

HULLABALOO

Baby Playbook



THEATRE

Hullabaloo

THEATRE with CHILDREN at the heart

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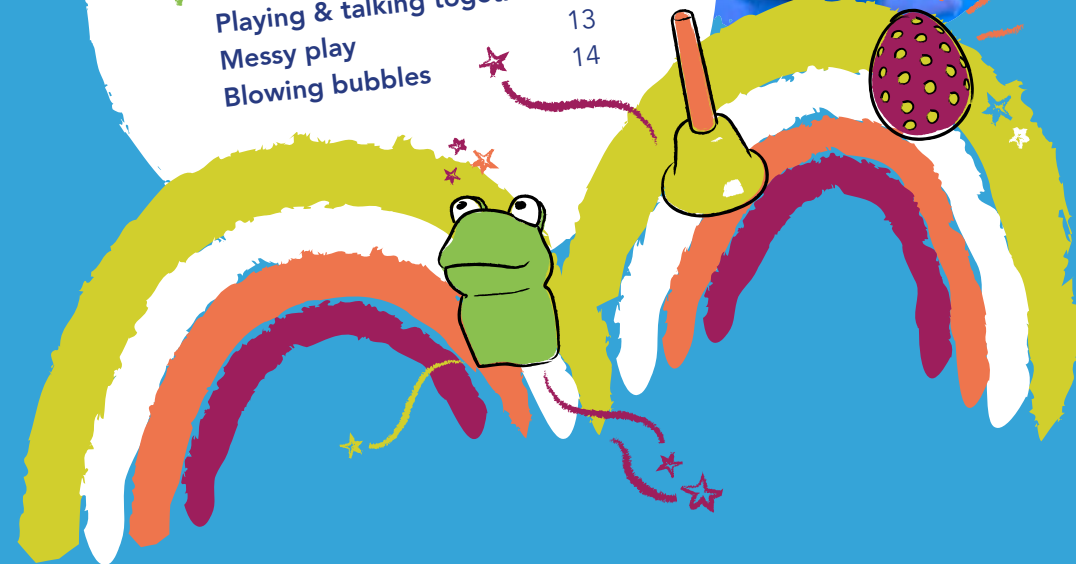
Theatre Hullabaloo believes that creativity should be part of everybody's childhood.

We are a registered charity based in Darlington and we are regularly funded by Arts Council England to make, tour and present theatre for children and families. We are particularly passionate about the benefits of live performance and creative play in the lives of babies and very young children.

We are based at The Hullabaloo, the only purpose-designed theatre for children and families north of London, where we offer some of the best theatre for children from around the world, alongside specially created play installations, storytelling and lots of fantastic family activities and events.

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HELLO!

It's time to play...



WELCOME TO YOUR HULLABALOO BABY PLAY PACK!

Here at Theatre Hullabaloo, we believe that creativity should be part of everybody's childhood and that you and your baby can enjoy playing creatively together as soon as they arrive. We have put together these Baby Play Packs for you and your baby to enjoy together, let's have some fun!

Why is play important?

Play is your baby's way of learning about the world around them. When your child hears, sees, touches, tastes, or smells something, messages are sent to their brain and important connections are created. Activities such as rocking your baby, singing to them, reading, playing and laughing with them all help to shape your child's brain.

Did you know?

Play allows babies and children to use their creativity while:-

- **developing their imagination**
- **supporting their physical development**
- **helping them to develop stronger bonds with their parents and carers**

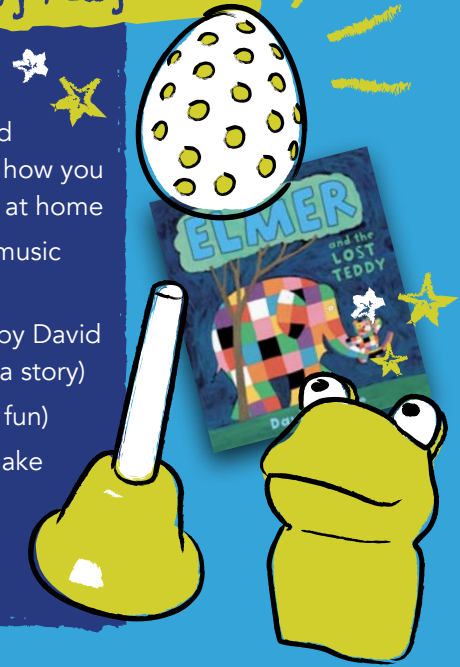
Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.



