



Infant Play During Hospitalization

Even though your baby is in the hospital, play is still an important part of his development and something he can enjoy with you.

Hospitalization is a stressful and sometimes over stimulating experience for babies. It is important to read your baby's cues when timing play experiences.

"I'm ready to play cues" include:

- Eyes wide and bright
- Smiling and focusing on you when you talk
- Smooth movements of arms and legs
- Turning eyes or head towards you
- Cooing, babbling or talking
- Raising head
- Sucking, mouthing or smacking lips

"I need a rest or a break" cues include:

- Turning head away
- Crying/fussiness
- Back arching
- Pushing away
- Change in skin colour – pale or red skin
- Yawning
- Wrinkled forehead
- Fast breathing

Ideas for Play

Face games – Your baby loves to look at your face. Use big, exaggerated facial expressions, move your face closer and farther away, nod your head up and down or shake from side to side. Add singing or talking to make this a multi-sensory experience.

Mirror play – Use a small mirror and position so your baby can see herself. Peek over her shoulder so you are also visible in the mirror. Prop the mirror up while your baby is on her tummy to keep her interested in "tummy time".

Family photos – Make a small book of family photos to show your baby. Talk about family members, tell family stories and describe the details of the pictures.

Positioning – Hold and move your baby in a variety of positions. Rock, sway, swoop, dance and bounce gently around while holding him so he can see your face, then hold him so he is facing outward.

Toys – Lightweight, brightly coloured rattles and teething toys that your baby can grasp are best. Small infant toys that glitter or light up can be interesting too. Toys with different textures (soft, bumpy, smooth etc.) touched to different body parts provide a sensory experience.

Body play – Your baby's body provides ample activities for play. Sing/chant finger play songs and nursery rhymes and help your baby move to the motions. Simple "exercises" such as moving your baby's arms or legs gently up and



down while singing or talking will delight him and encourage body awareness. Help your baby touch different body parts such as cheek, belly button, etc. while you label the words.

Books – Books are an excellent play time activity that provide a multi-sensory experience as he hears your voice, sees the pictures and touches the pages. Consider choosing sensory books with different textures or a special book that you share together at a certain time each day.

Nursery Rhymes

Hey Diddle Diddle

Hey diddle diddle the cat and the fiddle the cow jumped over the moon. The little dog laughed to see such a sight and the dish ran away with the spoon.

Old King Cole

Old king cole was a merry old soul and a merry old soul was he. He called for his pipe and he called for his bowl and he called for his fiddlers three.

Little Miss Muffet

Little miss muffet she sat on her tuffet eating her curds and whey. Along came a spider who sat down beside her and frightened miss muffet away

Three Little Kittens

The three little kittens they lost their mittens and they began to cry. Oh mother dear we sadly fear our mittens we have lost. What, lost your mittens, you naughty kittens then you shall have no pie. Mee-ow, mee-ow, mee-ow, mee-ow, you shall have no pie

Mary Had a Little Lamb

Mary had a little lamb, little lamb, little lamb. Mary had a little lamb who's fleece was white as snow. Everywhere that Mary went, Mary went, Mary went. Everywhere that Mary went the lamb was sure to go.

Hickory Dickory Dock

Hickory dickory dock the mouse ran up the clock. The clock struck one and the mouse ran down. Hickory dickory dock.

Humpty Dumpty

Humpty dumpty sat on a wall. Humpty dumpty had a great fall. All the kings horses and all the kings men couldn't put humpty together again

Baa, Baa Black Sheep

Baa, baa black sheep have you any wool. Yes sir, yes sir three bags full. One for my master and one for the dame and one for the little boy who lives down the lane

Little Bo Peep



Little Bo Peep has lost her sheep and doesn't know where to find them. Leave them alone and they'll come home wagging their tails behind them

Jack and Jill

Jack and Jill went up the hill to fetch a pail of water. Jack fell down and bumped his crown and Jill came tumbling after.

Finger/Toe and movement songs

This Little Piggy When to Market

This little piggy when to market
This little piggy stayed home
This little piggy had roast beef
This little piggy had none
This little piggy cried wee, wee, wee all the way home

Eency Weency Spider

Eency weency spider when up the water spout
Down came the rain and washed poor eency out
Out came the sun and dried up all the rain
And eency weency spider went up the spout again

Where is Thumbkin?

Where is thumbkin? Where is thumbkin? Here I am, here I am. How are you today sir, very fine I thank you. Run away, run away
Where is pointer?
Where is tall man?
Where is ring man?
Where is small man?

Open Shut Them

Open shut them, open shut them
Give a little clap, give a little clap
Open shut them, open shut them
Lay them in your lap

The Wheels on the Bus

The wheels on the bus go round and round, round and round, round and round. The wheels on the bus go round and round all through the town
Windows on the bus go up and down
Windscreen wiper goes swish, swish, swish
Doors on the bus go open and shut
People on the bus go bouncy bouncy bouncy



Grand Old Duke of York

Oh the grand old duke of York, he had ten thousand men, he marched them up to the top of the hill and he marched them down again. When you're up you're up and when you're down you're down and when your only halfway up you're neither up nor down

In and Out the Window

Go in and out the window, the window the window. Go in and out the window as we have done before
Go up and down the staircase
Go round and round the village
Now stand and face your partner
Shake his hand and leave him

Lullaby & Quiet Songs

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.

Hush Little Baby

Hush little baby don't say a word, mama's gonna buy you a mocking bird. If that mocking bird don't sing mamas gonna buy you a diamond ring. If that diamond ring turns brass, mama's gonna buy you a looking glass. If that looking glass gets broke, mama's gonna buy you a billy goat. If that billy goat won't pull, mama's gonna buy you a cart and bull. If that cart and bull turn over, mama's gonna buy you a dog named rover. If that dog named rover won't bark mama's gonna buy you a horse and cart. If that horse and cart falls down you'll still be the sweetest little baby in town

Rock-a-bye baby

Rock-a-bye baby in the tree top. When the wind blows the cradle will rock. When the bough breaks the cradle will fall and down will come baby cradle and all.

Skinna-marinki-dinky-dink

Skinna-marinki-dinky-dink, skinna-marinki-doo I love you. Skinna-marinki-dinky-dink, skinna-marinki-doo I love you. I love you in the morning and in the afternoon. I love you in the evening and underneath the moon. Skinna-marinki....

If all the raindrops

If all the raindrops were lemon drops and gum drops oh what a day that would be. I'd stand outside with my mouth open wide saying ah, ah ah ah ah ah ah ah ah. If all the raindrops were lemon drops and gum drops oh what a rain that would be

