games and play materials for your child



“A treasure basket”

From 6 months



The treasure basket is an activity for children over 6 months of age, babies who can sit up unaided and whose interest in the world around them has significantly increased. A unique experience, thanks to which they can discover and explore the world with their senses. By handling items, children can discover a lot about a specific object, such as weight, size, shape, and noise...If properly organised, a treasure basket can become an opportunity to discover new things using concentration and hand-eye coordination.

Things to put in a treasure basket

- NATURAL ITEMS: pinecones, shells, conkers, stones, natural sponges, and coconut shells;
- ITEMS MADE FROM NATURAL MATERIALS: balls of wool and cotton reels, straw table mats, shaving brushes, toothbrushes, wooden combs, brushes with natural bristles;
- WOODEN ITEMS: rattles, clothes pegs, curtain rings, spoons, eggcups;
- METAL ITEMS: bunches of keys, chains, kitchen whisks, saucepans, cigar boxes, jar lids, small graters, biscuit cutters, bathplug with chain;
- SOFT ITEMS: in leather, fabric, rubber, fur: powder puff, pieces of rubber pipe, tennis ball, leather purse or bag with zip, fabric bags (tightly stitched) containing lavender, thyme, or cloves, shoehorn.

“A treasure basket”



A few examples:

- TO USE SIGHT/HEARING/TOUCH TOGETHER: rattles, bunches of keys, plastic bubble wrap, tin foil...
- TO USE SIGHT/TOUCH TOGETHER: plushies, sandpaper, rubber toys, sand, pulses, different types of flour, uncooked pasta, shaving foam...
- TO USE TOUCH/TASTE/SMELL TOGETHER: cream, carrots, salt dough ...

What if the child puts them in his/her mouth?

For small children, it's normal to explore things by putting them in their mouth. This is first way they have of getting to know the world (always under careful adult supervision).

Tight pinching

Give your child the possibility to try out tight pinching with small edible items, such as breakfast cereal balls or pieces of biscuit.

From 9 months



Strengthening tight pinching



Picking up small pieces of plastic with tongs



Creating frames out of clothes pegs and plastic containers.

Inserting eggs

Get the child to insert plastic eggs into a container with a hole in the lid.

From 10 months



Everyday items for using hands

From 18 months



Opening and closing Velcro fastenings on shoes

From 20 months



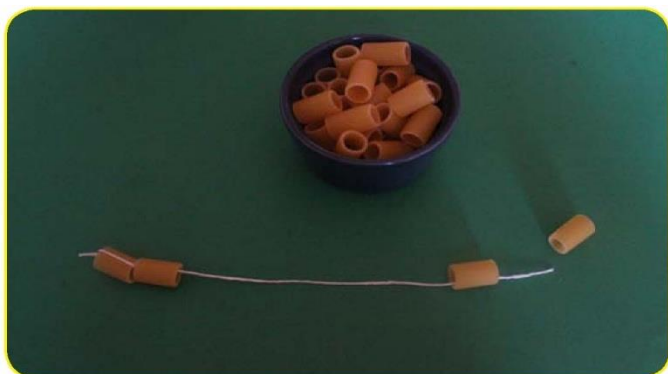
Opening and closing a zip (bags, jackets, backpacks, etc.)

From 24 months



Screwing a bottle top on and off

Necklaces



From 24 months

Making a necklace with pasta (such as small tubes) and a stiff thread (cooking twine soaked beforehand in PVA glue and left to dry) or a shoelace

Pasta or button necklace

From 24 months



Thread buttons or smaller pieces of pasta, such as paternostri small rounds, on a shoelace or piece of kitchen twine.

The “inserting” game



Insert biro pen lids into the corresponding opening in a container lid



Insert corks into the corresponding slot.

