



January – Book of the Month

Spot the Dog Series

For Ages: 0 - 5+ years

Great because:

- There are many different 'Spot' books - there should be one in your library!
- Make reading a peek-a-boo game with the 'lift the flaps'.
- Bright pictures are great for young children.
- Kids see Spot explore - this helps them to make sense of their world.
- Help children learn new words with different Spot books – farm words, counting, colours, and animals.
- There are also books for older children to learn words about school, telling the time, feelings and relationships.



No Spot books? Just choose a different book about dogs from the library.

Any questions about Child Development or want more information on these ideas?
Contact **Bunbury Community Health** for more information on 08 9795 2888 or email us at:
WACHS-SWPHHudsonRdAdmin@health.wa.gov.au





January – Activity of the Month

‘Peek-a-Boo’ and ‘Hide and Seek’

Peek-a-Boo

For Ages: 4 – 12 months

- A very simple game. Hide behind an object (hands, rug, or book) and say ‘boo’ when you reappear.
- Children have fun playing with you. You are the best ‘toy’ for your child - babies love playing with people more than ‘things’.
- Children start to learn that objects don’t disappear when they can’t see them.
- Help your child to build speech skills and develop their emotions.



Hide and Seek

For Ages: 6 months – 5+ years (becomes more complex)

- Start simple and let children find objects you have partly hidden.
- Get kids to hide (in a safe spot) for you to find them.
- Children learn to play together and older kids can help younger kids hide.
- Talk about where you are looking – “is it under the table?”, “is it on the TV?”
- Children can practice counting and solving problems.
- The older children get – the better their hiding spots become.



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January – Toy of the Month

Torch



For ages: 2 - 5+ years

Great because:

- Use them to go find insects, cane toads or other animals at night.
 - Have fun playing hide and seek - early games with rules help your children learn social skills. Little kids get very excited and might learn to count or say “found you”.
 - You can teach concepts including: on, off, light, dark, night, day.
 - Turning a torch on and off is good to help little hands grow strong
 - Try reading books in the dark with a torch. This can help children who have trouble sitting and looking at the book.
- Encourage imagination by pretending you're camping or police officers.

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