What's in the Hullabaloo Baby Play Pack?

In your box you will find:

- **Hullabaloo Baby Playbook** with suggested activities, words to songs and ideas about how you can extend your play with things you have at home
- **A shaker** (for you and your baby to make music together)
- **A board book:** Elmer and the Lost Teddy by David McGee (so you can snuggle up and enjoy a story)
- **A colourful scarf** (for hours of peek-a-boo fun)
- **Two finger puppets** (so you can start to make your own stories for your baby)
- **A bell** (for music making and attracting baby's attention)



Please note these items are not suitable for children under 3 years old to use without the supervision of an adult.

As well as the ideas that are included in this booklet, we have also asked some of our Hullabaloo Friends to make some short videos to give you some ideas to use the items in the pack to play creatively with your baby.

These videos include singing, puppetry, music making and storytelling.

You can find these videos at theatrehullabaloo.org.uk

they are free to watch and you can watch them as many times as you wish. We hope that the Hullabaloo Baby Play Packs inspire you and give you hours of fun with your baby.

If you would like to contact us about these packs, please email us at info@theatrehullabaloo.org.uk

Theatre Hullabaloo. xx



Moving to music!

Everybody enjoys listening to music, whether it is nursery rhymes, classical, pop or music from around the world.

Moving to music is a great way of letting your baby express themselves. Hold your baby in your arms as you move to the beat.

Being held will make them feel secure. The beat will remind them of the heartbeat they felt and heard when they were inside the womb.

Let's Play

Choose a song with a strong beat and clap your hands to mark the rhythm whilst you sing to your baby (don't worry if you're not the best singer, baby won't mind!) Even young children will copy your movements, such as clapping hands if you are close enough for them to see.

You could sing:

*Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can
Prick it and pat it and mark it with B
And put it in the oven for baby and me*

Place the shaker in your baby's hand whilst you sing together. Babies as young as two months will be able to grasp the shaker and they will enjoy making music with you.



Songs & rhymes

There are lots of benefits of singing with your baby. Babies love rhythms and patterns, so songs like nursery rhymes which are repetitive and start and finish in a predictable way are lots of fun to sing together.

Singing songs is a perfect time to hold your baby on your lap and have them facing you while you sing, a great way to support their well-being.

Let's Play

You don't have to be a brilliant singer and incorporating some actions or props into your nursery rhymes can be fun too.

When baby is able to grasp objects, let them play along with the rattle or add some percussion by hitting a pan with a wooden spoon.

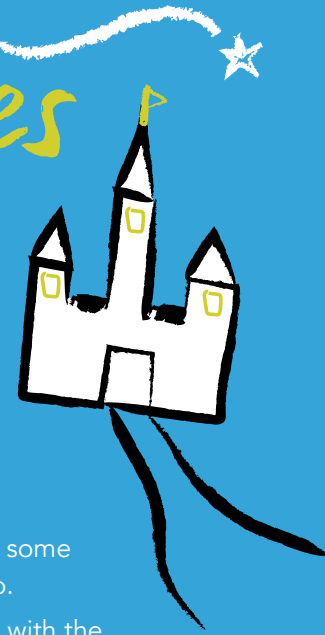
Visit our website to hear some of our Hullabaloo friends singing their favourite nursery rhymes and songs. Here are the words so you can join in too.