Insert small discs into the corresponding slot



From 24 months



Insert beads over kitchen skewers blocked in a ball of modelling clay/ salt dough



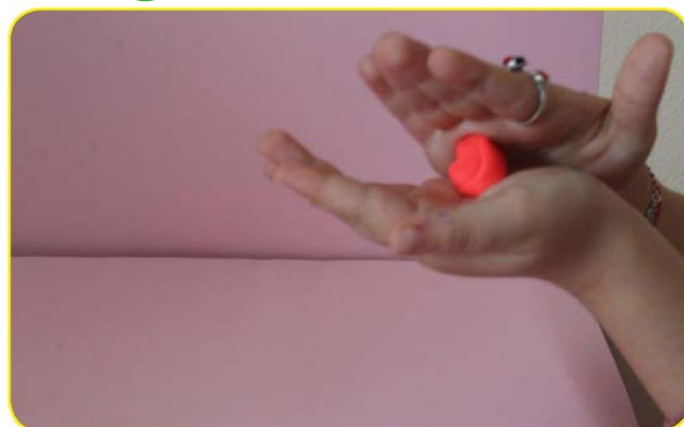
Insert sticks into the corresponding openings

Interlocking pieces

24 months and over



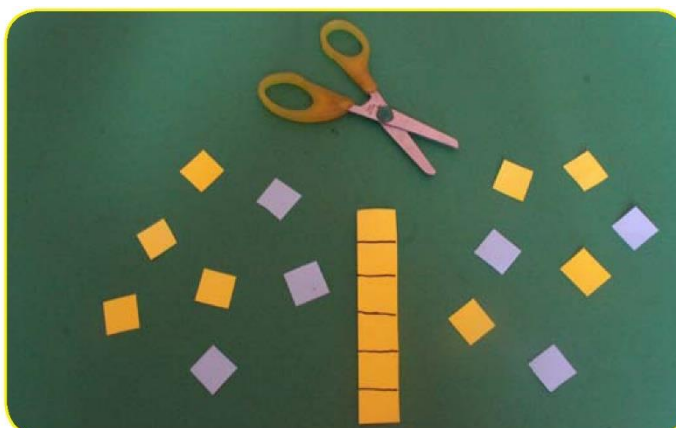
Playing with dough



Handling modelling clay or bread dough

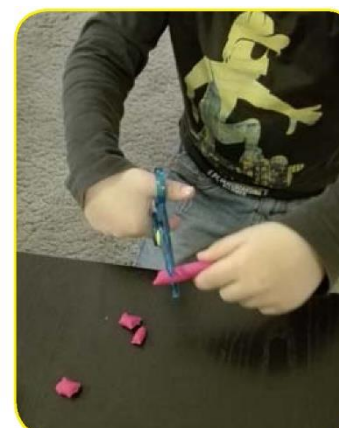
Some ideas with scissors

From 36 months



Cut out confetti, following the lines

Play with play dough (or salt dough) to create “snakes” or cut it with rounded scissors to make “dumplings” or “sweets” to feed to a toy



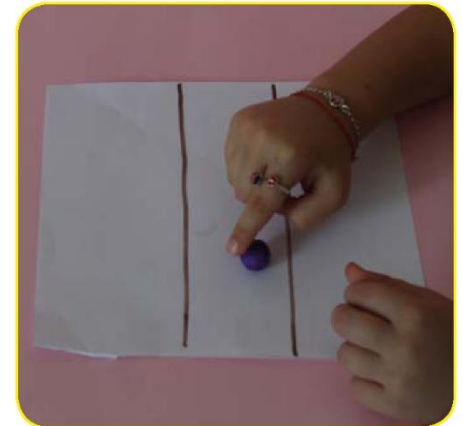
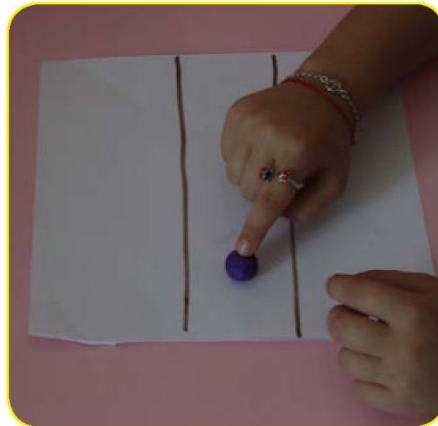
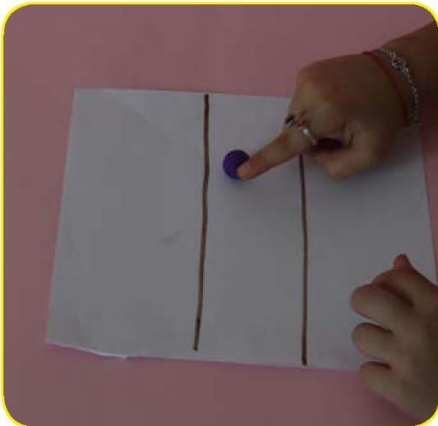
Pegs

