



take root
home visitation

Activity Cards

Instructions



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You & Your Child

*Time to Connect, Wonder,
Learn, and Laugh Together*

These simple one-on-one activities are a chance for you and your child to connect, wonder, learn, and laugh together. You can do them with your home visitor or any time you are looking for something fun and interesting to do with your child.

Activities may include materials or items commonly available in your home such as pillows, masking tape, and plastic containers.

Each card has a range of activities to try and examples of how you might talk about them with your child:



Face-to-Face

These activities are times to connect, grow trust, learn about each other, and dance your unique "together dance."



Play with Words, Sounds, & Numbers

These activities are a chance to explore ideas, build skills, discover patterns, and support your child to understand pictures and words.



Pretend Together

These activities will inspire imagination and help your child understand their world.



Quiet & Calm Together

These activities will help you both when it is time to slow down and lower stress.



Move Together

These activities help you to be free and silly while you help your child learn about their body.

2



Touch, Taste, Feel, Hear, See

These activities encourage curiosity and let your child make choices and ask questions.



Lead & Follow; Follow & Lead

These games are times to gently guide and give your child a chance to practice self-control.



Explore Your Community

These activities help you open the doors to new possibilities for connection and support for you and your child.

We invite you to make these activities yours and adapt each to fit your child's age, personality, abilities, and interests.

Have fun!



3



Face-to-Face

Connect. Grow trust. Learn about each other. Find your rhythm together.

Try it out

- Play Peek-a-boo...I see you!
- Enjoy Patty-cake, patty cake.
- Time to eat:
 - Look at and listen to each other.
 - Open your mouth big and chomp, chomp, chomp.
 - Up and around...here comes an airplane spoon.
- Changing time: "Where is your _____ (tummy, toes...)?"
- Make silly faces.
- Share an object: A toy, a piece of a cracker or bread.

1



Face-to-Face

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Peek-a-boo. I see you! Goodbye – hello. I will see you when I come back like I always do.
- You crinkled your nose and made a silly face. Now I'll make a silly face for you. You have the best laugh.
- Open wide... here comes an airplane. Up and around. Vrrrooommm...getting ready for a landing. Thank you for taking a bite.
- You don't want to share? That's OK. Sharing takes time to learn.

How does it go for your child and for you? Try again or try another activity. See how your child and these activities change over time.

2



Play with Words, Sounds, & Numbers

Explore ideas. Build skills. Discover patterns. Recognize pictures and words.

Try it out

- Sing - loudly, quietly, slowly, fast, with a silly voice.
- Read picture and story books.
- Count ears, hands, fingers, toes, balls, steps
- Make a match. Match colors and sizes of home-made cards, large bottle caps, small wooden blocks.
- Group objects by color, size, use. Use plastic measuring spoons, cups, and containers.
- Explore nursery rhymes and rhythm stories such as "Hey Diddle, Diddle," "Ride a pony, go to town; Ride a pony, don't fall DOWN!", and "Going on a Bear Hunt".

1



Play with Words, Sounds, & Numbers

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Listen, listen. Do you hear me sing so quietly? Can you sing so quietly too? What should we try next?
- I see you can turn the page now – you don't tear it. You must have been practicing. Let's see what happens next.
- You look so pleased. Can you find another round red bottle cap?
- Which spoon is big? Which spoon is little? You are thinking so carefully.

How does it go for your child and for you? Try again or try another activity. See how your child and these activities change over time.

2



Pretend Together

*Inspire imagination.
See the world through your child's creativity.*

Try it out

- Pretend to be a kitty, puppy, horse, pilot, teacher, or firefighter.
- Pretend play house, eating, bedtime, diapering, using the potty, going to the doctor — with each other or a doll or stuffed animal.
- Make a tent. Use blankets over a table.
- Turn a big cardboard box into a place to hide, a house, a store, a firetruck, a tank, an airplane...
- Tell a story together about something that happened today.

1



Pretend Together

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Hello kitty. You sound hungry. Would you like more food in your dish?
- Your baby looks cozy in her blanket. You are holding him so gently.
- Shall we draw a door on your box house? What else can we add?
- Firefighter, you are running around so much. Shall we go back to the station and wash off the fire truck together?
- I love to pretend with you.

How does it go for your child and for you?
Try again or try another activity. See how your child and these activities change over time.

2



Quiet & Calm Together

Slow down. Lower stress.