If You're Happy and You Know It

*If you're happy and you know it, clap your hands!
If you're happy and you know it, clap your hands!
If you're happy and you know it and you really want to show it;
If you're happy and you know it, clap your hands!*

Wind the Bobbin Up

*Wind the bobbin up, wind the bobbin up,
Pull, pull, clap, clap, clap.
Wind it back again, wind it back again,
Pull, pull, clap, clap, clap.
Point to the ceiling, point to the floor,
Point to the window, point to the door.
Clap your hands together, 1,2,3,
Put your hands upon your knee.*



Row, Row, Row Your Boat

Put your baby on your lap and 'row' backwards and forwards in time.

Don't forget to scream when you see the crocodile!

*Row, row, row your boat,
Gently down the stream,
Merrily, merrily, merrily, merrily,
Life is but a dream.*

*Row, row, row your boat,
Gently down the stream,
If you see a crocodile
Don't forget to scream!*

*Row, row, row your boat,
Gently across the puddle,
If you see a teddy bear,
Don't forget to cuddle!*

Lullabies

Lullabies are scientifically proven to lull babies to sleep. They also strengthen the bond between you and your baby and can be a soothing part of the bedtime routine.

Here are some of our favourite lullabies:-

Twinkle, Twinkle, Little Star

*Twinkle, twinkle, little star,
How I wonder what you are,
Up above the world so high,
Like a diamond in the sky,
Twinkle, twinkle little star,
How I wonder what you are.*

Sleep, baby, sleep

*Sleep, baby, sleep,
Father tends the sheep,
Mother shakes the dreamland tree,
And from it fall sweet dreams for thee,
Sleep, baby, sleep,
Sleep, baby, sleep.*

Incy Wincy Spider

*Incy wincy spider climbed up the
water spout,
Down came the ran and washed the
spider out,
Out came the sunshine and dried up
all the rain,
And Incy wincy spider climbed up the
spout again.*



Peek-a-boo

Peek-a-boo is a favourite game for babies and their grown-ups to play together. It stimulates baby's senses, builds gross motor skills, helps visual tracking, encourages social development and, best of all, makes them chuckle. Importantly, it also introduces the idea that even though your baby can't see something (like your smiling face), it still exists and you will reappear.

Let's Play

Using the scarf* from your pack, lie baby underneath and hold the material so it covers your face. When you say peek-a-boo, gently lift the scarf down to reveal your face to your baby. You can sing:

Where is... e.g. Mammy / Daddy etc?

Peek-a-boo

Where is Mammy?

Peek-a-boo

Where is Mammy?

Peek-a-boo

Peek-a-boo my Mammy.

You can then place the scarf lightly over baby's face and gently lift it up and down whilst you sing:

Where is baby?

Peek-a-boo

etc.

Replace 'baby' with your child's name too (e.g. Where is Harry?)

Smile and make eye contact with your baby as you sing, you'll make them giggle if you really enjoy the 'boo'.

Play Peek-a-boo with teddies too! Once you've introduced the game, let baby hold the scarf and try and hide and boo.

You can check out some more Peek-a-boo games with some of our Hullabaloo friends on our website.

* we recommend that you handwash the scarf in a gentle detergent before use



story time



Reading to your baby, no matter how young they are, is a great way to develop the close and loving bond you have with each other. Your baby will love the undivided attention and cuddling up will make them feel safe and secure, which is important for social and emotional development.

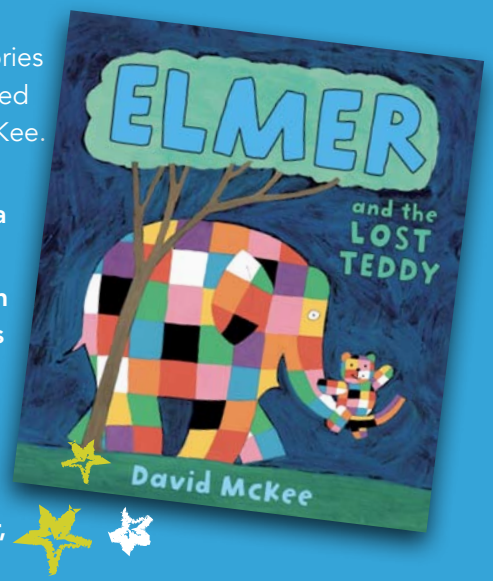
But reading to your baby isn't just great for bonding. The more words your baby hears in those first few weeks, months and years, the better their language skills are likely to be later on.