Let the child insert the pegs into the board in random order (or in lines) or following a pattern

From 24 months



Pathways



Prepare a route on a sheet of paper and push a marble or small ball all the way along the route with one finger

Bolts

From 36 months



Finger puppets



A game with finger puppets who must:

- greet each other with a kiss (placing the thumb against the other fingers)
- move some small items together (with the thumb against the other fingers)
- bow (bend each finger)
- wake up (stretch each finger from a closed fist)
- do these movements first with one hand and then with both at the same time

The game on the previous page can be played with small stickers with faces or characters attached to the top of each finger, or by drawing a face on each of the fingertips.



GAMES TO PROMOTE FINE-MOTOR SKILLS

Sensomotor experience supports and facilitates the organisation of increasingly complex and intentional actions (praxis) that allow children to: get dressed/undressed eat and drink on their own write and draw organise their backpackBE INDEPENDENT!

Make the most of your own interests!

You can get your children involved in simple, everyday activities. They will enjoy helping you and they can develop new skills to feel proud of!

In the kitchen

mixing dough



mixing



Shelling peas or beans



Setting the table



In the garden

digging



watering



Collecting flowers and leaves



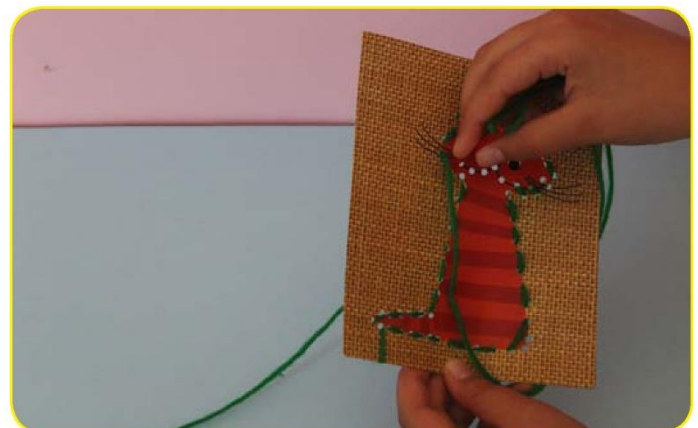
In the house

- Mending things (screwing/unscrewing)
- Hanging washing (with clothes pegs)
- Putting things away (e.g. emptying the shopping bags or the dishwasher)
- Gluing broken items



From 36 months

Let's experience things that might be dangerous, by playing let's pretend (coking, Hammering in nail, sewing, sawing...)



Skittles



Play with a ball that can be thrown using both hands (up to 3 years) or one hand (4 years and above) in the direction of the skittles, aiming to knock over as many as possible. Plastic water bottles, filled with water according to the difficulty level, can be used in place of skittles



Throwing and catching games

From 4 years



Try throwing and catching a small ball using a cup



Play at throwing darts or balls, trying to hit the center of the target to improve grip and aim



Play tennis, first with a balloon and then with a ball, to improve aim



Screw some pieces of tissue paper or foil into balls. Aim to throw the balls into a bucket

Putting together two pieces at a time and gradually increasing difficulty to complete a puzzle

From 24 months



Memory or picture bingo



Play at finding the same image or at filling the boxes with corresponding images. This is a game they can play by themselves, in pairs or in small groups. The images can be made from cardboard with printed photos or drawings.