Try it out

- Take a deep breath. Count your breaths together.
- Sing a lullaby – one you know or create.
- Gently rub your child's back.
- Rock, sway, do a gentle dance holding your child.
- Dim lights and turn down the volume of the TV or radio.
- Snuggle your child with a hug, maybe a favorite blanket or *lovey*.

1



Quiet & Calm Together

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Let's take a breath and pause for a minute.
- I am here with you. I'll stay with you. We will calm down together.
- May I give you a hug? Sometimes a hug helps calm things down.
- I can hear the clock ticking. Can you hear that quiet tick-tock?
- Let's listen to some soft music.
- Big feelings can be tough – for me too. It's OK to feel them and let them pass. We can help each other.

How does it go for your child and for you? Try again or try another activity. See how your child and these activities change over time.

2



Move Together

Be free and silly. Learn about your body.

Try it out

- Practice tummy time.
- Stack and build with boxes, blocks, plastic cups, and containers. Knock them over!
- Dance together.
- Move like a lion or wriggle and hiss like a snake.
- Exercise together. Invite your child to sit on your legs as you do sit-ups. Take giant steps. Stretch as high as you can.
- Make a masking tape line on the rug. Invite your child to crawl, walk, or jump on the line or to walk the circus high wire.
- Create an obstacle course to crawl on, under, over and through using pillows, a low chair or stool, a masking tape path.
- Roll or toss a ball.

1



Move Together

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Wow, you really stretched your arm out to reach your rattle.
- You are stacking boxes one on top of the other. Can you make your tower even higher?
- What do you think? Can you fit under that chair? Through that tiny space?
- Look at you! You can take a giant step. I remember when you used to crawl everywhere.
- Want to do a Crazy Dance? Let's move our bodies.

How does it go for your child and for you? Try again or try another activity. See how your child and these activities change over time.

2



Touch, Taste, Feel, Hear, See

*Be curious. Offer choices. Ask questions.
Explore your senses together.*

Try it out

- Fill and dump: Try water, sand, blocks.
- Make, blow, chase, pop bubbles.
- Take exploration tours:
 - “Do you feel this?” discover textures like smooth, bumpy, soft, hard.
 - “What is this sound?” walk around your house, neighborhood, or park.
 - “What do you smell?” sniff flowers and grass outside, food while cooking.
 - “Try this taste?” favorite foods and new ones; explore sweet, sour, salty, bitter flavors
- Make a “Guess what is in here” bag. Put a small object inside and see if your child can guess the object by putting their hand in and touching it.
- Make or use play dough or corn starch in water.

1



Touch, Taste, Feel, Hear, See

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- The wind is blowing. What do you notice about those bubbles?
- What’s your plan? Where should we go next on our sound walk?
- What is that sound? Have you ever heard a sound like that before?
- You are on the right track. Feel in the bag again and see what you think.
- Ooh! That pickle is interesting, isn’t it! Salty, sour, and a little sweet too.

How does it go for your child and for you?
Try again or try another activity. See how your child and these activities change over time.

2



Lead & Follow; Follow & Lead

Gently guide. Practice self-control.

Try it out

- Play games with opposites:
 - Go-stop
 - Loud-quiet
 - High-low
 - Little-big
 - On-off
- Enjoy a game of Simon Says.
- Put your right foot in and play Hokey-Pokey.

1



Lead & Follow; Follow & Lead

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- Listen carefully to what I say. Can you follow my directions? Can you go when I say “go”?
- You go so fast and then you stop yourself! Your brain must be working hard. I knew you could figure it out.
- Do you see how I am putting my hand on my nose? Way to go! Have you been practicing?
- Let’s both pitch in and sing the Hokey-Pokey together.

How does it go for your child and for you? Try again or try another activity. See how your child and these activities change over time.

2



Explore Your Community

Open new doors - for you and your child.

Try it out

- Visit the library. Attend a children's story hour. Get a membership. Choose and check out some new books.
- Head out to the park to walk and run, to feel the wind on your face, to look for birds, to play on a slide or in a sandbox.
- Join or create a parent and child play group. Maybe a group is organized in your community. Maybe you form a group with a few friends.

1



Explore Your Community

Explore & Connect

Here are examples of words to talk about what you see and do and how you feel:

- You are smiling and pointing. Shall we pick this book to take home?
- What way should we walk now? OK. You have a good idea.
- What is your plan to come down the slide?
- Would you like to sit on my lap for a while? We can look around this new place together.
- I notice you shared a toy with your new friend. That was very kind.

How does it go for your child and for you?
Try again or try another activity. See how your child and these activities change over time.

2