Talking to your baby about what you're both doing throughout the day is one fantastic way of helping to develop their language and understanding. Reading stories and looking at books together builds on this, by introducing your baby to words that don't naturally crop up in everyday life.

Let's Play

We've included one of our favourite stories for little ones in your Play Packs, it's called Elmer and the Lost Teddy by David McKee.

- Snuggle up with your baby in a quiet space at home like a chair or a beanbag.
- Read slowly and spend time on each page after you read the words - this lets your baby focus on the shape of words and pictures.
- Point out and name familiar and new things your baby sees on the page, the more words children hear, the more words they learn.
- Change the tone of your voice as you read - this makes it easier for your baby to pick up on different speech sounds which is an important step towards learning to make sounds themselves.
- Hold the book fairly close to your baby so they can see. You can hold your baby close, on your knee or sit in front of them while you read, so they can see your face too.
- Try out funny noises and sounds - play and have fun!



For more storytime tips and to hear one of our Hullabaloo friends reading *Elmer and the Lost Teddy*, visit our website.

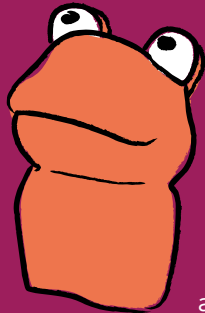
BABY BOOK TOP TIP:

Black and white books with simple lines and bold patterns are easier for baby to see. Choosing to look at these books together will help your baby learn to focus.

playing & talking together

Talking with your baby can help with their language and communication development. When children hear more words, it helps to improve their understanding of language, and increases the number and variety of words that they can understand and use. And it's not just about better language skills, talking with babies helps their brains develop.

Even though your young baby doesn't have words yet, they will still communicate with you through crying, eye contact and listening. Later on, your baby will coo, smile, laugh, make more sounds and move their body to communicate with you.



Let's Play

You can use the finger puppets in your pack to...

- Tell a story
- Sing a song
- Have a conversation with your baby

Puppets are engaging toys that can help support language skills and communication, including talking about feelings, and help children learn and understand the world around them through safe, imaginative play. If you and your baby enjoy playing with the finger puppet, you can introduce teddies and other toys - make sure to give them silly voices and let them sing and dance!

Playing games with your baby can be fun and will help them to learn to take turns. Choose a game that doesn't take too long. You can build a conversation with your baby through a game and it can be really simple - they drop a toy, you pick it up and give it back to them and then repeat.

When your baby can sit up, roll a ball to them for them to roll back. Learning to take turns is an important part of developing an understanding about how conversations work.

More ideas for playing at home

MESSY PLAY

Babies love to get messy and use all of their senses to explore the world around them. Let your baby know it's okay to be messy.

It's a good idea to try this before bath time!

Let's Play

Sit your baby in the high chair and let them play with some mixture on their tray. Let them get used to the feel of something different on their hands. Don't worry if some of the mixture ends up in their mouths as this is how babies explore.

Use any of the following mixture:

- Jelly
- Cooked pasta
- Cooked rice
- Mashed potato
- Gloop (mix cornflour or custard powder and water until it is stiff, it will become more liquid when handled)

Copy the actions and noises your child makes as they explore. This will help them to interact and tune into sounds.

Make sure you get stuck into the mess-making too!



BLOWING BUBBLES

Children of all ages love bubbles, you can use shop bought bubble mixture or make your own (see below).

Let's Play

Blow bubbles for your baby and watch how they react. You could copy the sounds they make as they look and reach for the bubbles.

Makes 350ml

Prep 5 minutes

- 50ml washing-up liquid (one part)

- 300ml water (six parts)

1. Measure the washing-up liquid into a container, such as a jam jar or glass bottle.
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together.
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!



If you don't have a bubble wand, you can blow bubbles through a drinking straw or by making a circle with your finger and thumb.

See how big you can make your bubbles or can you blow lots and lots of little ones? Can you pop them with your finger?



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