Guess where it goes and how to put it there

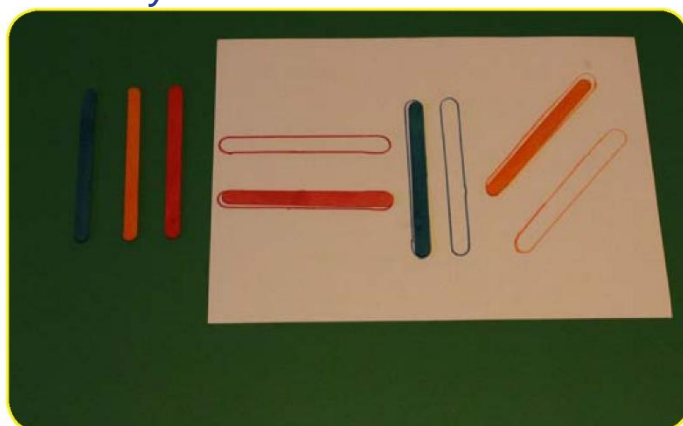
From 24 months

The child has to place the ball on the corresponding colour



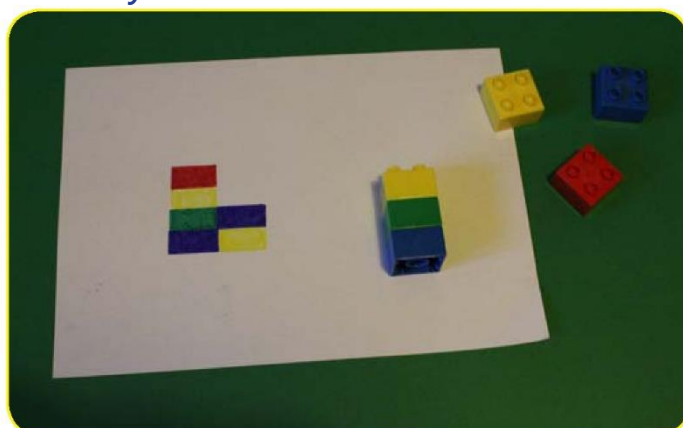
From 4 years

Place the coloured sticks on the shapes in the corresponding colour and in the correct position



From 4 years

Use coloured blocks to build towers, trains, steps, and different layouts, starting from the simplest to the more complex (such as structure and number of pieces). Build together, using one block at a time, or give them a model already completed and a drawing to follow



Block towers

From 20 months

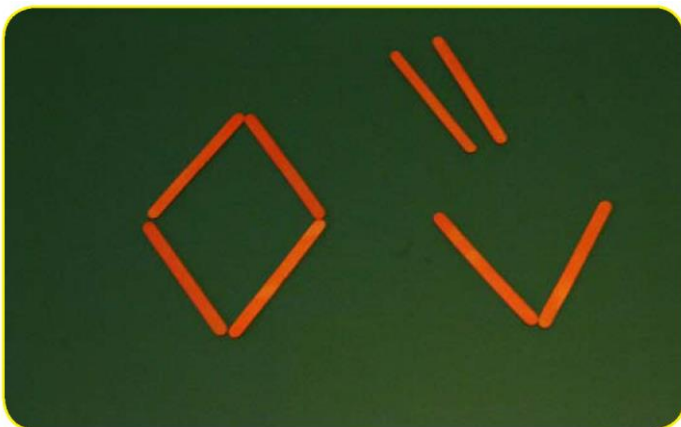
Create a tower or a train with building blocks



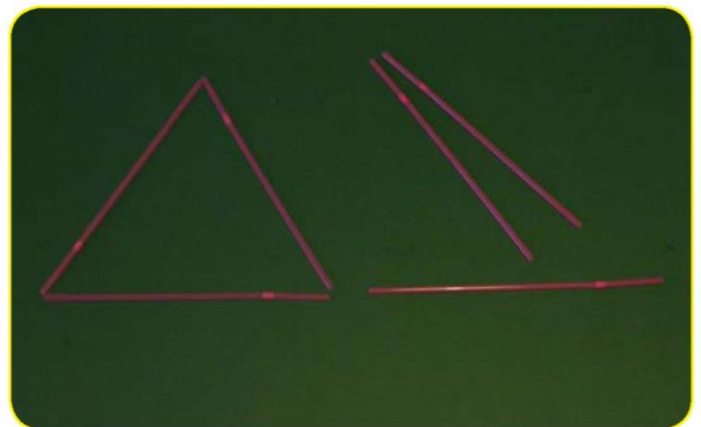
Planning and sequencing with sticks

From 4 years

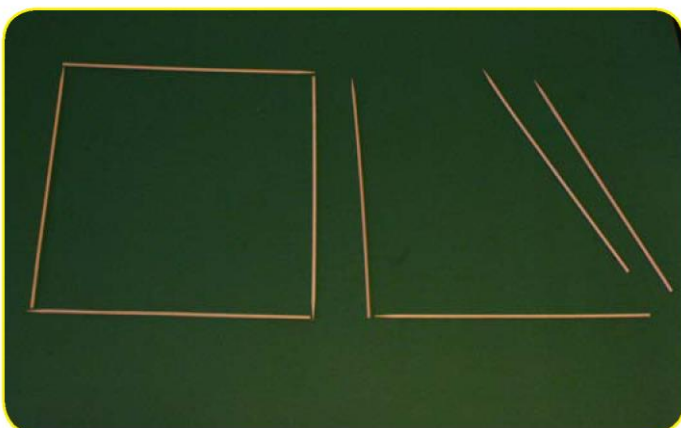
Copy the geometric shapes with:



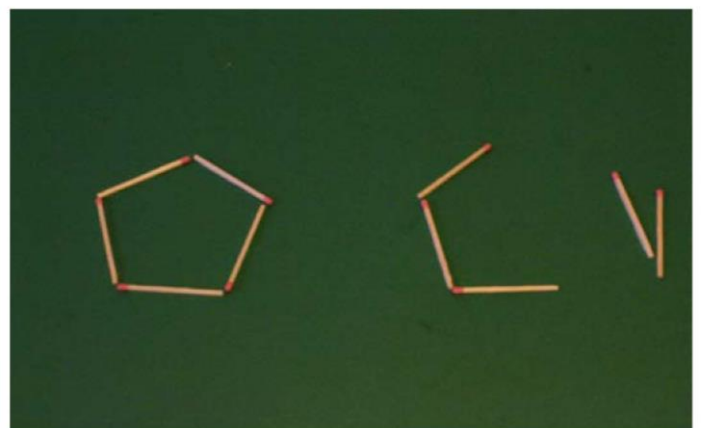
sticks



drinking straws



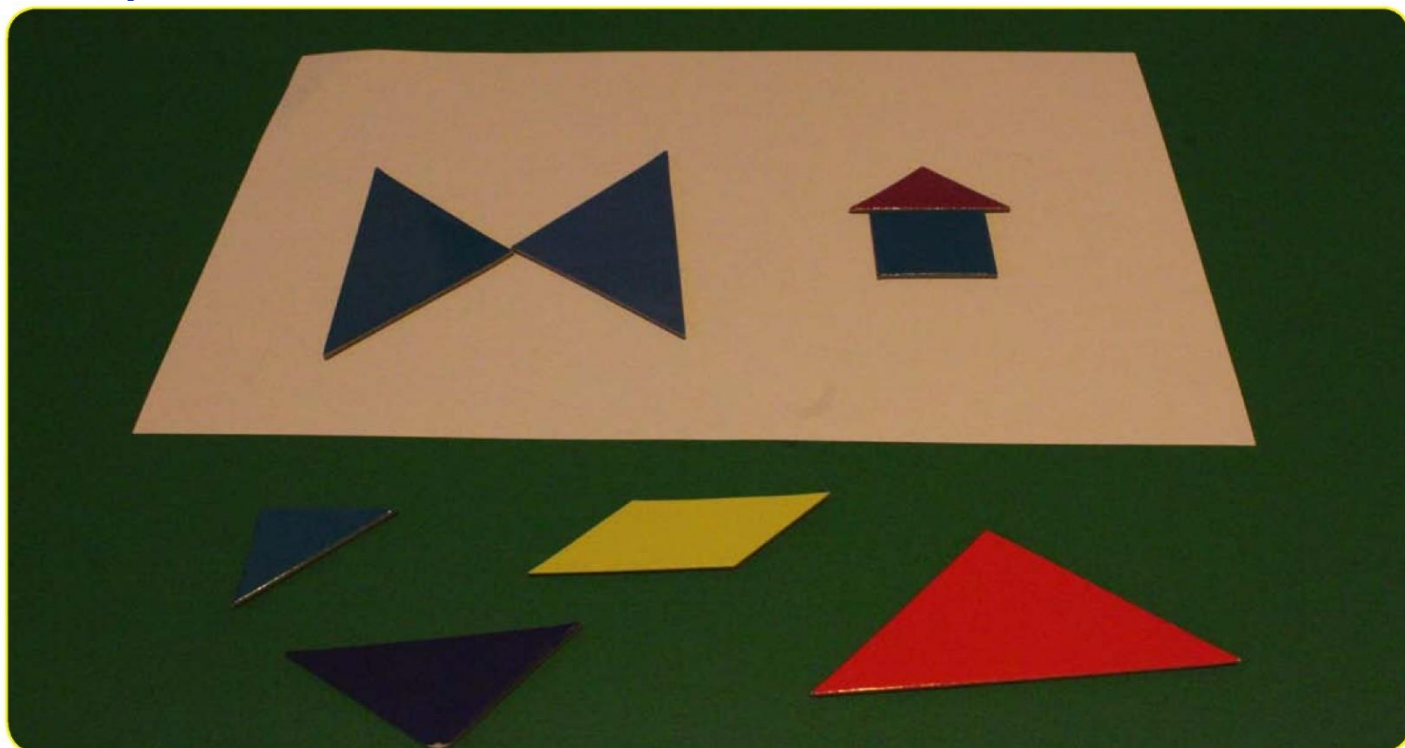
wooden skewers



matchsticks

Tangrams

From 4 years



Use geometric shapes to create figures

From 5 years



With seven tiles in different shapes, it is possible to create figures using all of the pieces

Start with overlapping different pieces and then copy figures.

To create the 7 shapes, search for "Tangrams to colour in" on the Internet. There are lots of photos and shapes to give you ideas

Drawing with maize flour

From 4 years



Vertical surfaces

Use a chalk or pen board, or parcel paper hung on a wall
Have them copy vertical and horizontal patterns, circles, crosses, boxes, snakes, clouds, etc.



Stencils



By the
Developmental Neuro and Psychomotricity Therapists of
the Toscana Centro Regional Health Authority

With contributions from

Ordini TSRM PSTRP di

Firenze, Arezzo, Prato, Pistoia, Lucca, Massa Carrara
Pisa, Grosseto, Livorno
Siena

Photos by

Caterina Fineschi

TPX 5195 AUSL TC GRAFICA - LM



These ideas are the result of the professional experience of a group of therapists working in Developmental Neuro and Psychomotricity.

The work of the Developmental Neuro and Psychomotricity therapist has the main aim of promoting balanced, harmonious development in children considered as a whole.

This type of therapist works with multidisciplinary teams formed by healthcare workers from the fields of rehabilitation, child neuropsychiatry, psychology, and professionals from the fields of paediatric and educational rehabilitation globalità.

For more information and advice, you can contact the Developmental Neuro and Psychomotricity Therapist at the Child and Adolescence Rehabilitation Service at your local healthcare district.

We would like to thank all the children who were our models for the making of this booklet

RECOMMENDED BOOKS

GIOCO, CREO E IMPARO, V. SANTI, ASTRO EDITORE 2019.

I GIOCHI PIÙ STIMOLANTI E CREATIVI DA FARE CON IL TUO BAMBINO DA 0 A 6, G. COZZA, NEWTON COMPTON EDITORE, 2018.

IL GIOCO DEI BAMBINI, E. BAUMGARTNER, CAROCCI EDITORE, COLLANA LE BUSSOLE, 2010.

“GUIDELINES ON PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP FOR CHILDREN UNDER 5 YEARS OF AGE” – WORLD HEALTH ORGANIZATION (2019).

MONTESSORI ACTIVITY BOOKS FROM 0 MONTHS TO 6 YEARS.

TIPS FOR BROWSING THE WEB

LAMINAFACORY.COM/2018/09/5-CESTINI-DEI-TESORI

-PER-BAMBINI-DAI-6.HTML

SOCIAL NETWORK PINTEREST (FOR EXAMPLE, SEARCHING FOR “GAMES FOR FINE MOTOR SKILLS”, FOR EXAMPLE, OR “GRAPHOMOTOR ACTIVITIES”).

NUVOLEINSCATOLA.IT

PASSETTIDALUMACA.COM